



Keyneton Primary School

'hand in hand'

Term 3, Week 6 – 29th August 2024

Upcoming Events

School closure –

Monday 2nd September

Pupil Free Day –

Tuesday 3rd September

Year 6 Transition Information

Day – Tanunda Primary 17th

September

SCHOOL WORKING BEE

FRIDAY – 20th September

After school 3:30–5:30pm

Come along and support to get some jobs done

Sausage Sizzle will be provided!!

Cricket Carnival – Thursday 26th

September

Thank you to the Angaston Lions Club for a generous donation of \$500 to go towards new Library books.



A note from the Acting Principal

We have had a wonderful start to Term 3, the students have had lots of opportunities to participate in learning activities to display our school values; grow, respect and include.

Congratulations

We congratulate Shari (Ms Gonzalez) on a transfer to another school in Adelaide to begin at the start of 2025. We are excited for her as she is moving closer to her family. We wish Ms G all the best and thank her for her commitment to our school community over many years. We thank her for her dedication and all the amazing work she has achieved with the students over the time she has been at Keyneton Primary School. I am sure we will have lots of opportunities to thank and farewell Ms G throughout the rest of the year.

Mini Olympics

The school has had a focus around the Olympics in Physical Education lessons.

The highlight for this term was we hosted our very own 'Mini Olympics'. Thank you to Ms G and the Blue Gum Room for organising and deciding on the whole school games to play. The unique medals were designed by all students in Design and Technology lessons. It was a huge success! Enjoy the photos further into the newsletter that capture the fun, inclusiveness and respect.

Thank you to the school community for making me feel welcome.

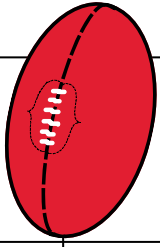
Kind regards,
Rebecca Gogoll
dl.0205.admin@schools.sa.edu.au
8564 8258

National Tree Day

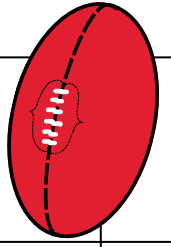


On Friday 26th July the students participated in National Tree Day by planting some native plants near the fire pit area (outdoor learning space). Thank you to the Barossa Bush Gardens who kindly donated the plants.





SPORT NEWS



AFLW PORT POWER VISIT



The whole school was lucky to have a visit from two Port Power AFLW players.

The students were involved in a presentation from the players; learning about the journey to high sports level, training requirements, diet and general health and sport knowledge.

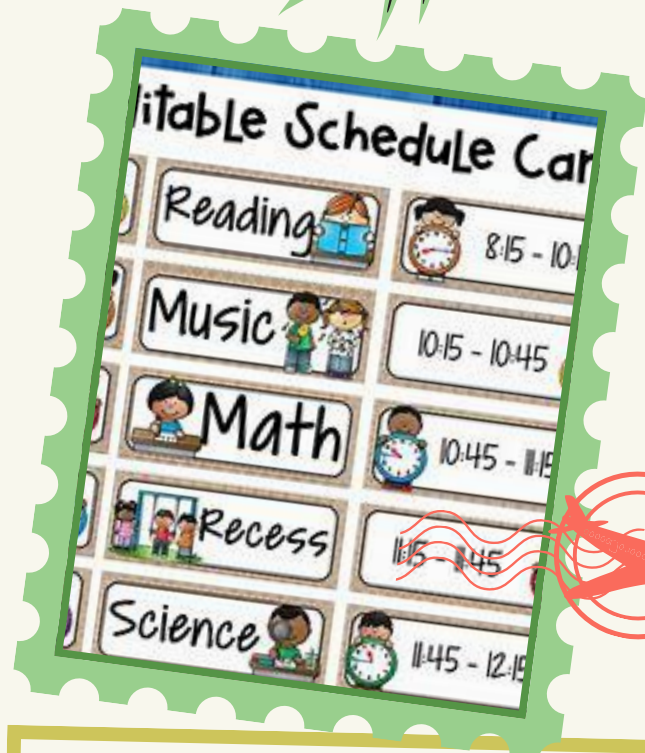
Students also had the opportunity to have a kick on the oval and be involved in a few football drills. A fun time was had by all.



