From the Principal

Parent / Teacher Interviews
Parent / Teacher interviews are a vital avenue for staff to report student achievement thus far and for both parties to raise concerns they may have about a student’s progress.

Your child’s teacher will send you information about their interview process and an appointment booking sheet for you to complete with preferred meeting times.

Interviews will be held across a two week period to support staff and parents to find convenient times to meet, with late night interviews available on Tuesday 5 and Wednesday 6 April.

Please also remember that you are encouraged to call a meeting with your child’s teacher at any time throughout the year to discuss your child’s progress, particularly if you have concerns.

I know that in the past staff have made contact with families when they had had concerns and will continue to do so.

Clarification to Volunteering in Schools
In light of questions and queries from our parent community, we have sought further advice from DECD. We apologise for any confusion, however, all schools have now been informed that existing volunteers do not have to repeat their Responding to Abuse and Neglect (RAN-EC) volunteer induction. They will only be required to be re-inducted if DECD makes significant changes to the training program. Sites will be advised by the corporate office if this needs to occur.

If you have booked into a volunteer training session to update, please cancel that booking based on the above information. Again, we apologise for any inconvenience caused.

Vicki Stravinski

Dates to Remember

- Tuesday 8 March
  - OSHC Committee 6.30pm
  - P&F Committee 6.30pm
- Thursday 10 March
  - Asset Committee 8.00am
- Monday 14 March
  - Public Holiday
- Tuesday 15 March
  - Gym naming ceremony 9.30am
  - Education Committee 6.30pm
- Wednesday 16 March
  - Finance Committee 8.00am
- Thursday 17 March
  - Sports Committee 8.00am
- Friday 18 March
  - Harmony Week Assembly
- Tuesday 22 March
  - Governing Council Meeting

WHAT’S INSIDE

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2016 Pupil Free and School Closure Dates

- Tuesday 14 June – Pupil Free Day
- Monday 28 November – Pupil Free Day
- Friday 2 September – School Closure Day
**Student Medication**

It is a DECD requirement that we have a current Health Care Plan for all students at our school who need individual health care and support.

In cases where medication must be taken during the day, the following procedures apply:

- All medications, including those purchased over the counter, must be sent with a Medication Authority and a Health Care Plan. They must be in the original container with a chemist label detailing the child’s name and dose.
- Medication is stored in the First Aid Office with the exception of students in Years 3 – 7 who self manage their asthma medication.

If your child has a medical issue that the school is not aware of, please contact the front office for further information.

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**2016 ICAS**

In 2016, the International Competitions and Assessments for Schools are available for students in years 3 – 7 in the following subjects:

- **Science** Tuesday 31 May $8.00
- **Spelling** Wednesday 15 June $11.00
- **Mathematics** Tuesday 16 August $8.00

These assessments are not funded by the school. Parents wishing for their child to participate in any of these assessments will need to complete an application form. Forms are available from the Community Noticeboard in the school front office. Entries with payment need to be submitted to the uniform shop during normal opening hours. The last date for entries is Friday 8 April.

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**Excursions / Events**

- 7 March Maritime Museum – Rooms 11/12/13
- 8 March West Lakes Aquatics – Year 6
- 8 March SAPSASA Swimming District Trials

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**Student Photo Consent Form**

The DECD Permission to use image, video, and/or creative work of students and children consent form will be sent home with students next week. The consent will remain effective during your child’s enrolment at East Adelaide School. However, permission may be revoked or changed at any time with a request in writing to the school principal. Forms are to be returned to your child’s teacher by Friday 18 March.

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**2016 Music Lessons**

DECD Instrumental Music Service (IMS) strings classes have started and are full. We have 36 year 3-7 students learning violin and cello through IMS.

We have not been allocated an IMS teacher for woodwind and brass and are still negotiating for access to another school site which does have tuition so that our students can join in.

Look in the front office for brochures from the private music tutors who teach in our school, if your child wishes to learn piano, guitar, clarinet or voice.

Kate Martin
Deputy Principal

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**Parents and Friends News**

The popular, Kytons Hot Cross Buns and Lamingtons, are back for 2016!

Order forms have been sent home and money raised will be used for the continual development of East Adelaide’s outdoor spaces.

