



Keyneton Primary School

'hand in hand'

Principal: Mrs Catherine Hull

Newsletter 1

February 4, 2020

PO Box 90

Keyneton SA 5353

Phone: 8564 8258 Fax: 8564 8332

Email: dl.0205_info@schools.sa.edu.au

*We value: respect, responsibility, honesty, integrity and personal excellence
"OK isn't excellent"*



Diary Dates

MONDAY FEBRUARY 10

Governing Council AGM
7.30pm

*Please return nomination
form by Friday if you're
interested in joining the
Council*

TUESDAY FEBRUARY 11

Adelaide Zoo
Excursion

FRIDAY FEBRUARY 21

Partnership Meeting
Cathy

Family/Staff BBQ and
Information Night
5.30pm

*Term 1 Calendar is
attached*

We have had a great start to the 2020 school year, with everyone settling in well to new routines (including the teachers). The holidays were a very traumatic time for many people across the state and indeed the country; we can be very thankful that we were safe here. I hope you all enjoyed some quality family time.

We welcome two new people to the Keyneton Primary School family this year. Logan Makris has joined the JP class as a new Reception student and Alice Howard is teaching the JPs Tuesdays to Fridays this term. Kate Clothier has the JPs on Mondays and teaches Indonesian on Tuesdays. I am teaching the Primary class on Mondays and Shari Gonzalez takes over for the rest of the week. We will team-teach for part of the English and Maths lessons on Tuesdays and Thursdays. (We are still waiting for Cannizzaro baby news - any day now!)

Thank You

Thank you to the people who helped care for the grounds and veggie garden during the holidays. We are very grateful to Sally Gethin-Jones and Paul Clarkson who installed irrigation to all of our new plants along the Angaston side and front of the school.

Thank you to Jo Michalanney and her boys who looked after the vegies - not an easy job in the hot weather. Raelene Possnicker and Jo are keen to involve the students in collecting seeds, propagating, planting, harvesting and cooking so we look forward to that too.

Whole School Theme

Our Term 1 Science focus is Life and Living, with the JPs "Watching it Grow" and the Primary students learning about "Desert Survivors". This will be linked to other curriculum areas as much as possible.

Family and Staff Barbecue

We thought it would be a good idea to provide time for a short class information session before the traditional family/staff barbecue on Friday February 21. Teachers will give an overview of classroom routines, organisation and expectations. This will provide you with the opportunity to clarify any general questions you may have.

If you have questions specific to your child we are more than happy to chat with you, please come in and make a time so that conversations are not rushed before or after school.

We look forward to a positive, challenging, fun 2020 with your children.



Government of South Australia
Department for Education

I.T. Upgrades

We are very excited about upgrades to our internet system. We now have SWIFT optic fibre cable installed which means we will have the fastest internet available as soon as it is all connected.

We also have our own Department IT support people looking after us. That means we will have a technician here once a fortnight making sure everything is working properly. He can also access our server remotely to perform any necessary updates.

We have support to develop a plan for upgrades over time and access to up-to-date equipment.

Growth Mindset

For some time now we have encouraged students to accept challenges and be willing to have a go and make mistakes so they can learn and grow.

We feel it is time for a re-focus on this and have asked child psychologist, Vicki Martin, to run some more sessions to help the students understand the concept and develop the skills of resilience so they can face challenges positively.

When our current Year 4s were in Reception Vicki taught them about Naughty Ninja and Wise Owl; they are now ready to learn how the brain grows from attempting things that are difficult. Vicki will run age-appropriate workshops with the students over several weeks and we will also organise a parent session so that we are all on the same page and can best support your children.

Tissues

Would you please supply a box of tissues for each of your children. It would be great if you could encourage them to bring a tissue to school each day because we do go through a lot of boxes in each class every year. Please send the boxes of tissues to the office so Leanne can record your donation—the boxes do not need to be named.



Road Safety Reminder

Just a reminder about driving up to near the side car park gate before doing a U-turn when dropping off or picking up your children please. It is much safer for our students if you are turning well away from where they cross the road. Please also park a little way away from the crossing markings so there is clear vision up and down the road.

Brain Food and Healthy Eating



It is very pleasing to see that most of our students do bring healthy Brain Food for a mid-morning snack. Please remember that this snack should be unprocessed food: vegetables and fresh or dried fruit. It's a good idea if it is easy to eat while students continue working, so juicy, messy food is best kept for recess or lunch.

Attached is the Keyneton Primary Healthy Eating Guide. Hopefully you will find the tips helpful when preparing school lunches for your children.

The Primary students are very keen to reduce the amount of waste in lunch boxes and are aiming for "nude food" each day. If you can support them, and all of our children, by providing reusable containers or food in beeswax wrappers that would be greatly appreciated.

Recycling

The Council is going to provide us with a yellow bin so we can be more pro-active in our recycling efforts.

Keyneton Playgroup



Mondays 9:00am – 11:00am

Keyneton Primary School

Enquiries – Phone 8564 8258

Keyneton Primary School

HEALTHY EATING GUIDE – TO BUILD A HEALTHY LUNCH BOX

CHOOSE MOSTLY GREEN

Food and drink in this category are the **best choices** for children to bring to school.

They include:

- Breads, cereals, rice, pasta
- Vegetables
- Fruit
- Dairy foods-reduced or low fat milk, yoghurt and cheese
- Lean meat and poultry, fish, eggs, nuts and legumes (dried beans and lentils)

What types of food could this include?

