From the Principal

Student Wellbeing - 10 tips for the ups and downs of friendship

In the next couple of newsletters I will be sharing some information from 'What's the Buzz' (2011 and 2015) and 'The Resilience and Wellbeing Toolbox (2016) about what we can do to help our children build healthy friendship groups. The following information is only a guide and remember do what feels right for you and your family at the time and keep your confidence in yourself and your ability to support your child through their challenges high.

Being part of a friendship group is important for social emotional skills and builds resilience. When children and adults feel they belong to a group having people to spend time with, their wellbeing improves and resilience grows. Nurturing the development of healthy friendship skills as early as possible provides a great start for all young people. Like with most things, it’s never too late to start encouraging these skills.

Personality, temperament, development and neurological wiring all play a part in how friendly a child is. Some children are naturally born more socially and emotionally confident and capable. They enter social situations with a bounce and ample smiles, quickly engaging with others and immersing themselves in the joy of social interaction without a second thought. Their instincts lead the way.

Other children are slow to warm - sometimes so much so they miss the social boat and the other children have headed off in their own directions by the time they gather the courage to join in. Others don’t know how to join in or do so clumsily sometimes getting themselves into hot water when their behaviour does not reflect their intentions - which is usually just to connect with others.

If you’re concerned about your child’s skills in this area, consider getting an objective opinion. Sometimes when you love someone it’s hard to get a real idea of what’s going on. Ask a friend, family member or teacher how they see your child fitting in with their peers. Remember that no one’s child is perfect - no matter how good things appear to be on the surface. All of us are a work in progress! If challenges are pointed out, stay focused on the solution and don’t take it personally.

People need people and social isolation can spiral into emotional disengagement, bad behaviour, anxiety and poor academic outcomes. so focusing on and upholding the values of being a good friend is worthwhile as a family and school.

Yiota Seindanis
Student Wellbeing Leader

Christmas Seminar
On Friday 17 November 2017, Life Matters will be presenting sessions on the significance of Christmas during school hours. Please see their flyer on the back of this newsletter for more details related to this group’s work.

Vicki Stravinski

Materials and Services Fees 2018
Parents and caregivers are invited to attend the Governing Council meeting to be held on Tuesday 7 November at 6.45pm for a 15 minute discussion and vote on the recommendation to increase the Materials and Services fees in 2018.

Dates to Remember

Tuesday 7 November
K-R Transition 9.00am–12.00pm
Governing Council 7.00pm

Thursday 9 November
K-R Transition 9.00am–12.00pm

Friday 10 November
Remembrance Day Assembly 9.10am

Tuesday 14 November
School Open Morning 9.30am
Year 5 School Crossing Monitor Training

Friday 17 November
Assembly 9.10am
**Scholastic Bookclub**

We would like to thank families for purchasing books this year. Points earned allow the school to purchase educational resources for the classrooms.

I would like to thank Julie Lorenzetti for her amazing support in making this happen. If you would like to help, please contact me vicki.angel23@schools.sa.edu.au

Vicki Angel

**School Open Morning**

Families wishing to enrol children at our school are invited to our Parent Information Morning and School Tour on Tuesday 14 November at 9.30am.

Please email Linda or call 8362 1622 if you are interested in attending.

**Excursions/Incursions**

**Monday 6 November**
7/8 STEM Project Collaboration
Rooms 17/18 (Year 7) and 27

**Wednesday 8 November**
SA Aviation Museum/Adelaide War Memorial (Year 5)
SciWorld Neuro Odyssey Incursion (Rooms 20 and 21)

**Friday 10 November**
Remembrance Day Walk to St Peters Memorial
Rooms 22, 23 and 28

**Road Crossing Monitors**

| Week 4          | 8.30 - 8.50am | Willow G-S | Paige G | Lavanya S |
|                | 3.10 - 3.30pm | Eve B      | Chanel D | Charlie V |

| Week 5          | 8.30 - 8.50am | Mia T      | Anita N  | Rosie B   | Amelia B |
|                | 3.10 - 3.30pm | Patrick P  | Christos P | Duncan C | Yu Jia W |

**Changes to school card eligibility**

The state government is raising the school card income threshold from next year to help families with the cost of living. This means that families with 1 child and a gross income of $57,870 in the 2016-17 financial year will be able to apply for a school card. Application forms for 2018 will be available from schools or www.sa.gov.au by the end of the 2017 school year.

