

Rob Houston
Principal

Leanne Twigden
Deputy Principal

FROM THE PRINCIPAL

Welcome back and hoping families enjoyed some down time together.

The term has begun with great excitement. The building works are finally completed. Classes have now moved into their new spaces. A lot of work was done by many staff throughout the holidays to ensure rooms were ready.

While we are still waiting for furniture back orders, classes are already looking very contemporary and conducive to successful learning opportunities for all. Work is still in progress, organising surrounding shared learning and breakout areas and storage systems, however students are settled and looking forward to a great term. Feel free to pop in to your child's classroom to see the great new spaces.

The library has also been returned to the correct location and is ready for families to use before and after school for book borrowing.

A big thank you goes to all staff, students and families for their patience throughout the last 12 months. While we were all working under difficult situations, the end result is certainly worth it.



One of our students had this to say on day two this term, "I just can't wait to get to my desk again, because I absolutely love it."

New Families

We welcome new families to our community at Belair:
Hudson (CW2)

Pupil free day

The focus of our pupil free day on Monday was mathematics. Early Years staff explored the Big Ideas in Number, in particular "Trusting the Count". Learners trust the count when they have access to a range of mental models for each of the numbers to ten. Primary staff looked at the Brightpath

2023 DIARY DATES

TERM 2

MAY

Mon 8 3/4C & 3/4D Aldinga Camp
Sport Committee 6pm
Tue 9 3/4B & 3/4E Aldinga Camp
Wed 10 3/4A Aldinga Camp
PA mtg 9am
Fri 12 Assembly hosted by Japanese
Tue 16 Education Committee 6pm
Thu 18 Finance Committee 12.45pm
Fri 19 Grounds Committee 10am
District Cross Country
Wed 24 School Tour
Fri 26 Assembly hosted by 5A
29/5-2/6 Reconciliation Week
R-2 Water Safety Education

JUNE

Mon 5 PA Meeting 7pm
Wed 7 OSHC Management Meeting 2pm
Thurs 8 State Cross Country
Mon 12 King's Birthday Holiday
Tues 20 SRC Partnership Meeting
Education Committee 6pm

JULY

Sun 2-Sun 7 NAIDOC Week

Yearly Calendar

[2023-FAMILY-Yearly-planner.pdf \(belairps.sa.edu.au\)](https://belairps.sa.edu.au/2023-FAMILY-Yearly-planner.pdf)

mathematics assessment tool. This will provide formative assessment data and support students to identify and work on next steps in their learning. The day also provided an opportunity for staff to share improvement work they have been carrying out in the classroom. This improvement work will continue throughout the term as all teachers refine their practice.

IB EVALUATION

As part of membership with the IB, we will be participating in an evaluation of the Primary Years Programme (PYP). Evaluations are conducted every five years as a supportive

process designed to assist schools to move the programme forward. The visit will occur in week 6 of term 2.

Evaluators will be looking to speak with teachers, students, parents and carers about the school. If you are interested in participating or have any concerns about your child being involved please contact Natalie Holmes at natalie.mayfield833@schools.sa.edu.au

MOMOYAMA EXCHANGE

After three years of the world-wide pandemic, we are looking to recommence our longstanding exchange program this year.

Some families may not be aware that Belair has had this exchange program with our sister school, Momoyama Elementary School, in Kyoto, Japan since 1999. The last exchange was in 2019, when 29 Belair students (year 6/7) and 5 staff members visited Momoyama and were kindly hosted by families.

Momoyama students and staff are planning to visit us in August this year. For this to be successful, we are looking for families who can host a Momoyama student during their stay. Tentative dates are August 13th - August 20th.

Please refer to the letter sent to all families this week for further information.

If you have further questions/inquiries, please do not hesitate to contact Keiko at Keiko.Yoshino640@schools.sa.edu.au

MURAL PAINTING

During the holidays a group of students from across R6 joined Ms Kay to participate in the painting of a mural at Glenalta railway station. Local member Catherine Hutchesson initiated the ANZAC mural, working alongside local artists to reinvigorate the area near the railway station. Each student involved was lucky enough to have their handprint painted onto the mural. Thank you to Catherine for inviting us to take part in the community project. Our students were thrilled to be included in the project!

"It was very fun! There were lots of people doing Art!" – Connor, Year 2

"It was very fun because everyone got their own chance to put their hand on the wall." – Jess Year 6



PASTORAL SUPPORT WORKER

Dear Families

School can be stressful for children. The good news is that being worried and stressed is normal. While nobody likes feeling stressed, it is a normal human emotion and rather than trying to eliminate the feeling, it is better to learn how to work through it. If, as parents, we can teach our children how to handle anxious moments, we are equipping them well for their future.

Sometimes, however, children become so anxious that parents find themselves in a daily battle with their child. I've been there and it is not fun. For those parents who find yourself in this situation, my heart goes out to you.

I've come across some websites and articles that may be of use when your child is struggling with anxiety.