- Sandwiches - ham, beef, tuna, egg, cheese, salad
- Tin of baked beans
- Piece fruit/vegetable (fresh, frozen, dried, canned (in natural juice))
- Boiled egg
- Wholegrain crackers, rice and corn cakes
- Home made fruit/vegetable muffins
- Nuts (unsalted)
- Air popped popcorn (no sugar/salt)
- Low fat custard/yoghurt
- Water



Aim for wrapper free lunch boxes

SELECT ONLY ONE AMBER

Amber foods are mainly those have had some sugar, salt and/or fat added to them during processing.

Tips:

- Offer some of these foods on certain days of the week or weekends
- Serve amber foods with extra fruit and vegetables

What types of food could this include?

- Muesli bars
- Fruit straps
- Oven baked snack biscuits
- Processed meats – fritz, salami etc
- Full fat dairy (milk, yoghurt, custard, cheese)
- Fruit Juice – 100% (250ml)

LEAVE RED AT HOME

Red foods are those that are **not essential** for a healthy diet and are not recommended for school.

School will avoid, or limit to providing a maximum of twice per term (special occasions/events)

What types of food could this include?

- Drinks: soft drinks (including artificially sweetened), sports drinks, energy drinks, cordial, fruit boxes, flavoured mineral waters
- Confectionery-all-types
- Rollups, LCM bars etc.
- Deep fried foods – all types
- Snack foods: chips, crisps, biscuits, cake, flavoured popcorn
- Pies, pasties, sausage rolls

*** ADELAIDE
* FRINGE * 2020**
adelaidefringe.com.au

BAROSSA kids & family GUIDE

FRIDAY 14 FEB

WANDERLUST 2020 GREENOCK 5pm - 9pm | FREE
MURRAY ST, GREENOCK - by Greenock Artists Collective Recycled material costume, flag and sculpture making workshops with The Bait Fridge. Bring the kids and catch roaming youth performances throughout Wanderlust Greenock. Guru Dudu Silent Disco: tickets available online bit.ly/gurududu



SATURDAY 15 FEB

JUGGLING V MAGIC 10.30am - 11.30am | \$12pp
BAROSSA REGIONAL GALLERY, TANUNDA - by Pheobe Connell One performer - the juggler or the magician - will rule as king of kids' entertainment. And the loser... gets slimed! An event for all ages and YOUR vote decides the winner!



BAROSSA FRINGE LAUNCH PARTY 2pm - 7pm | FREE
TANUNDA TOWN SQUARE
What better way to kick off Adelaide Fringe 2020 than with a town party in Tanunda, complete with local wine, food, entertainment and tunes, and special activities for young folk.



SUNDAY 16 FEB

BAROSSA WELLNESS WONDERLAND & COLOUR TRAIL 7.30am - 4pm | FREE and TICKETED
COULTHARD RESERVE & COULTHARD HOUSE, NURIROOTPA - by regional health and wellness professionals
The day kicks off with a Colour Trail run/walk at Coulthard Reserve (tickets via Fringe Tix). The Wellness Wonderland across the road at Coulthard House Reserve will be kids yoga, fitness, art, kids activities and delicious food! Best of all, the Wellness Wonderland is a FREE event.
Colour Trail: Coulthard Reserve from 7.30am
Wellness Wonderland: Coulthard House from 9.30am



THE MUSIC MAKERS BAND 1pm - 2pm | \$10pp
BAROSSA ARTS CENTRE, TANUNDA - by Cool 4 Kids Igniting everyone's passion for music and creativity! A swarm of popular hit songs will have your hips swinging, toes tapping and body shaking with happiness. Amazing, interactive and fun - this is one brilliant non-stop, action-packed, entertainment spectacular!



family friendly
EVENTS

*** ADELAIDE
* FRINGE * 2020**
adelaidefringe.com.au



FEBRUARY 14-17 2020 www.barossa.com



CALENDAR TERM 1 – 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	27/1 PUBLIC HOLIDAY	28/1 School starts	29/1	30/1	31/1
WEEK 2	3/2	4/2	5/2	6/2	7/2
WEEK 3	10/2 Governing Council AGM	11/2 Zoo Excursion	12/2	13/2	14/2
WEEK 4	17/2	18/2	19/2	20/2	21/2 Cathy - Partnership Meeting Family/Staff BBQ
WEEK 5	24/2	25/2	26/2	27/2 Cathy - State Leaders' Conference	28/2 Pupil Free Day <i>(to be approved)</i> 29/2 Angaston Show
WEEK 6	2/3 Swimming	3/3 Swimming	4/3 Swimming	5/3 Swimming	6/3 National Young Leaders' Day
7WEEK 7	9/3 Adelaide Cup Holiday	10/3	11/3	12/3	13/3 2.50 Assembly
WEEK 8	16/3	17/3	18/3	19/3 Hockey Clinics School Audit	20/3
WEEK 9	23/3 NAPLAN Online practice Shari - STEM Governing Council	24/3 Shari - STEM	25/3	26/3	27/3 Cathy – Partnership Meeting
WEEK 10 Interviews	30/3	31/3	1/4	2/4 Cathy – Portfolio Residential	3/4 SAPSASA Athletics Day
WEEK 11	6/4	7/4 Term 2 Planning Day	8/4	9/4 1.50 Assembly 2.20 Dismissal	10/4 Good Friday