

Rob Houston
Principal

Leanne Twigden
Deputy Principal

FROM THE PRINCIPAL

We undertook a big initiative to refurbish and update our school library over the first half of 2020.

The changes to the library included:

- shelving promoting front facing books
- an online borrowing system
- sorting of non fiction books into PYP transdisciplinary themes and fiction books sorted into contemporary genres including 'Funny Faves' and 'Fantasy and Fairytales' etc
- signage and stickers on books for easier sorting and locating
- new furniture, chairs, cushions, lounges and tables for students
- new wall decorations and hangings to reflect our native surroundings
- trained student library monitors to support library returns in the morning and at lunchtimes

The changes saw a remarkable increase in student borrowing rates. The average number of books borrowed per student over a year jumped from 47 to 71 books!

COVID has delayed a celebration and an opening ceremony for our library and we can't wait any longer!

We are opening the school for you to come and visit on Sunday 17th September between 1pm and 3pm. This is also a great time for you to come and see our newly acquired facilities. The official opening of the library will take place at 1.00pm to be followed by guided school tours of the school with the SRC.

There will be a sausage sizzle and coffee van to help support the afternoon. We are looking forward to seeing you there.

MOMOYAMA EXCHANGE

From Sunday 13th August to Sunday 20th August, we had 20 students and 4 staff members from Momoyama Elementary School visiting us at Belair. Throughout the week, the Momoyama students attended school, experienced our school life and interacted with our students. It had been 5 years since their last visit in 2018, so for many of us, it was the very first experience of our long-lasting exchange program with Momoyama. The entire school was buzzing with excitement during

2023 DIARY DATES

TERM 3

August

Fri 25	Bookweek Parade 9am
Mon 28	Parent Association mtg 7pm
Tues 29	Canteen Committee 1.45pm
Wed 30	OSHC Management mtg 2pm

September

Fri 1	Assembly hosted by 3/4D
Mon 4	Show Day School Closure
Wed 6	Yr 6 Exhibition
Thu 7	PME Final 1:30 – 3:30
Fri 8	Assembly hosted by 1/2B
Sun 10	TOM State Final Day
Tue 12	Education Committee mtg 6pm
Wed 13	School Tour
Thu 14	Finance Committee mtg 12:45pm
Fri 15	Assembly hosted by 1/2A & 1/2C
Tue 19	State Athletics Governing Council 6:30pm
Fri 22	Festival Choir Concert
Fri 29	Early Dismissal 2:10pm

Yearly Calendar

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

their visit. We would like to give a special thank you to all of the amazing host families who graciously took care of our Momoyama guests during their stay.



COVID AND ILLNESS

The recent spate of COVID-19 cases across the school is a timely reminder for us all to remember the need to maintain a level of vigilance and responsibility to ensure we're do our best to stop the spread. Schools remain an area where some rules still apply. Staff who come down with COVID need to remain at home for at least 5 days and cannot come back early. Outbreaks have an effect on our daily operations so please keep positive COVID-19 cases at home for 5 days until acute symptoms have cleared, take steps to protect others and keep the school informed.

OLIPHANT SCIENCE AWARDS

The Oliphant Science awards are over for another year, and we are thrilled that a record number of Belair students participated. We initially had over 60 students sign up, which resulted in 37 projects entered. To put that into perspective, we had one project entered in 2021 and 16 in 2022. This year, 4 of the projects received High Commendations (Imogen B and Claire B(Y6), Piper M(Y3), Alberta B(Y3) and Felix R(Y2)). We also had three projects receiving awards (Alice E(Y2), Piper M(Y3) and Eden O(Rec)). Award winners will be invited to a special function where they will be presented with their prizes.

Congratulation to all students who participated, the level of entries was fantastic. We hope to see you all again next year.