Items available to order include; Lamingtons, Hot Cross Buns with traditional, fruitless, fruchocs and gluten free available.

Please return orders and payment to the Uniform Shop by Friday 11 March. Orders will be available and delivered to the eldest child on Wednesday 23 March.

If you have a very large order, please collect from the gym after school.

Thank you in anticipation of your support for our Kytons Bakery fundraising drive.

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**Student Health**

We have had a confirmed case of School Sores (Impetigo). Impetigo appears as a flat, yellow, crusty or moist patch on the skin, usually on exposed parts of the body such as the face and legs. The sores are often greater than 1cm in diameter.

- **Incubation period** (time between becoming infected and developing symptoms): 4-10 days
- **Infectious period** (time during which an infected person can infect others): As long as there is discharge from the sores. School sores are extremely contagious.

Treatment: The doctor may recommend the use of antibiotic ointment, or antibiotics by mouth in severe cases.
**Wellbeing at East Adelaide School**

**Schools Clean Up Day**
A fantastic effort by each and every member of our EAS community! It was great to see buddy classes and their teachers working together to ensure that our school grounds were absolutely spotless. Something that made an even bigger impact was children putting in the extra effort to ensure that any packaging from recess or lunch was placed in classroom bins. Also, to the ‘lunch packers’ amongst you who are trying to pack ‘nude food’ in your child’s lunchbox, a big ‘thank you’. This not only keeps our school grounds looking beautiful, it ultimately reduces the amount of waste that ends up in landfill. **Clean-Up Australia Day is this Sunday 6 March.**

**Play Spaces**
Teachers are gradually introducing their classes to various play spaces and new activities around the school. The Be Active committee is again this year running lunchtime activities that aim to increase physical activity in young people. The grassed area in Yard B is a designated kicking area and play space for Reception to year 2 students, whilst the park is utilised by years 3-7. An outline of the week typically looks like:
- Monday R-2 skipping and 6/7 inter house soccer
- Tuesday R-2 hoop skills and 4/5 inter house soccer
- Wednesday R-2 funastics
- Thursday R-3 balls skills
- Friday R-7 dance

**Wall of Gratitude**
Today, thanks to room 20, we started to create a wall of gratitude. The idea behind this is to remind our children to be thankful, appreciative and grateful for what they have. On a deeper level, cultivating an attitude of gratitude has been linked to a positive sense of self, the development of wellbeing and overall happiness. Feel free to use the chalk to add something you are grateful for.

**Bill Hansberry ‘Raising Beaut Kids’**
Well done to those families that came along to the session last Thursday night. Bill captivated the audience with his sense of humour, humility and expertise on building resilience in our children. There were many key points to take away for parents and teachers alike. One that stuck with me was ‘children who are expected to make a contribution, end up more resilient and happy’. That contribution could take the form of helping around the house, donating to a charity or boxing up unused toys and clothes for those in need. See the website below for more ideas.

**Random Acts of Kindness**
[https://www.randomactsofkindness.org](https://www.randomactsofkindness.org)

**Wellbeing Articles Heysen Noticeboard**
This fortnight’s latest article is on 7 ways to make this school year the best ever and I have included a poster that outlines 10 ways parents can work with teachers to support their child’s learning. I’ve also included ‘10 best phrases to teach resilience to your kids’ a resource shared by Bill Hansberry from Kidspot [www.kidspot.com.au](http://www.kidspot.com.au)

**Lee Hayes**
**Wellbeing Coordinator**
Lee.Hayes750@schools.sa.edu.au

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**2016 School Fees / Excursion Levy**
All families should have received their school fees and excursion levy invoices. If you have not received your invoices, please advise the front office. All school fees and the excursion levy are to be paid in full by the end of term 1, Friday 15 April 2016.

Please note, the excursion levy payment is required by the end of Term 1, and non-payment may affect your child attending further excursions (unless prior arrangements have been made with the Business Manager).

To avoid queuing and lengthy waiting periods, families may use one of the following options;

**Payment at East Adelaide School**
Payments can be made in person at the Uniform Shop, Monday – Thursday from 8.30am – 9:15am. Credit card and cheque payments can also be lodged in the payment box, located at the Uniform Shop.

**Payment Online**
Online payments can be made by Visa or MasterCard, by going onto the [school website](http://schoolwebsite).