**Punjabi Lessons at EAS**

In week 3, at Punjabi class, children got an opportunity to celebrate the birthday of Guru Nanak Dev by making greeting cards.

Guru Nanak’s birth anniversary is the most important and sacred festival of the Sikh community and is celebrated across the world. Guru Nanak is the founder of Sikh religion and who preached worship of one God and the equality of humanity. He also introduced the distinctive Sikh communal free kitchen ‘langar’ where all could eat together whatever their caste or status.

On this day Sikhs do prayers and in the evenings light their homes with candles and lights and send sweets to their families and friends.

Happy Gurpurab!

Amandeep Kaur
Punjabi Teacher

**Lost Property**

Please take the time to check for any items that you are missing. Any valuables such as watches, sunglasses, jewellery, please ask at the Front Office. Clothing and lunchboxes/bottles are kept in the Lost Property baskets located in the Dawson building, Heysen building, Gym, The Vines and OSHC. All items not claimed before the end of term will be disposed of during the holiday break. Also, could parents please check the labels on the inside of uniform items (e.g. jumpers/hats) to make sure that their child hasn’t accidently taken another child’s clothing.

**OSHC News**

OSHC will be closed from Monday 25 December 2017 and will re-open on Monday 8 January 2018.
East Adelaide School is seeking the school and local community's support to vote for our proposed Aboriginal art initiative through 'Fund my Neighbourhood'. Our concept will bring the school and local community together to learn about the past, understand country and value Kaurna and other Aboriginal cultures, through creating several Aboriginal art installations that tell a story of our location between the hills and the sea. The works will be designed by a Kaurna artist in collaboration with students from East Adelaide School.

**Ideas that receive the most votes from their local community will be funded so we need you to vote!**

Click on this link to go to our page. [CLICK HERE TO LINK]

You will need to follow these instructions (also provided on the page)

1. **If you are over 18 years of age**, click on the green log in button and log in or register as a YourSAy member
2. Choose your location by dropping a pin on the map, or typing in your street address. Once you have chosen your location, you will be able to see projects that you can add to your shortlist.
3. Add **Reconciliation in the East** to your shortlist. You can find it from the link on the page, by searching for the location of the school between Second and Third Avenues, by searching for the name, or by searching by category / Arts and Culture.
4. Add other ideas to your shortlist. You can add as many ideas as you like to your shortlist before you decide which projects to vote for.
5. To submit your vote, choose a minimum of three (3) and a maximum of five (5) ideas, then click the green Vote Now button. If you have more than five ideas in your shortlist you’ll need to remove some until you meet the requirements to have a minimum of three and a maximum of five.

Voting in Fund My Neighbourhood can only be done online on the Fund My Neighbourhood website and requires verification via your mobile phone. When you log in or register they will send a four-digit code to your mobile. Enter this code on the website and you can start voting.

Please tell your family, friends and neighbours to vote for this because we will only be successful if our community votes!

More information about this proposed project can be found on the Fund our Neighbourhood website.

**Rotary Mural**

East Adelaide Students aged 7 to 10 are being invited to be involved in a mural project for the St Peters Rotary Club. The mural depicting all the positive and beautiful things in the world around us, will be displayed on the Rotary shed in Linde Reserve. Students will need to be available for a morning (9.00am –12.00pm) or an afternoon (12.30pm –3.30pm) during the week of Monday 8 January to Friday 12 January 2018. The artwork will be prepared in the art room working with Maxine Cavaggion and then the finished mural will be mounted on the shed.

The mural is a joint project being funded through a generous grant from the Norwood Payneham and St Peters Council and additional funds from the Rotary Club.

Interested students are invited to complete an application form which can be collected from the Front Office. It is hoped that we can accommodate all children who wish to be involved. Completed application forms are to be returned to the Front Office by no later than Friday 24 November 2017.

**Family Holiday/Travel**

If a family holiday/travel is planned during term time, a student Exemption From School form needs to be collected from the Front Office, completed and returned to the Front Office for Principal approval.