Tim Verryt, Science Teacher

YEAR 5 DEBATING

Debating was really fun. Every Monday and Wednesday at lunch we worked as a team to put together speeches and rebuttals for the debate. Debating really helped us to improve our public speaking and student agency, while having fun and making new friends. The debates were on Tuesday and even though it was nerve wracking and new, we persisted and tried our best every time. Debating has been a great experience and we highly recommend it to anyone who wants to make new friends, build on public speaking skills, develop research skills and grow as a person. Tilly and Mitchell



POTENTIAL INDUSTRIAL ACTION

You may have heard or are aware that the Australian Education Union is balloting members for potential strike action on Friday 1st September. If this has an impact on our school you will be notified in due course. Department regulations do not permit us to use our resources and or communications to take a side on these matters. Your best source of information gathering would be to visit relevant web sites such as the Department for Education and the Australian Education Union, and by following the local media stream. Thank you for your patience and understanding in regards to this matter.

PASTORAL SUPPORT WORKER

Dear Families,

I love how children think. I learn some important lessons from children. I learn from their quirky wisdom and sometimes from their mistakes. I remember a little girl on an airplane that I never met officially, but I learned a lot from her and the mistake that she made.

Several years ago, my family and I journeyed to America to visit my relatives. On our way back to Australia, we planned a short side trip to visit my brother in California. As a result, we were on a flight from Detroit to Los Angeles. It is about a 5 hour plane trip. Sitting in the row across the aisle from us was a little girl who was about 3 or 4 years old. I can't begin to describe the excitement emanating from this little girl. She had a window seat and was thrilled to watch the airport activity outside. She could see planes taking off, tractors moving luggage, people walking here and there, big buildings with all sorts of equipment around. But, as exciting as the airport was, her real joy was stemming from her eagerness to reach her destination. She was heading to Disneyland, "the happiest place on earth", and she couldn't wait to get there! I thought she would explode from the anticipation. She was adorable and I enjoyed watching her and listening to her chatter.

When we began our decent into LA I could see the excitement rising in her. She was so cute. I was excited for her. And then, finally, after 5 hours, we landed. She looked out the window in disbelief. Her little face fell and she began to cry. She was utterly grief stricken, crying "Oh no! Oh no! No! No! No!" Her parents were so confused and asked her what was wrong. Through her tears she wailed, "We are right back where we started!" Then the tears really started to flow. She had just spent 5 hours in a plane and the view from her window looked exactly the same as when she left. She must have thought we were going to land right smack in the middle of Disneyland or something. Her disappointment was intense and her parents had some trouble consoling her. Little did she know that she was in a whole new place and Disneyland was right around the corner.

This little girl taught me a remarkable lesson: Sometimes we work really hard to accomplish something and we are disappointed when it seems as though nothing has changed, when in fact we are someplace completely new and Disneyland is just around the corner.

As the year continues, I hope you wake up each morning with the knowledge that it is a whole new day. You aren't where you were yesterday. And while the day may be disappointing and seem the same as any other day, Disneyland isn't that far away. Have hope.

Sara Walding, Pastoral Care Worker Email: sara.walding521@schools.sa.edu.au

In School: Tuesday afternoon; Wednesday and Friday all day

FROM OUR COUNSELLOR

Helping our kids to manage their emotions

Some of us parents were born to parents and families with very conservative parenting styles where emotions were generally suppressed or silenced. We grew up hearing things like *'there is no reason to cry'*, *'toughen up'*, *'boys don't cry'*, *'do as I say, because I say so'*, etc. That was my case anyway, and no, I don't blame my parents for such approach. They love me and they did what they could with the resources and knowledge they had at the time.

Luckily our generation and the ones that come behind us are learning new ways of interacting with their children, and make them feel safe, seen, soothed and secure, as Dr. Daniel Siegel summarises in his book *'The Power of showing up'*.

Emotions are not right or wrong, they just are! Some of us are more sensitive than others and this is completely fine. As long as we know how and when to funnel those emotions in a positive or healthy way, there is no harm in expressing them openly. This is what is called emotional regulation.

Emotional regulation is not something we are born with so helping our kids learn how to self-regulate is one of the most important and challenging tasks in our never ending 'to do' list. Children's ability to self-regulate can impact their family, friends, school achievements and overall mental health.

So, how do we teach them self-regulation?



The capacity to self-regulate depends on factors like genetics and the environment where the children are raised and educated. This includes schools, teachers, neighbourhoods, friends, culture but most importantly, family and parents.

Below are some tips for parents to help their children learn to manage their emotions.