**Direct Debit Payments**
Payments by direct debit can be made, by completing the direct debit form available from the front office.

**Direct Debit Payments By Instalments**
Payments by instalments via direct debit is available, allowing you to set how much you wish to pay each week/fortnight/month, until the school fees are paid in full.

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**2016 School Card**
A reminder, completed school card forms are to be returned to the school office no later than Monday 14 March 2016.

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**WANTED**
**Missing library books**
Please return to your Library.

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**Back to the LIBRARY!**
News from Year 2

The students in rooms 14, 15, 16 and 24 have been doing work on ‘Growth Mindset’.

Growth mindset is when people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Teaching a growth mindset creates motivation and productivity in the worlds of business, education, and sports and enhances relationships.

How can parents Promote a Growth Mindset?
According to Carol S. Dweck, Ph.D., author of *Mindset*, I can do the following:

1. Have daily learning discussions.
   At dinner, in the car or at bedtime take time for both the kids and parents to share the answers to these types of questions:
   “What did you learn today?” (LOVE this – so much better than “How was your day?”)
   “What mistake did you make that taught you something?”

2. Give feedback on process only.
   Praise effort, persistence, strategies, seeking challenges, setting goals, planning, or using creative strategies.
   Don’t praise personal abilities like being smart, pretty, or artistic. This kind of praise actually can lead to a loss of confidence since kids won’t be smart at everything. They’ll doubt their ability to be good at something that is difficult initially.

3. Do you know brains can grow?
   Explain to kids how the brain can grow stronger and that intelligence can improve throughout your life. Intelligence is not fixed. It’s changeable. This is called brain plasticity. ( Aren’t you so glad!?)
   What’s more, learning CHANGES our brains. (Again, three cheers for brain growth!) Kids need to know this is possible.

4. Encourage risk, failing, and learning from mistakes.
   Now is the time to let our kids risk and fail. Failure teaches our kids important life lessons. For one, it’s how they learn resiliency.
   And if when your child fails, celebrate the lessons in the failure. Tell them about all the famous people who failed and didn’t give up.

5. Encourage and model positive self talk.
   Finally, it’s worth sharing this self-talk chart from Fieldcrest Elementary. Our self talk is where it all starts to shift.
News from Year 2

The students in room 15 and 16 used ‘Growth Mindset’ strategies to develop their goals.

Quotes from students
“When we take on challenges, our brains get stronger.” Austin
“We need a Growth Mindset so we can learn new things and take on challenges.” Elsa
“Learning is like a roller coaster: there’s times where it’s easy and times where it’s hard. If we have a Growth Mindset, it means we never get stuck because we keep trying.” Alice
“It’s important for us to learn from our mistakes and if we have a growth mindset we keep learning new things because we keep trying.” Grace and Felix
“When we get stuck, we change our thinking to move up the steps till we’ve done it.” Max and Josh
“If I make a mistake I know it helps me improve.” Alexandra
“When I’m doing writing I sometimes think I can’t do it but the signs in my classroom remind me that I can.” Mariam
“Don’t just think you’re so awesome at something because, you’re on the right track and not all your answers will be right.” Joseph

First Language Maintenance and Development (FLMD) Programs

In Term 4 of last year, we were informed of changes to the criteria for FLMD programs. Some of these changes included:

- languages to be targeted
- eligibility for recently arrived (within the last 5 years) students
- eligibility for students whose parents had recently arrived in Australia
- where the language was used as a first language (mother tongue) on a daily basis

Within this new criteria, we were successful in getting Punjabi and Chinese-Mandarin FLMD programs for 2016. All students who are eligible received further information.

Families were also informed that there would not be FLMD Programs in Greek or Italian in 2016 as these were no longer targeted languages. We have now been given the possibility of offering these programs within the context of a phasing out period by 2018.

All students who have previously been part of the Greek FLMD program have been invited to register their interest in participating.

As we at EAS value and are committed to the learning of languages, students from years 3 – 7 now access two 50 minute Italian lessons each week. Therefore, the Italian FLMD program is open to students in Years 1 and 2, who have previously been part of the program.

As Greek and Italian FLMD programs are being phased out, they will not be offered to any students new to the school, including Reception students.