AIT - Autism Awareness

Anxiety

During term 3 Newsletters I will share strategies to support students with anxiety. Some of these may help you to put some things in place to support a child with anxiety at home.



1. Remain Calm and Predictable

At school we create a calm environment - feeling calm is contagious. Students participate in interoception and mindfulness activities - after play times and during lessons.

2. Be Predictable:

We display visual daily timetables in our classrooms to show students what is happening during the day and if there are any changes. Routines are visually displayed and are consistent.

3. Validate and co-regulate anxious feelings

Acknowledge and validate anxiety: Students have access to sensory tools and 'brain breaks' to co-regulate or self-regulate their emotions.

Mini Olympics at Keyneton!







PCW UPDATE

TERM 3

As part of our cooking class lesson on Fridays, the students are learning a variety of skills in the kitchen.

As well as reading a recipe, we are establishing good safety and food preparation skills. We are learning measurement using cups, spoons, grams and millilitres. They are sharing, using teamwork, whilst trying and tasting the food that has been cooked together in the afternoons.

Part of this whole school initiative in week 8 we will be setting the tables like a dinner table with cutlery and separate plates that are needed for each course. This will be a 3-course lunch. The children will have the opportunity to try a little of each food.

We will begin preparing for this later in the term.

If your child comes home and would like to cook what we have made at school, I am putting together a folder so your child can come into the office and ask for a copy of these recipes. I aim to use recipes that can be ideas to add to school lunchboxes or enjoyed for dinner as a family. Watch this space for more on Friday's cooking classes!





Book Week Parade





WHAT'S ON KPS

TERM 3

Whole School

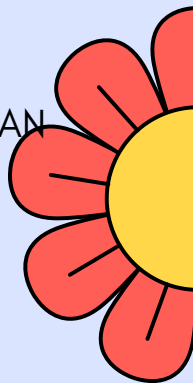
M: • Science/Library

T: • Health/PE & AUSLAN

W: • ARTS

T: • Technologies

F: • Cooking



Rugby Tag - Boys Team

Wednesday 18th September at
Tanunda Rugby Facility

Reminder: Bring healthy food for snack time

WEEK 7

School Closure Day

Monday 2nd September

Pupil Free Day

Tuesday 3rd September

District Cricket Carnival

Week 10

26th September

Year 4/5/6

Nuriootpa Oval

9:30am-2:00pm

Assembly:

Friday, Week 9, 20th September: 2:40-3:10pm

ALL WELCOME

SCHOOL WORKING BEE

FRIDAY - 20th September

After school 3:30-5:30pm

Come along and support to get some jobs done

Sausage Sizzle will be provided!!





What's happening in Term 3 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	22/7	23/7 Port Adelaide Women's Football Club visit	24/7	25/7	26/7 Tree Planting Day Governing Council 3:45pm
Week 2	29/7	30/7	31/7	1/8	2/8
Week 3	5/8	6/8	7/8	9/8	10/8
Week 4	12/8	13/8 Mini Olympics 12:40 – 3:10pm	14/8	15/8	16/8
Week 5	19/8	20/8	21/8	22/8	23/8 Theme: Reading is Magic 9:00am BOOK WEEK PARADE ASSEMBLY hosted by Blue Gum Room
Week 6	26/8	27/8 Hot Shots Tennis Yr 3-4	28/8	29/8 Newsletter	30/8
Week 7	2/9 SCHOOL CLOSURE	3/9 PUPIL FREE DAY	4/9	5/9	6/9
Week 8	9/9	10/9	11/9	12/9	13/9
Week 9	16/9 Governing Council 5:30pm	17/9 Year 6 transition information day at Tanunda Primary School.	18/9	19/9	20/9 Assembly 2:40pm Hosted by Green Gum Nut Room
Week 10	23/9	24/9	25/9	26/9 Newsletter Cricket Carnival – Year 4-6	27/9 2:10pm Early Dismissal



Self-care September Action for Happiness

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Self-Care September 2024

1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together



COMMUNITY

Links to
Upcoming
Events or go
out and about

- [The Barossa Council - Community and Wellbeing link](#)
- [What's on in the Barossa link](#)
- [Walking SA trail link](#)