1. Model emotional regulation

Our children are observing us all the time. They internalise our behaviours and copy them so our ability to self-regulate is the first example that they will see. If we are reactive, yell, snap or scream constantly to our children, they will also learn to be reactive and will misbehave when things are not what they expect them to be. If we are calm and act in a problem-solving manner, our kids will look for solutions instead.

2. Adopt a responsive, warm and accepting parenting style - If we are responsive to our children's feelings,

they will feel comforted, and their stress levels will decrease. Parents who notice, accept, and validate their kids' feelings, are already teaching them self-regulation. Parents may teach their kids to put names to those feelings so they can easily verbalise them, whenever they arise.

When we try to suppress our kids' feelings, or punish them for their emotions, they will become more defiant and will find very difficult to control themselves.

3. Provide a positive emotional environment - Factors like marital relationships, parenting styles, siblings' relationships, and overall family culture can influence the child's emotional self-regulation capacities. A positive, responsive, and consistent emotional environment will help kids feel accepted and secure. A negative or unpredictable environment tends to produce more reactive and insecure children.

To create a positive family climate, try to express positive emotions daily, handle marital conflicts in a healthy way and work on resolving any frictions between siblings as soon as they arise.

4. Teach self-regulation to the kids - Young children rely on adults to learn self-regulation. School aged children are cognitively ready to learn from parents some of these skills. Here are some techniques that parents can teach their children:

- Redirect attention: towards a more positive activity (e.g. read a book, take a walk, listen to music, play a board game, dance!)
- Reframing the situation: problem solve for alternatives and try to see the possibilities on each situation.
- Coping skills: like deep breathing, counting to 10, mindfulness techniques, etc.

5. Self-care - Activities that involve self-care include physical exercise, mindfulness, good sleep, healthy and balanced nutrition, avoiding junk food or food with high sugar content.

We can shape the future of our children, and this seems scary! We are not perfect, and we can't provide a blameless home or a problem free environment. But as long as we let our kids know how much we love them, continue to show up for them and repair the relationship when we make mistakes, we are doing a great job already. If you would like to have a chat, please email me at tca209999@tabor.edu.au. Always happy to help!

Maria Naranjo Mendoza

MORNING TEA INVITE



Parents of neurodiverse children are invited to a morning tea on Friday, 22 September (Week 9), after school drop off, in the staff room. This is an informal

gathering where parents can meet, share information and reflect on the joys and challenges of having neurodiverse children. Contact

sara.walding521@schools.sa.edu.au if you have any questions.

CANTEEN NEWS

What a great buzz there was around the school last week as we welcomed our friends from Momoyama. It was fantastic to see their smiling faces in the Canteen as they learned how we organise Canteen sales and lunches in Australia.

Week 7 is Show week and we will once again celebrate with our Canteen Show bags for sale from Tues – Thursday or until sold out.

Also from week 7 - 10 I will be on long service leave, the Canteen will be open and running as normal with Belinda at the helm. If you need to contact the Canteen for any reason, please make sure you call the Canteen phone line as I will not be available to contact on FB or messenger.

Thanks

Julie

Canteen: 8278 6439

Julie.croft558@schools.sa.edu.au

PARENT ASSOCIATION NEWS

Thank you to everyone who attended the Belair Primary Family Seminars, it was a very informative and a wonderful night for all!

SCHOOL QUIZ NIGHT: Change of date! The Quiz night will now be on the 27th of October (Term 4, week 2) due to a clash of dates. Theme this year is The Movies!

Tickets for tables will be available soon on Flexischools so keep an eye out. We would also love any prize donations for the various raffles and prizes throughout the night (see letter attached), especially wine for our wine wall!



Murals: Our Mural artist Nicky will be coming in next week to do a workshop with the SRC class reps who will be bringing all the ideas from their classes to be involved in the design. Nicky is also an old scholar of Belair Primary so it is lovely for her and for us to have her come in put some colour onto our walls, which will be getting painted early next term.

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

Parent Association meeting: Our next meeting is Monday 28th August 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.

SPORTS CO-ORDINATOR

Our Netball (Jodie) and Softball (Janie) coordinators are stepping down from their roles this year. Both these sports will need new coordinators for 2024. Our contact details are at the end of my story as a softball coordinator (below), please reach out to us for more information on what the role entails.