First, here are a couple of articles on what parents can do: <https://www.heysigmund.com/from-anxiety-and-avoidance-to-brave-behaviour/>
<https://www.heysigmund.com/ow-to-manage-back-to-school-anxiety-what-children-and-teens-need-from-us/>

Next is a website to the BRAVE program. The BRAVE Program is an online program that helps children learn ways of coping better with worries. There is a section for parents as well. It is free. <https://brave4you.psy.uq.edu.au/child-program>

And finally, here is a website for mindfulness. More and more research is emerging on the helpfulness of mindfulness exercises that train your brain to manage big emotions. This isn't just for children. Parents can do it too! (Parents please note: I am aware that some mindfulness exercises may not sit well with some spiritual beliefs. If this is of concern to you, be sure to listen to the exercises beforehand. There are also websites for mindfulness exercises aimed at specific faiths including Islamic, Jewish and Christian sites.) <http://smilingmind.com.au/>

I hope this is helpful to you. Feel free to drop in for a chat sometime.

Sara Walding, Pastoral Care Worker
Sara.Walding521@schools.sa.edu.au

In School: Tuesday afternoon; Wednesday and Friday all day

WELLBEING & ENGAGEMENT SURVEY

Students in years 4, 5 and 6 have been invited to take part in the Wellbeing and Engagement Collection survey.

The survey asks students about their social and emotional wellbeing, school relationships, engagement and learning in school, physical health and wellbeing and after school activities.

More information about the survey please visit www.education.sa.gov.au or refer to the letter sent out this week.

How long is your child spending in front of a screen?

I get it. Screen time is a very hard thing to manage not only for children but also for adults! The challenge we have is that as the time goes by and technology gets better and our kids get older, it becomes even harder to set up limits and make sure they are followed.

Research has identified that children's screentime has a significant impact in four core developmental domains: physical, social, emotional, and cognitive. Longer screen time can inhibit healthy experiences like physical activity, contact with family and friends, school performance, nutrition, and good sleep.

A longitudinal study conducted by the Australian Institute of Family Studies on *Australian's children screen time and extra-curricular activities* found that at the age of 4, children already average two hours plus of screen time per weekday. Children aged 12-13 spend an average of 3 hours per weekday and almost four hours on the weekend in front of their screens. This represents between 20% to 30% of their total daily waking time!

Television, computer, and other electronic devices are widely used for entertaining, especially in the early and primary years. As children become older, computers are also used for homework and social networking.

To add onto the challenge, young people are also exposed to an online culture where they can freely access and share information as well as keep in touch with their peers and family. This makes them vulnerable to online predators, illicit material, risk-taking behaviour, cyberbullying, online peer pressure, and so on.

What are the general recommendations?

The picture below shows some guidelines around screen time established by the Office of the Children's e-Safety Commissioner.



How do I know if screentime has become an issue for my child?

It might be hard to know how much is too much, especially as the child grows older, but in general, look out for the following signs:

- Reduced personal hygiene.
- Withdrawn for long periods of time.
- Irritable or anxious when screens are taken away.
- Constant headaches, eye strain, tiredness, and sleep disturbance.
- Reduced interest in social activities or playing sport.
- Poor academic performance

If you have found any of the above signs in your child, don't despair. Talk to your child, listen to what they have to say as there might be underlining problems that you don't know about. Explain why this has become an issue and needs to be addressed. Below are some recommendations that you could use to approach these situations.

What are the recommendations?

The advice to parents is to:

- Lead by example: reduce your own screentime.
- Provide an environment that minimises screentime. Plan screen-free activities with your child.
- Get more involved with your children during their screen time. Learn about and play their games, watch movies, and surf the net with them.
- Make your children's bedrooms and other areas at home, 'device-free zones'.
- Negotiate rules around how much time is spent in front of a screen, what websites can be accessed and where will electronic devices be placed at home. Use choices for setting up these rules. Children cooperate better when they have options to choose from.
- Avoid giving your child a mobile device when going out or during trips. Use books or toys instead.
- Use parental control apps to monitor website access and talk to your child about the dangers of the internet and how they might be vulnerable to them.
- Talk to your children about online safety and the types of information that can be found on the net, which are not always educational or useful.

Even though this information is concerning, we can't deny the importance of developing digital skills in this digitalised world we currently live in. Effective use of technology opens the door to endless opportunities, academically and professionally. The key is in having a good and healthy balance, where devices are considered a tool that aids our children's mental and physical development.

Resources:

- <https://growingupinaustralia.gov.au>
- <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-022-12701-3#Sec12>
- <https://austparents.edu.au/wp-content/uploads/2019/03/screentime.pdf>
- <https://raisingchildren.net.au/preschoolers/play-learning/screen-time-healthy-screen-use/managing-screen-time-3-11-years>

Maria Naranjo Mendoza
tca209999@tabor.edu.au

CANTEEN

Welcome back! During the holidays I attended the annual Galipo Food Service expo, with over 1000 stalls to browse through there was a lot of food ideas going around. So this term I will be adding some new items and deals to our menu. Keep an eye out on flexischools and our socials for these new items.

