**Student Wellbeing: Tips for the Ups and Downs of Friendship**

What can you do to encourage healthy friendships?

1. Help your child understand that friendships change. New people will enter and exit groups over time. Being accepting of these factors, understanding that personalities develop and change over time and learning to welcome new people into a group are demonstrated traits for resiliency. When groups get too tight and exclusive or children try to control who can and can't enter they develop unhealthy emotional and interaction patterns that can lead to stress and anxiety. Show plenty of empathy if your child struggles with sharing friends or letting new friends enter a group - they are still learning and being in control might help them cope with the unknown. Help them build empathy by asking them what they need from others to feel included and welcome. Help them set goals to be kind to newcomers and open to differences in personalities. Encourage them to mix with a broad range of personalities and cultures to learn to celebrate the diversity around them. Over time, this kind of exposure and openness can help improve their willingness to be more flexible and open to the unknown.

2. Know when to step in and when to just listen. As a parent it’s hard not to dive right in when your children’s feelings are hurt. The reality is, most children experience conflict in their friendships. Children are still developing the ability to manage their impulses and behave appropriately when upset. If you’re too reactive, show excessive concern or start doing the problem solving for your child, you might unintentionally give your child the message they are facing a crisis that can’t be resolved without you. This can make a child feel helpless and can also lead them to blowing things out of proportion. Try initially to just listen and show your confidence in them to work things out. Reflect back to them what they’ve shared, express your care and let them know you’re always happy to listen to them. If they ask for advice give it, but try to bring it back to them and their ideas.

3. Be willing to hold your child accountable if they’re behaving in an unfriendly way. While your job is absolutely to support and advocate for your child - sometimes they will do the wrong thing by others. Children are still learning. It’s really important when they hurt the feelings of their peers and siblings that boundaries around the behaviour are kept tight. They need to know you will not tolerate bullying and that all their actions and words have consequences that can last a long time - especially if repeated over time. Encourage them to repair harm so everyone can move on without holding on to hurt feelings. Defending a child who is doing the wrong thing can have challenging long term consequences that are difficult to undo.


**Yiota Seindanis**

**Student Wellbeing Leader**

**Dates to Remember**

- **Friday 1 December**
  - Pupil Free day
- **Thursday 7 December**
  - Volunteer Afternoon Tea 2.15pm
- **Friday 8 December**
  - Family Picnic in The Park 5.15pm
  - Evening on The Green 6.00pm
- **Monday 11 December**
  - Casual Day –Gold Coin donation
- **Wednesday 13 December**
  - Year 7 Graduation 5.30pm
- **Thursday 14 December**
  - Reports and class placement information distributed
  - 2018 classroom visits
- **Friday 15 December**
  - End of year assembly 9.10am
  - Early dismissal 2.30pm

**WHAT’S INSIDE**

- Governing Council AGM
  - 2
- Evening on The Green
  - 3
- OSHC News
  - 5

---

**Contact Information**

Address: Second Avenue, St Peters SA 5069
Phone: 8362 1622
Fax: 8362 0078
Absentee Line: 8362 4164
Email: dl1036.info@schools.sa.edu.au
East Adelaide School Website: www.eas.sa.edu.au
Twitter: @eas1036

Department for Education and Child Development (DECD) Website: http://www.decd.sa.gov.au
Governing Council Annual General Meeting

The AGM will be held on Tuesday 13 February 2018.

The purpose of a school AGM is to:
- Share with our community learning achievements and school progress of site learning priorities over the year.
- Acknowledge the collaborative work of the Governing Council and school personnel.
- Showcase student achievement.
- Elect a new Governing Council.

We will have a number of vacancies and, at this stage, we are open to receiving nominations from parents who are interested in representing the parent community in the decision making processes of the school.

If you are interested, please make contact with Vicki through the Front Office to discuss any questions you may have, and to put forward your nomination over the coming two months.

