

Rob Houston
Principal

Leanne Twigden
Deputy Principal

FROM THE PRINCIPAL

Last week and this week our school has been participating in a number of local and national events including National Sorry Day (Friday 26th May), Colebrook Reconciliation Walk (Sunday 28th May) and National Reconciliation Week (27th May to 3rd June).

National Sorry Day is a day to acknowledge the strength of Stolen Generations Survivors and reflect on how we can all play a part in the healing process for Aboriginal and Torres Strait Islander people and our nation.

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. The theme for National Reconciliation Week 2023 is "Be a Voice for Generations". The theme encourages all Australians to be a voice for reconciliation in tangible ways in our everyday lives – where we live, work and socialise.

In acknowledgement of these events classes have been involved in a variety of activities including :

- National Sorry Day class assembly hosted by Ali Farmer's class 5A
- Creating the 'Sea of Hands' for our school entrance and Colebrook Memorial
- Inquiring into the history of the Stolen Generations
- Replaying the Apology by Kevin Rudd
- Researching significant Indigenous Australian who used their voice to stand up for their generation (Charlie Perkins, Evelyn Scott, Faith Bandler, Vincent Lingiari)
- Creating poetry about the word Sorry, Reconciliation, The Referendum or Eddie Mabo.
- Creating a class Acknowledgement of Country
- Watching one of the many BTN clips available online.
- Creating a National Reconciliation Week infographic or a timeline of significant events (upper primary)
- Researching the history of both the Aboriginal and Torres Strait Islander Flags.
- Accessing our wonderful collection of Dreaming stories and other Indigenous texts in our library.

A special thank you to year 5 classroom teacher Ali Farmer for her leadership and work supporting staff and students to participate in these activities.

2023 DIARY DATES

TERM 2

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 Parent Online Safety Presentation – 6:30pm

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)



RECONCILIATION ACTION PLAN

Belair Primary School is in the process of creating a Reconciliation Action Plan (RAP). A RAP supports schools to teach, share knowledge and show pride in Aboriginal and Torres Strait Islander history, cultures and contributions. It is our school's formal commitment to reconciliation. We are at the start of our journey where we have created a working group which includes staff, members of our parent community and students. Stay tuned for further updates on our journey.



PYP EVALUATION

As part of our membership with the International Baccalaureate (IB), we are participating in an evaluation of our Primary Years Programme (PYP) next week. Evaluations are conducted every five years and are a supportive process designed to assist schools to move the programme forward.

Evaluators will be speaking with teachers, students, parents and carers about our school. We are looking forward to the evaluation and I would like to thank our PYP coordinator Natalie Holmes for preparing us.

WINTER WELLNESS

With the cold weather now upon us, there seems to be all sorts of illness going round. We hope you are all giving yourselves time to rest and recover.

As has been communicated we have started to have some confirmed COVID cases in our community. Attached to this newsletter is the latest Testing and Isolating information from the Department for Education for your reference.

LOST PROPERTY

We are on the hunt for a volunteer to help us with our Lost Property. If someone, or a few people, could spare a hour or so each week to go through and reorganise the lost property we (and the parents of the lost property items) would greatly appreciate it. Please let us know if you are willing and we can provide more details.

PARENT ASSOCIATION

The Junior Primary outdoor play area is starting to see some things happen as we use some of the fundraising from the Colour Run. Check it out over the next few months.

We will also see our mural artist, Nicky (formerly a student of Belair) later this term or early next term to consult with the kids over a mural for the school!

Thank you Belair Hotel! As part of their Give Back to Local fundraiser, where Belair Hotel donated \$5 for every main meal bought on Mondays during a month to Belair Primary School, which resulted in \$975 raised for the school! A huge thank you.

The BB Facebook page: you might have noticed the original Belair Babes Facebook page has now been updated to 'Families of Belair' and is now being run by the Parents Association. A big thank you to the mums who have looked after this page for so many years! Please use this page respectfully and to help continue to build such a strong and inclusive school community.