This week programs commenced in Punjabi, Chinese – Mandarin and Greek.

If you think that you child/ren is/are eligible for any of the above programs and did not receive any information, please come and see me in the front office.

Lucia Baldino
Senior Leader / FLMD programs Co-ordinator
SAPSASA News

Congratulations to the following students who will be representing East Adelaide School at the East Adelaide District Swimming Trials to be held at the Norwood Swimming Centre on Tuesday 8 March.

<table>
<thead>
<tr>
<th>Student</th>
<th>Event(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alanna H</td>
<td>100m Freestyle; 50m Freestyle; 50m Backstroke</td>
</tr>
<tr>
<td>Grace M</td>
<td>100m Freestyle; 50m Backstroke; 50m Freestyle</td>
</tr>
<tr>
<td>Thomas M</td>
<td>100m Freestyle; 50m Freestyle; 50m Butterfly</td>
</tr>
<tr>
<td>Patrick H</td>
<td>100m Freestyle</td>
</tr>
<tr>
<td>Holly B</td>
<td>50m Freestyle</td>
</tr>
<tr>
<td>Grace W</td>
<td>50m Freestyle; 50m Backstroke; 50m Breaststroke</td>
</tr>
<tr>
<td>Clayton H</td>
<td>50m Freestyle; 50m Backstroke; 50m Butterfly</td>
</tr>
<tr>
<td>Jake M</td>
<td>50m Freestyle; 50m Backstroke</td>
</tr>
<tr>
<td>Mia C</td>
<td>50m Freestyle; 50m Backstroke</td>
</tr>
<tr>
<td>Hamish S-Y</td>
<td>50m Freestyle; 50m Backstroke; 50m Butterfly</td>
</tr>
<tr>
<td>Brendon H</td>
<td>50m Freestyle; 50m Backstroke; 50m Breaststroke</td>
</tr>
<tr>
<td>Hanna W</td>
<td>50m Freestyle; 50m Backstroke; 50m Breaststroke</td>
</tr>
<tr>
<td>Axel C</td>
<td>50m Freestyle</td>
</tr>
<tr>
<td>Lara S</td>
<td>50m Freestyle; 50m Breaststroke</td>
</tr>
<tr>
<td>Taylor P</td>
<td>50m Backstroke; 50m Breaststroke</td>
</tr>
<tr>
<td>Patrick M</td>
<td>50m Backstroke; 50m Breaststroke</td>
</tr>
<tr>
<td>Tommy M</td>
<td>50m Breaststroke; 50m Butterfly</td>
</tr>
<tr>
<td>Sophie P</td>
<td>50m Breaststroke; 50m Butterfly; 50m Backstroke</td>
</tr>
<tr>
<td>Josh P</td>
<td>50m Breaststroke</td>
</tr>
<tr>
<td>Jaslyn W</td>
<td>50m Butterfly</td>
</tr>
</tbody>
</table>

Thank you to all the parents who supported at the swimming trials Ty B, Anna B, Jo W, Anna P, Cathy S, Adele P, Kylie W and Rob C.

Aldo Perilli  
SAPSASA Sports Coordinator  
Aldo.Perilli869@schools.sa.edu.au

Road Crossing Monitors

<table>
<thead>
<tr>
<th></th>
<th>Week 6</th>
<th>Week 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30 - 8.50am</td>
<td>Tommy T</td>
<td>Riley E</td>
</tr>
<tr>
<td>3.10 - 3.30pm</td>
<td>Scarlett D</td>
<td>Milla S</td>
</tr>
</tbody>
</table>
Community News

The Effective Living Centre has run **Positive Parenting Courses** for a number of years, supported by the Unley City Council.