The Role of Governing Council

Governing Council is a great way to get to know other parents and staff, and also for you to have a positive, productive say in the future direction of our children’s schooling.

We are always on the lookout for willing and interested parents to join our meetings which are held twice each term. The meetings are held in a relaxed environment where honest conversations can be had. The only experience needed is being a parent who would like to have an input in school direction; so come and help with strategic planning and policy determination as well as advising on the use of financial resources which support the achievement of school priorities.

Formal nominations will be sought prior to the AGM in Term 1 2018. Positions can be held for a single school year or up to two school years.

We are keen to recruit parents for the following committees:

- OSHC
- Canteen
- Asset and Landscaping
- Finance
- Education
- After School Sports
- Parents and Friends

These committees meet twice a term. Each committee has a role statement and to start the recruitment process going, I invite you to consider the following -

Parents and Friends Committee. Its role is to:
- Establish an annual event calendar
- Plan, organise and coordinate social events for the community e.g. Grandparents’ Day
- Plan, organise and coordinate fundraising events including one major fundraiser a year.
- Participate in the recommendation of how fundraising proceeds are allocated
- Develop a close working relationship with and liaise with the Class Parent Representatives
- Report to Governing Council at each meeting and provide an annual report

After School Sports Committee. Its role is to:
- Assist the Governing Council to meet the requirements of the After School Sports Policy and Procedures
- Support and assist the After School Sports Co-ordinator to ensure that the program and procedures are in keeping with the values, principles and policies of the school, council, community and DECD
- Advocate for, represent and ensure that children, families and staff have a voice in the management of the After School Sports Program
- Discuss, research, seek additional advice, analyse and make recommendations in the best interests of the children to the Governing Council for ratification by the Governing Council
- Reports to each Governing Council meeting on matters relating to budgets, fees, monitoring processes and day-to-day operation of the program
- Support the After School Sports Co-ordinator in the day-to-day operation of the program
- Organise coaching information sessions at the commencement of each season
- Support the After School Sports Co-ordinator with Winter and Sports Presentations
Dear parents/caregivers

Students are being dropped off at school well before 8.30am. This is a duty of care concern as staff commence yard duty at 8.30am. On Wednesday morning staff collected 40 students from the yard and brought them into the Front Office. In future we will be sending students who arrive before 8.30am to OSHC and parents will incur an account for the service. 

_Vicki Stravinski_

**Road Crossing Monitors**

<table>
<thead>
<tr>
<th>Week 8</th>
<th>8.30 - 8.50am</th>
<th>Scarlett D</th>
<th>Ryan V</th>
<th>Milla S</th>
<th>John D</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3.10 - 3.30pm</td>
<td>Bryant H</td>
<td>TJ Tsekinis</td>
<td>Chanel D</td>
<td>Lavanya S</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 9</th>
<th>8.30 - 8.50am</th>
<th>To be advised</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3.10 - 3.30pm</td>
<td>To be advised</td>
</tr>
</tbody>
</table>

**Evening on The Green**

Next **Friday 8 December** is our end of year celebration and students have been busy practising for their performances. We hope you can join us for this relaxed family celebration in Barry Messner Park opposite the school on Second Avenue. You are welcome to bring and enjoy a family picnic at 5.15pm until the evening commences at 6.00pm. During the evening, all students are expected to stay with their class groups. Classes will be involved in singing some of their favourite songs and carols, and we appreciate your support and participation by singing along with them.

We expect a large attendance for this event, and so it is crucial that families ensure supervision occurs for younger children to allow everyone to enjoy the evening. If rain is forecast for the night, we will cancel the picnic and continue with the evening in the gym.

**Exemptions**

If you know your child will be absent at the beginning of Term 1 next year, you need to complete an exemption form. This form will ensure we continue to have your child enrolled at East Adelaide School. Please see Front Office Staff if you need a form.