Family Seminar: The Parent Association is putting on a Parent Family Seminar on the 3rd August, run by Kidz Biz Ed, on topics 'Where Did We Come From?' (years 2-4) and 'What's Happening to Me?' (years 5-7). More details will be sent out closer to the date.



SCHOOL QUIZ NIGHT: we are running the School Quiz Night again this year! Date TBD (possibly Term 3). It is always a lot of fun, with dress ups, prizes and games! We need lots of help to run it so if you are interested in helping with the event we are forming a committee shortly; please email stacey@hargroves.net.

Entertainment Books: If you would like to order a book please follow the link below. Belair Primary School (entertainment.com.au)

Parent Association meeting: Our next meeting is Monday 5th June at 7pm in the staff room. Meetings go for about an hour. Come along to hear what's happening in the school, offer help, or throw your ideas into the ring. All parents and carers are welcome!

Contact the Parent Association: If you want to ask the PA a question or make a comment or suggestion, please email stacey@hargroves.net and we will respond ASAP.

Family mindfulness practice

So, what is all the fuss around mindfulness? What exactly is it and how does it work?

When I first heard about mindfulness, I was very skeptical. I doubted that a few deep breaths and 'savouring the present moment' was going to do any good to my already rushed and busy life. Plus, who's got time to do it? With so much stuff going on in our lives, we are barely able to meet our basic needs, let alone practice these somewhat 'random' techniques.

Well, I was wrong. I started studying mindfulness at uni, but what started as an academic chore, ended up being a great tool that I have been using in my personal and professional life.

To put it simply, mindfulness is being focused on the present moment and becoming fully engaged with whatever activity we are doing now. We become aware of our thoughts, feelings and bodily sensations without judgement or distraction.

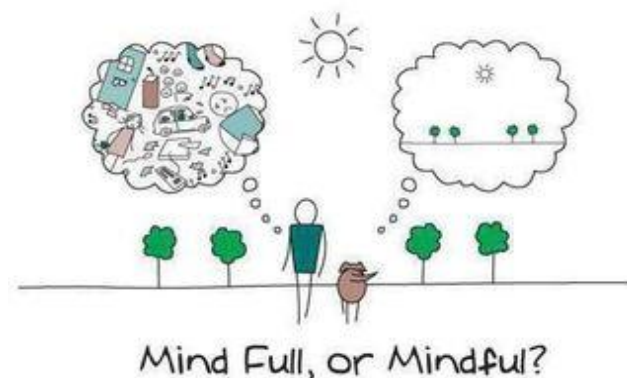
Mindfulness is not going to take away your stress or life challenges. Instead, it will allow you to notice the unpleasant thoughts or feelings connected to these difficult experiences and to make a choice about how to handle them, in a more thoughtful, calm, and empathetic way.

Mindfulness and meditation are not the same thing. Meditation is a state of mind that is present only while you practice it, while mindfulness is a way of living. You become mindfully skilled through consistent meditation that is correct, but you continue to practice it moment by moment, as you go on your normal life.

Mindfulness improves emotional awareness and research indicates that it can even change the shape of our brains by building new pathways connected to more positive thoughts and emotions. It also increases the size of the part of the brain responsible for emotional regulation, planning, learning and memory. And all these changes can be noticed after only 8 weeks of regular practice!

Below are a few easy mindfulness practices that you can try with your child during one of those hectic days. Remember that modelling is one of the best things you can do to teach mindfulness to your child.

Waking up: With your child, take a moment to explore the morning through your senses. Name things you see, hear, feel, taste and smell. You will be surprised at all the things you tend to tune out of, like the birds chirping or the cosy feeling of the blanket touching your skin.



Meals: Instead of gobbling up your meal so you can continue with your next task on the list, try to eat slowly, noticing how the food looks, smells, tastes and feels in your tongue. Ask your child to describe it, as you both take turns to do it.

Travel: Play a different version of 'I spy' where your child will name a colour they see and ask you to guess the object. This will help the child to become aware of the surroundings and notice things he or she might miss.