**Wednesday March 30** – Managing Anger in Children – Donna Broadhurst

**Wednesday April 6** – Talk so Teens will Listen and Listen so Teens will Talk – Vina Hotich

All sessions run from 7.30 -9.30pm at 26 King William Rd Wayville

Cost $15 adult, $12 Conc, $10 ELC Friend, $24 Couple

Further information on the full year’s program and how to book at [www.effectiveliving.org](http://www.effectiveliving.org) or by email office@effectiveliving.org

**West Adelaide Women’s Soccer Teams** are looking for junior girls U11 to U17 to play club soccer in 2016, Trainings are Tuesday/Wednesday or Thursday night at either Park B27, Park Terrace North Adelaide, opposite the old Clipsal site; or for 15 to 17 year olds, training at Kingston Gardens Corner West Terrace and Sir Donald Bradman Drive, depending on age group; 15 to U17 are Wednesday night 6.30pm start at Kingston Gardens, West Terrace (NO COST INVOLVED TO PLAYERS); Games are played Sunday Mornings. Come out and have a go and bring your friends. Beginners very welcome. For more details and information, contact Leon on 0409 700 354 or lappelkamp@gmail.com or Nick on 0402 965 860 or nmylo@yahoo.com.au

**Easter Sights and Sounds** Walk through and experience the first Easter. A dramatic and interactive production of the last week of Jesus’ life. Experience a market place in the first century – watch the donkey bring Jesus into Jerusalem. Friday 18 March 6.30pm and 7.30pm Adults $5, Children free. Spicer Uniting Church, 44a Fourth Avenue St Peters. Enquiries 8362 3771

**FREE seminar – Toddlers and touch screens: what should I do?**

Touchscreens have become part of our everyday world. Parents are amazed at how quickly toddlers become adept in using them and how easily they hold a child’s attention. However, they are also unsure if it is safe for toddlers to use touchscreens regularly. Come and hear nationally recognised parenting speaker, author and researcher Dr Justin Coulson talk about:

- the pros and cons of the digital age for children 0 to 5 years
- how and when to introduce touchscreens and games
- how to manage electronic media use.

The event will be webcast to accommodate parents and carers who cannot attend in person.

**Date and time:** Tuesday 5 April, 7.00 to 9.00pm

Venue: City Rooms, Adelaide Convention Centre, North Terrace

Register online at [http://parentingsa.eventbrite.com.au](http://parentingsa.eventbrite.com.au) to attend, or to view the webcast.


**FREE seminar – Children, teens and pornography: what every parent should know**

The online is filled with risks for children and families. Come and hear nationally recognised parenting speaker, author and researcher Dr Justin Coulson talk about:

- the alarming statistics regarding children’s access to online pornography
- the impact on boys and girls
- how parents can guide their child or teen.

The event will be webcast to accommodate parents and carers who cannot attend in person.

**Date and time:** Wednesday 6 April, 7.00 to 9.00pm

Venue: City Rooms, Adelaide Convention Centre, North Terrace

Register online at [http://parentingsa.eventbrite.com.au](http://parentingsa.eventbrite.com.au) to attend, or to view the webcast.


**CROSSFIT KIDS** is a strength and conditioning program that is specially designed for kids and teenagers and helps them to develop a lifelong love of fitness. For more information, contact Alice on 0439 262 234 or alice@crossfithkids.sa.com.au
Which High School?

URRBRAE AGRICULTURAL HIGH SCHOOL

Providing unique opportunities for learners and future innovators.

URRBRAE COULD BE THE SCHOOL FOR YOU

To find out what Urrbrae has to offer, come along to one of our Information Sessions on

Tuesday 22nd March, 2016
Meeting at the Farm Shed.

Two hour visits to the school will include:
Information about the Application Process, Farm Tour and School Tour

The Open Day Program runs from:
9.30am - 11.30am and will be repeated at 1.00pm - 3.00pm and again at 6.00pm - 8.00pm

Applications for Year 8 2017 will close at 5.00pm on Wednesday 4th May 2016

Collect a brochure from your School Office for more details.

E-mail: dl.0798_admin@schools.sa.edu.au
Website: www.urrbraehs.sa.edu.au
Telephone: (08) 8372 6955
Facsimile: (08) 8372 6999

Team OMS NYC Marathon 2016

sponsored by

Community News

Join our team – we’re hiring!

August is Census night and the Australian Bureau of Statistics is looking for 2,500 motivated and community minded Area Supervisors to join our team across Australia.

Area Supervisors:
- Are temporary casual jobs, with flexible working hours
- Will recruit, train and lead a small team of field staff to help deliver the 2016 Census
- Will earn $34.76 per hour (inclusive of 25% loading)

Applications open 1 February 2016. Apply online at abstat.gov.au/careers
Make a difference in your community and help shape its future.