### Student Absence

Parents can now text 0409 965 052 or call the absentee line on 8362 4164 anytime of the day or night and leave a message with your child’s name and room number and when your child is going to be absent from school.
Snapshots of Visual Arts in Year 3

Our Year 3 students enjoy planning and creating artworks inspired by their experiences, days of significance, different cultures from around the world and famous artists through the application of various Visual Arts techniques.
After School Sport News

Winter Presentation Night
Thank you to all the parents and students who attended the After School Sport Winter Presentation Night last Monday 23 October. Our fantastic coaches presented 230 trophies on the night to students who participated in Basketball, Football, Netball and Soccer in the winter season.

Thank you to Steven Marshall MP, State Liberal Leader for attending the night. Thanks also to St Peters Rotary for cooking a fantastic sausage sizzle. I also wish to thank school leadership, including Principal Vicki Stravinski, Deputy Principals Leonie Robertson and David Dewar and Vice Principal Belinda Robertson for your continued support of After School Sports. Finally, thanks to our After School Sports Committee Members Lisa Newman, Anna Pannell, Lynda Saunders and Scott Zarcinas who assisted on the night and continue to help develop After School Sports at East Adelaide School.

2/3 Football
My apologies to our 2/3 Football team, who missed out on your photo being displayed at the Winter Presentation Night. Thanks to the Pontt family for their amazing work creating the Football Banner for the 2/3 Football team on their last game of the season. What a fantastic way to encourage the children! Congratulations to our 2/3 Football team for their efforts this season.

Claire Merrett
After School Sports Coordinator
Claire.merrett595@schools.sa.edu.au

Whooping Cough
We have been advised of a confirmed case of Whooping Cough. The illness often begins with cold-like symptoms:
- runny nose
- sore watery red eyes
- low-grade fever
- general unwellness.

However, these symptoms are not present in all people.

After 3 to 7 days, a dry cough develops:
- the cough is usually present for many weeks and may last for months
- the cough is classically paroxysmal, that is, a prolonged fit of coughing occurs
- frequently, the coughing is immediately followed by a deep breath in, resulting in the typical whoop – hence the name ‘whooping cough’ – but some people do not whoop
- the cough may be followed by vomiting.

Incubation period
(time between becoming infected and developing symptoms) 4 to 21 days, most commonly 7 to 10 days.

Infectious period
(time during which an infected person can infect others) Whooping cough is highly infectious when the ‘cold-like’ symptoms occur in the early stages. Without treatment, a person is infectious for the first 3 weeks of coughing. With appropriate antibiotic therapy, the person is no longer infectious to others 5 days after starting antibiotics.

Exclusion periods
Exclude a person with whooping cough from childcare, preschool, school and work until 5 days after starting antibiotic treatment. If not treated, he/she should be excluded for 21 days from the start of any cough.

Further Information can be found on the SA Health website. Please contact your family GP if you have any concerns about your child’s health.
#YOUANDME

CHRISTMAS 2017

The Christmas story begins with a young woman and a young man. Then shepherds, wise men, a King, soldiers, angels, not to mention the donkey. A curious combination of characters you might say. Such diversity to open up a story, and no doubt each character brought with them traditions and beliefs that were unique to them (maybe not the donkey).

But they came, nonetheless, to meet a baby. One believed to change the course of history forever.

What does Christmas mean in a world full of different people, traditions, and beliefs? Is it possible the Christmas story can change the way we see the world - you, me, and everyone else?

#youandme is an exploration into diversity, inclusion, and practical examples of embracing people who are different to us.

Through a creative retelling of the Christmas story, the Life Matters team describe the moment Jesus was born as a great example of how people from many different backgrounds were included in his story, a trend that continued all the way through Jesus’ life. One man on a mission to draw people together, inspiring unity and giving people a place to belong.

A story about all kinds of people, for all kinds of people, #youandme merges dynamic storytelling, media and activities that will encourage and inspire students to seek harmony and celebrate diversity.

Book the Life Matters team for Christmas 2017 today!

For more details or to book contact Matt or Hannah
p. 8378 6800 e. seminars@smg.asn.au

LIFE MATTERS