School: Whenever you have a few minutes to spare with your child, make some bracelets with them. It could be using the loom bands that are so popular now. Every time you look at the bracelet in your wrist, take a couple of minutes to notice your surroundings, what you hear, see, smell and taste. Ask your child to do the same, so they can practice this skill even when they are not with you.

There are a few mindfulness apps that you can try, and they have tracks for children as well. Smiling Minds is one of my favourites and is free. Headspace is very good; however, it is paid. A great one, especially for better sleep is Insight Timer and has a lot of tracks free of charge.

If you would like to discuss about this or any other topics, either for yourself or your child, feel free to reach out anytime. I'm always happy to help in whatever way I can.

I look forward to hearing from you.

Kindly,

Maria Naranjo Mendoza
Tca209999@tabor.edu.au

Resources:
www.TherapistAid.com
www.Headspace.com

PASTORAL SUPPORT WORKER

Just when you think you have it all together . .

I walk around with a lot of parental guilt. I'm always second guessing myself, wondering whether I should have done something differently, and in many cases knowing that I should have done something differently.

But there was one thing that I was good at as a mother of young children: long distance travel. When it came to travel, I had it all together.

My family lives in Michigan, USA. I loved visiting them for extended periods. My husband, having work commitments, would often send me on my way with my two young daughters and come over a bit later so we could travel home together. This of course meant a big trip on my own with my children.

Imagine a 36 hour trip involving 4 separate flights, customs, immigration, baggage, etc with a baby and a two year old. Or perhaps even worse, the same trip with a 2 year old and a 4 year old. But, I was pretty good at it if I do say so myself. I had all the gear organised. Special toys that had never been seen before were kept hidden until boredom required that they be produced. We had snacks, games, everything we needed. Apart from one incident involving vomit, everything always went smoothly. I was a pro! My friends taking much shorter trips would ask my advice. I was rather proud of myself.

So when it came to a car trip to Victoria, I was pretty relaxed. I had the girls in their booster seats, separated by a large pillow (there was to be no pinching or poking on the way). They each had a special bag of toys containing the exact same things (there would be no fighting over who got what toy). We had books, games, CDs and snacks. I was perfectly prepared. As I was packing the car with a few surprise toys, I even considered writing a book, Travelling with Tots by Sara Walding. It had a nice ring.

The day of travel arrived and we all clamoured into the car before the sun came up. The girls squealed with delight at their bags of toys and I smiled. I even told Steve (my husband) about my book idea.

And then, it happened. My oldest daughter who was 6 years old at the time screamed in anger, "MUUUUUUUUU!!!! SHE'S LOOKING OUT MY WINDOW. MAKE HER STOP!!!" We were less than two kilometres from our house. It was not a peaceful trip. I never wrote the book.

Moral of the story: Don't take yourself too seriously. And, as parents, we will never have it all together, but our kids will probably turn out ok anyway.

Sara Walding, Pastoral Care Worker
sara.walding521@belairschools.sa.edu.au
In School: Tuesday afternoon; Wednesday and Friday all day

CANTEEN NEWS

Some exciting news from the Canteen, we have now introduced online ordering for recess items. This means if you are having a lunch order day you can also order your recess! No need find to cash. It also means we can offer some delicious hot food items without them going to waste if they don't sell. All the students have to do is remember they have to come over to the Canteen to pick up their recess. Too easy!

Some of our new items are; Potato waffle fries, mac & cheese balls, a hot snack tray (waffle fries, mac cheese ball, cheese stick) and of course a favourite winter warmer Hot Chocolate (available for lunch order also).

On the lunch menu we have added fish and chips – delicious fish bites with potato fries..yum!

Always keep an eye out on the flexischools menu for new items and special deals and offers

As always we are looking to increase our wonderful volunteer pool, so if you would like to help out in the Canteen even just once a term please contact me we would love to have you onboard

Thanks

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

UNLEY HIGH SCHOOL

Unley High School will be holding extra Principal Tours on Monday June 5th and Tuesday June 20th.