Being a Sports Coordinator

Here's my story. I stepped into the sports coordinator position for softball about 6 years ago. I grew up in the UK and didn't know what softball was until my - then year 4 - daughter decided to give it a go. I learnt the game as I watched her play and took up the sports coordinator role 2 years later so that she could continue to play at Belair. My daughter trialled for District in year 7 and got in. From there she trialled for the U12 School Sports state team and got in. And finally she felt she was good enough to join Sturt Falcons softball club, where she has thrived in the sport. My daughter wasn't interested in netball, soccer, footy or basketball, and I am forever grateful for my predecessors who allowed her to discover softball. And even more surprisingly my next daughter took up softball and enrolled all her friends in it too. As a school we have provided Sturt Falcons softball club with 1-3 players most years, and those players are still at the club to this day.

As a coordinator you play an important role in enabling the sport at the school. You don't need to know the sport but it helps to have your child in the sport. You will be responsible for putting teams together, handing out playing tops, organising the kit bags, sourcing coaches and umpires, organising end of season presentations, distributing the game schedule and being the point of contact for the competition organisers. It sounds a lot, but all sports at Belair have systems and processes in place that help you manage these responsibilities, plus you are supported by all the parents whose child is involved in the sport.

I am a parent of 3 children and worked 4 days a week, and I'm absolutely sure I found the time to be a coordinator with the help of my kids and husband. Over the years my children have helped me with team selection, buying trophies, handing out tops, etc and my husband cooked our dinners.

Being a coordinator is a great way to get involved with your child's interests, the school community and learn the game.

Janie Hutchison, Softball Coordinator

0406 627 277

Jodie Hansen, Netball Coordinator

0412 855 287

CANTEEN ROSTER

28 Aug	29 Aug	30 Aug	31 Aug	1 Sep
		Janine Wedding	Di Miles	Brigid Agnew Josie Caltigrone
4 Sep	5 Sep	6 Sep	7 Sep	8 Sep
SHOW DAY	Jodie Hirst	Janet Wooding	Raylene Sheehan	Sarah Coote Karli Bowes
11 Sep	12 Sep	13 Sep	14 Sep	15 Sep
	Jacki Anderson	Raylene Sheehan	Rebecca Fitzgerald	Emily Connor Jan Charles
18 Sep	19 Sep	20 Sep	21 Sep	22 Sep
Lisa Jamieson		Bek Brown	Sam Betros	Catherine Gray Janet Wooding
25 Sep	26 Sep	27 Sep	28 Sep	29 Sep
	Saraid Martin	Kylie Parrott	Raylene Sheehan	Josie Caltigrone Belinda Blockow

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

COMMUNITY NOTICES



Now recruiting for the 2023-24 summer season

All players welcome!

Juniors (ages 7 - 15)
Intermediates and Seniors (ages 16 and above)

Trials		Dates	
Juniors	6.00pm - 7.30pm	12 & 19 September 2023	
Intermediates and Seniors	7.30pm - 9.00pm		

Venue
Netball SA Stadium, Mile End

www.cheerionetball.com @cheerionetballclub

For any enquiries - Ph: 0419 810 856, Email: secretary@cheerionetball.com

EXTERNAL DISTRICT TRIALS

TRIAL TIMES

Under 10 Boys & Girls
Born 2015-2017
3:00-4:30pm

scan the QR Code below to register

AUGUST 27

LOCATION

MITCHELL PARK SPORTS AND COMMUNITY CENTRE
MORELAND AVE, MITCHELL PARK

GET IN THE GAME

TRY SOFTBALL NOW!

WHEN: SUNDAY 3, 10 SEPTEMBER, JUNIORS: 9:30, SENIORS: 11AM
WHERE: WAITE OVAL, CNR FULLARTON RD & CLAREMONT AVE
WHO: U12, U14, U16, U18 + SENIOR GRADES
ALL GAMES PLAYED AT BARRATT RESERVE, WEST BEACH
CONTACT US AT STURTFALCONS@GMAIL.COM FOR FURTHER INFORMATION