The SRC team have also given me a list of items that the students would like to see on the menu with some more

vegetarian options on the top of the list and those items will be available towards the end of the week.

I have also managed to source a delicious seedless bun to use for our cheeseburgers and hamburgers, why not order one of those for your next order?



Veggie Burgers – a delicious plant based patty on a hamburger bun with tomato and lettuce.

Spinach and Ricotta Pastry Rolls - Vegetarian option of a sausage roll.

Potato Pies – Not vegetarian of course but a great choice for winter.

On the snack side we have new flavours in both the slushy and the glee cans, so pop into the Canteen to see what ones we are serving this week.

Julie
8278 6439
Julie.croft558@schools.sa.edu.au

RECONCILIATION WALK



ICAS

We are delighted to inform you that Belair Primary School will be participating in the world-renowned ICAS competitions in August this year.

ICAS is an online academic competition that is designed to assess students' higher order thinking and problem-solving skills in English, Mathematics, Science, Writing, Spelling Bee and Digital Technologies. Each assessment celebrates students' accomplishments by providing opportunities for recognition and development. Every student who participates will receive a printed certificate and an online results report. Top performers will be eligible for medals. We encourage you to consider entering your child into ICAS this year. Learn more about ICAS here.

<https://www.icasassessments.com/products-icas>

How to participate in ICAS

If you wish for your child to participate in ICAS this year, please:

1. read about ICAS subjects and prices here: [icasassessments.com/products-icas](https://www.icasassessments.com/products-icas)
2. read the terms and conditions here: [icasassessments.com/wpcontent/uploads/2022/10/2023-ICAS-Assessments-Parents-PPS-TsCs_final.pdf](https://www.icasassessments.com/wpcontent/uploads/2022/10/2023-ICAS-Assessments-Parents-PPS-TsCs_final.pdf)
3. Go to Parent Portal to purchase tests here: shop.icasassessments.com/pages/pps
4. Enter our school's access code – USF163
5. Enter your child's details, select the tests you would like to purchase, then proceed to payment.

GLENUNGA INTERNATIONAL HS

Information is available to parents and students interested in the Glenunga International High School IGNITE (Gifted and Talented) and International Baccalaureate (IB) Programs.

Please visit this link to view the digital brochure –

<https://www.flipsnack.com/glenungaihs/glenunga-international-high-school-sibs-brochure/full-view.html>

CANTEEN ROSTER

8 May	9 May	10 May	11 May	12 May
		Janet Wooding	Di Miles	Raylene Sheehan
15 May	16 May	17 May	18 May	19 May
		Janine Wedding	Belinda Blockow	Sam Betros Belinda Dohring
22 May	23 May	24 May	25 May	26 May
Ann Phillips	Emily Connor	Jan Waller	Ellie Magarey	Mary Narayana Dannii Olsen

**If you are unable to work please try and swap with someone else first and then let me know. Thanks*

COMMUNITY NOTICES

- KIDS TAEKWONDO** Resilience Confidence Discipline Fitness • Children can start at the age of 5 • Self defence and anti bullying program • Non - Contact Training • Experienced WWCC Instructors • Sports Voucher approved provider • Olympic Sport BEGINNERS WELCOME ANYTIME Enquiries: info@worldtaekwondo.com.au Ph: 0412 909 500 Website: www.worldtaekwondo.com.au
- Grey Box Day** – Sunday 7 May 10am-4pm – State Flora Nursery, Belair National Park – No entrance fee is required if only visiting the nursery. Organised by the Grey Box Community Group, the day aims to encourage City of Mitcham residents to grow plants from the Grey Box Eucalypt (Eucalyptus macrocarpa) Gassy Woodland ecological community.
- Flinders University Psychology Clinic** - a local clinical psychology clinic linked to the School of Psychology at Flinders University and is situated in the grounds of Flinders University. Under supervision by an experienced clinical psychologist, provisional psychologists provide assessment and treatment of a range of social and emotional concerns in children and adolescents (e.g., stress, anxiety, emotional regulation and behaviour difficulties, social difficulties, adjustment to life transitions). Due to a recent increase in capacity, at present there are appointments available for therapy less than 3 months.



MOBILE: 0480129125

ENROL NOW
AGES 2-12

TERM 2 KICK OFF
6-7 MAY



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SUNDAY 7 MAY, 11AM - 4PM
THEBARTON COMMUNITY CENTRE

ENTRY: \$5/PERSON, \$10/FAMILY(4PAX)








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DO YOU NEED HELP WITH YOUR CHILD OR TEEN'S SLEEP?



Does your child or teen:

- ☐ Refuse to go to bed at night ?
- ☐ Have trouble falling asleep?
- ☐ Wake up during the night and struggle to return to sleep?
- ☐ Have trouble waking up or getting out of bed in the morning?
- ☐ Struggle sleeping alone?

We are a group of psychologists who have been supporting families with sleep concerns since 2006.

If you answered 'yes' to any of these questions, please feel free to contact us at
hello@winksleep.online
 OR via our website

WINK



CHILD AND ADOLESCENT SLEEP CLINIC