Bookings are available through Unley High School's website:

<https://uhs.sa.edu.au/principals-tours/>

or via trybooking by scanning the QR code (see below in Community Notices) or via the following link

<https://www.trybooking.com/events/1019793/sessions>

CANTEEN ROSTER

5 June	6 June	7 June	8 June	9 June
Julia	Mandy Mason	Janet Wooding	Di Miles	Bridgid Agnew Josie Caltigrone
12 June	13 June	14 June	15 June	16 June
KINGS BIRTHDAY HOLIDAY	Jodie Hirst	Raylene Sheehan	Linda Ogrowsky	Sarah Coote Karli Bowes
19 June	20 June	21 June	22 June	23 June
Julie		Jan Waller	Rebecca Fitzgerald	Emily Connor Jan Charles
26 June	27 June	28 June	29 June	30 June
Lisa Jamieson	Bec Brown	Same Betros	Kylie Parrott	Catherine Gray Janet Wooding
3 Jul	4 July	5 July	6 July	7 July
Julia		Holli Renton	Raylene Sheehan	Belinda Blockow Josie Caltigrone

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

COMMUNITY NOTICES

Unley High School PRINCIPAL'S TOUR DATES FOR 2023

We invite prospective families to come and experience Unley High School in action. Meet some of our leadership team and ask any questions you may have about enrolling and your child starting high school.

NEW DATES

[CLICK HERE
TO BOOK
YOUR TOUR](#)

Monday 5 June
9.15am in George Cresswell Hall

Tuesday 20 June
9.15am in George Cresswell Hall

ADELAIDE HILLS TIGERS RUGBY LEAGUE CLUB

MOUNT BARKER 5251

Do YOU want
to play Rugby
League?

EVERYONE IS WELCOME
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TEAMS AVAILABLE

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Club Contact
Nicole Black
0407 759 904
ahtigerspres@gmail.com

I AM
BRAVE

I AM
STRONG

I AM
ME

**BASKETBALL
SOUTH AUSTRALIA**

“ THANKS FOR THE OPPORTUNITY...
WHILE WE TRY TO ENCOURAGE
PARTICIPATION IN SPORT, SESSIONS LIKE
THIS HAVE A GREATER IMPACT
- TEACHER ”

**FLAGSTAFF
HILL**
GOLF CLUB INC.

Where Golf and Community Meet

2023 JUNIOR GOLF CLINICS

ALL AGES
WELCOME

-NOVICE-
-INTERMEDIATE-
-ADVANCED-

**AUSTRALIA'S JUNIOR
GOLF PROGRAM**

TERM 2 CLINICS (6 weeks)

WHEN: Every Wednesday 10th May – 14th June

TIME: 4pm – 5pm

COST: \$65

To book or find out more visit:
www.fhgc.com.au/golf/junior-golf

FREE AND CONVENIENT GIRLS ONLY BASKETBALL COME AND TRY SESSIONS

Together with our Members and the Adelaide Lightning, it is our vision that females are represented in all roles of sport and active recreation.

Basketball South Australia alongside the Adelaide Lightning WNBL team are delivering FREE school visits for females.

Sessions are run in your school by current Adelaide Lightning Players or female NBL1 players. Our aim is to create a safe space for GIRLS ONLY to give sport a go and stay active.

Session Information:

- 1x 60min session or 2x 45mins sessions
- Adelaide Lightning players and/or NBL1 players
- Drills for fundamental basketball skills, including dribbling, shooting and some 3x3 basketball
- Maximum of 30 girls per court

Please contact us for more information or to book your session.



the *Carly Ryan* foundation.

Parent Online Safety Presentation

Belair Primary School

Tuesday 20th
June 2023

6.30pm

45/83 Main Rd, BELAIR

The presentation explores

- Online Safety
- Opportunities vs risks
- Privacy settings
- Awareness
- Managing self
- Emotional intelligence
- Resilience
- Critical thinking
- Understanding the law
- Image based abuse
- Respectful relationships
- Communication
- Practical guidance
- Connection to support services

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carlyryanfoundation.com

Creating a positive experience online
for all Australian families.