**Canteen**

Over the next couple of weeks, the Canteen will be reducing its stock as the end of the school year approaches. Can you please give an alternative item on your child's lunch order so that if the first choice is not available, then hopefully their second choice will be.

As snack food and ice blocks run out we will give an alternative if possible or return the money for the student to come and purchase something else.

Please remember we are always needing more Canteen volunteers. So if you are available to help in 2018 please contact either Lisa in the Canteen on 8362 5221. Any time you have to spare is really appreciated.

**Incursions**

**Monday 4 December**  
Art Lessons with Maxine Cavaggion Rooms 14/15/16

**Tuesday 5 December**  
Art Lessons with Maxine Cavaggion Rooms 12/13

**Monday 11 December**  
Gingerbread House Rooms 5/6/7/8

**Lost Property**

Please take the time to check for any items that your child is missing. For 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.

**Front Office Hours – School Holidays**

The Front Office will be closed from Monday 18 December and will reopen on Monday 22 January at 8.15am

**Fund My Neighbourhood**

Thank you to all the families and friends of East Adelaide School who voted for our proposal, unfortunately we were unsuccessful. Despite this the Reconciliation Working Group will continue to move forward with several initiatives in 2018.
Student Attendance
Parents will now receive a text message when their child is marked absent without an explanation. Parents may reply to the text with their child's name, room number and a reason for the absence.

Parents can also text 0409 965 052 or call the school on 8362 4164 anytime of the day or night and leave a message when their child is going to be absent from school.

Year 6 student designs of 2018 Year 7 jumpers
Congratulations to Chris and Marcus who designed the 2018 Year 7 jumper.

East Adelaide Christmas Trees
Look out for East Adelaide School’s Christmas trees on Osmond Terrace, Norwood from Wednesday 29 November as part of the City of Payneham, Norwood and St Peters Christmas celebrations. There will be an event in front of Norwood Primary School on Osmond Terrace median strip to launch the trees (Thursday 30 November, 5.00 - 6.00pm). All community members are welcome!

Premiers Reading Challenge
Congratulations to all the students who completed their Premiers Reading Challenge for 2017. The number of students participating in total was 569. This number includes 28 Hall of Fame medals, 15 Reader for Life (8 years), 1 Reader for Life (9 years).

Medals and certificates have been given out to the participants this week. Hall of Fame Reader for Life recipients will receive their certificates at the next assembly. Good Job, everybody, and especially all the Receptions who have received their first level awards.

Chess News
Wednesday 29 November was the last session of Chess for 2017.
**OSHC News**

**Important Dates**
The Vacation Care program is now available on our [website](#). Bookings can be emailed to dl.1036.oshc@schools.sa.edu.au or submitted directly to OSHC from Monday 4 December.

Spaces are limited and East Adelaide School OSHC follows the priority of access provided by the Australian Government Department of Education Employment and Workplace Relations, which means that places in Vacation Care are filled in keeping with these guidelines. **Working parents will be considered as a priority.**

End of Year OSHC Party - We will be running an end of year gathering which includes a bouncy castle, sausage sizzle and a visit from Santa on Thursday 14 December.

**OSHC Advisory Committee**
We are currently seeking new members for our OSHC Advisory Committee for 2018. The committee meets twice a term prior to Governing Council Meetings. Historically they have been 6.30pm on a Tuesday, twice/term for an hour.

**Management:**
- Committee meetings discuss, research, seek additional advice, analyse and make recommendations in the best interests of the staff, children, families, the service and community to the governing council for ratification by the Governing Council
- The Committee reports to each Governing Council meeting on matters relating to budgets, fees, monitoring processes and day-to-day operation of the service
- The Committee supports the OSHC Director and staff in the day-to-day operation of the service
- Meetings are held regularly and recorded appropriately

Please see Benjamin Hepper or Benjamin Goudie if you are interested in joining this committee.

**Music education receives a funding boost**
More than $5.12 million over the next 4 years will be invested into improving the delivery of music education in public schools.

A new music strategy is set to be developed to support your child to pursue careers in music-related fields within the state.

The strategy will be developed in partnership with instrumental music and classroom teachers, the University of Adelaide's Elder Conservatorium of Music, the Adelaide Symphony Orchestra and various state music bodies.

The initiative is part of the state government's new [Public Education Action Plan: Your Child, Their School, Our Future](#).

**Independent Music Tutors News**
It's been a busy term for students, with many working extra hard to complete the 40 Piece Challenge by Week 9. Those who complete the Challenge this term will be awarded a specially engraved gold medal!

The Musical Evening on Wednesday 1 November was a highly successful event as always, with many wonderful performances. A big thank you to all involved.

Students interested in starting to learn an instrument in Term 1 2018 are invited to enquire/enrol now in order to secure a place. Lessons are offered for piano, keyboard, clarinet and saxophone. The IMT yellow information/enrolment brochures are available at the front office, or alternatively please contact Michael Beare 0403 004 733 michaelbeare@adam.com.au for more information.

All the best to everyone for the rest of this term and for the upcoming holiday season!
We have had a productive and successful year once again.

All students have continued to successfully develop their Greek language skills. This has been done through various tasks and activities, which leads them to having a better understanding of the Greek culture and language. The children have been learning about Greek food, families, fruits which they have presented in class.

The children and I have shared how we celebrate significant Greek events these included Easter, Name Days, Independence Day etc. Currently we are working on Christmas activities and Christmas songs.

It has been a pleasure witnessing the children’s positive attitude in attending the lessons weekly and having fun in their learning.

We would like to wish everyone Καλά Χριστουγέννα και Καλή Πρωτοχρονιά - Merry Christmas and a Happy New Year.

Yiasas
Mrs Patrina Andonopoulos.

This year in the Chinese Mother Tongue Program, we have learnt and participated in many cultural activities and festivals.

We learned about the legends around festivals such as the Dragon Boat Festivals, Moon Festival and Chinese New Year. In addition to learning about the stories behind these festivals, we also learned the special foods used to celebrate on these occasions and their importance.

The students have completed a Book Week Project, with the theme “Escape To Everywhere”. This involved encouraging students to create a story about their fantasy place to escape to and where they would be the most happiest by using Chinese and English writing and drawing a picture. The result was fantastic and their work was shown in the school library during the book Week.

We also learnt the name of various popular sports and major foods in China to develop skills in listening, speaking and Pinyin reading/writing skills.

Our students are currently working on some Christmas projects to take home to share with their families during the festive season.

I wish all families a happy and safe holiday and looking forward to seeing your children in 2018.

祝大家，假期愉快。

Johnson中文老师
At the beginning of this Term, Year 3 and Year 4 students were encouraged to participate in a Competition, “La Settimana della Cucina Italiana” (“A Weeklong Celebration of Italian Cuisine – worldwide”). This competition was promoted by SAATI (South Australian Association of Teachers of Italian) and the Dante Alighieri Society in collaboration with the Italian Consulate.

The criteria for Year 3 – 5 students was to: “Create an object that promoted Italy or aspects of Italian culture using images of typical Italian food, inspired by the Italian Food Collection. Need to include Italian language.”

Congratulations to Mariam J (Year 3) who won 2nd Prize in the Year 3-5 category. She was awarded a $150 ‘Mercato’ voucher by the Italian Consul at a ceremony at the Marche Club. Thank you Mariam for your outstanding effort!

Thank you also to the following students who participated in the competition and who also submitted entries of very high standard. Year 3: Corina B, Azalie C, Anika S, Anne V. Year 4: Athena D, Stella M, Eliza P, Mara Y. They have been awarded certificates of Merit.

Auguri a tutti!

Tonia D’Aloia
Being able to play with my friends and build stronger relationships. Holly B

Going on all the excursions and learning about the history of East Adelaide. I enjoyed sketching some of the historical buildings. Natasha

Learning about Sustainability and STEM. I liked using TinkerCad. Evan

Making new friends and learning about how to use vocabulary to describe how to draw a picture. Bianca

Learning about different types of poems. Lucas and Jay

Researching and presenting to the class my projects. Preston and Max

I enjoyed maths because I am getting better at problems solving. Jay

Participating in Physical Education lessons. Lachie and Kien

Performing Arts because we did Drama. It was fun to play different characters and create different performances. Chloe

Learning about different maths topics and improving on my reading skills. Seb

Learning about division and solving problems in maths. Alfie

PE because we have learnt many new skills including netball skills. I love PE. Rochelle
Year 7/8 STEM Collaborative Project

This semester the Year 7s from East Adelaide Primary School engaged in another STEM collaborative project with the Year 8s from Norwood Morialta. The title of our project is ‘Exploring Liveability through Virtual Reality’. Our challenge was to make a suburb more liveable. We watched numerous videos to get inspiration and we saw many presentations about Australia and liveability. We also used google cardboard with apps such as ‘Expeditions and Street View’ to go on a virtual excursion to visit different locations around the world. This gave us a unique perspective into places that we have never visited before.

Once we had a good understanding of the different aspects of liveability, such as natural environments, economic prosperity, infrastructure, social stability, education and recreation, we began to explore the liveability of our own state, South Australia. Through scientific inquiry and statistical data and analysis, we found out that even though it rates in the top 10 most liveable cities in the world, there is more that we can do to make South Australia even better. We looked into different council websites and found out what projects councils were already considering as part of improving their suburb and also what was lacking to make the suburb even better.

Using this information, we began the dreaming phase of our solution, that is making an improvement to our chosen suburb. In small groups we worked collaboratively to discuss and create prototypes of our designs. Once we mapped out our ideas, we began the process of design. We used problem solving skills, such as working out measurement and scale, looking at population growth and trends, and science as a human endeavor to create our 3D models. We eventually filmed our models using a 360 degree camera. The camera allowed us to capture a 360 view of our designs that you could look at through virtual reality. The most exciting thing about this unit was seeing our designs come to life. We look forward to showing you our designs using our virtual reality headsets.

Jack I

Sahara's Marble Run – Room 25

On 28 November I made a marble run for my sharing. My sharing was on 29 November 2017 and my topic was to make a toy that uses gravity (this was a STEM challenge). I used recycled materials and I had to make some modifications to my design.

Earth’s gravity is a force that pushes things down to the ground so they don’t float.

I chose this topic because I wanted to present an oral presentation that was entertaining to others and myself.

The marble run uses gravity because the runs angle is aiming down and directs the travelling pathway.

I enjoyed this topic. My class and teacher were impressed!
**Community News**

**Scholastic Warehouse**

**FILL A BOX FOR $40!** Give the gift of reading this Christmas and stock up on books for the holidays! Browse through thousands of children’s books, including picture and chapter books, novels and activity items at 50% off RRP!* PLUS, fill a box of books for $40 from a selected range of books. **Stock will be replenished throughout both days!** *Some exclusions apply.

**TWO DAYS ONLY:** Friday 1 December: 7.00am—5.00pm and Saturday 2 December: 8.00am—12.00pm

Scholastic Warehouse  
39–41 King Street  
Norwood 5067

---

**SCHOOL HOLIDAY TENNIS CLINIC**

ETKG TENNIS CLUB (CNR EAST & SOUTH TCE, KENSINGTON GARDENS)

**MONDAY DECEMBER 18 - WEDNESDAY DECEMBER 20**

9AM-12PM

$125 OR $50 PER DAY

Register at www.hptennis.com.au

*Registrations close Wednesday December 13th
*Please note minimum numbers are required for sessions to run

For more information, contact;  
Domenic - Director  
0412 752 116  
info@hptennis.com.au