

TRINITY GARDENS SCHOOL



Government of South Australia
Department for Education and
Child Development

Our school values:

Respect
Responsibility
Learning



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PORTRUSH FOREST TURNS TWO

On Friday 19 May our school celebrated the second birthday of the construction of Portush Forest. To celebrate we held a special whole school assembly where each class was presented with the name of a tree for our Adopt a Tree program. Our Envirotech Student Leaders reminded us that we all play a part in taking care of the Forest. Here are their key messages:

- To grow a forest in a city is rare - to grow one in a school is priceless.
- Every ripped off branch and snapped off tree top is time (and oxygen) lost.
- Portrush Forest is a home for millions - do you visit them with respect?
- Our two year olds need guidance - that's why we use tree stakes and guards - Leave them alone and they will grow.
- If it is there do you smash it? Be creative not destructive.



- Portrush Forest can be litter free if you are taking yours home - are you?
- We then formed a huge circle outside in the forest and 28A led us in two rounds of the Mexican Wave.



A huge thank you to our families who participated in our Walk Safely to school day. We had a large number of bikes, scooters and other wheelie items parked on the courts. Don't forget every day can be walk, cycle, scoot to school day. Not only is this a healthier option but also helps to reduce the amount of traffic congestion around our school.

Kind regards
Marg Erwin
Principal



Term 2 Week 5 1 June 2017

Diary Dates

1 June Thursday
SAPSASA State X Country

Week 6
SAPSASA Football/Netball Carnival

6 June Tuesday
Class Parent Rep get together, 6.30pm
in Community Room
Education Committee mtg, 6.30pm

7 June Wednesday
Rm 4W, 6W, 7W & 8W Zoo exc
Steiner Seminar, 7pm in Res Ctr

12 June Monday
Public Holiday
Queen's Birthday

13 June Tuesday
Fundraising meeting
SESC, 5.15pm
Steiner Seminar, 7pm in the Res Ctr

14-16 June Wed-Fri
Rm 27A & 28A Wirraway Camp

19 June Monday
Governing Council 6.30pm

21 June Wednesday
After School Market

23 June Friday
Steiner Winter Festival, 5pm

Week 9
SAPSASA Soccer Carnival

27 June Tuesday
Steiner Seminar, 7pm in the Res Ctr

Diary dates cont'd page 2....

**PUBLIC HOLIDAY—QUEEN'S BIRTHDAY
MONDAY 12 JUNE 2017**

Cont'd from page 1

28 June Wednesday

Rm 13J & 12J Ayers House & Norwood Parade
Exc

29 June Thursday

Rm 14J & 15J Ayers House & Norwood Parade
Exc

5 July Wednesday

Rm 26A & 27A NMHS 7/8 STEM
Music Evening

7 July Friday

End of term, early dismissal 2.05pm

24 July Monday

Start Term 3

25 July Tuesday

Pupil Free Day

ENTERTAINMENT BOOKS

NOW AVAILABLE FROM THE SCHOOL OFFICE
\$70

GREAT AS A GIFT IDEA!



PUPIL FREE DAYS

2017

Pupil Free Days

Tuesday 25 July
(note this is day 2 of term 3)

Monday 14 August

School Closure Day

Friday 1 September

RECEPTION TO YEAR ONE EARLY YEARS MATHS WORKSHOP

Dear Parents/Caregiver Reception to Year One Early Years,

Following on from a very successful mini maths workshop, copies of the book are still available. The book contains strategies that are being taught in the early years at Trinity Garden School with activities to do at home to support the learning of the strategies. "Natural Maths Strategies for Parents" (book 1)
Cost is \$7 and available from Sheri Hurn (15J)

Kind regards
Sheri Hurn



PARKING AROUND THE SCHOOL

We have noticed a number of cars double parking along Aberdare Ave before and after school.

Please note this is a dangerous practice.

The main drop off / pick up area in our school is on Jones Ave.

Thank you

AFTER SCHOOL MARKET

Wednesday 21 June

Come along and support this school community event.

Handmade items, coffee, cakes, toys and much more will be available.

If you are interested in holding a stall, please register at the School Office by Monday 19 June.

10% of stall takings is donated to school fundraising.

For further details contact Heather on M: 0403 335 144





netball
SOUTH AUSTRALIA

Netball SA Beach Energy 3 Umpire Course

ARE YOU IN YEAR 6 OR 7 AND INTERESTED IN LEARNING TO UMPIRE NETBALL?

THIS INTRODUCTORY COURSE IS FOR YOU!

Cost: \$7 per student **Participants receive:** whistle, workbook, certificate of participation.

The aim of the Beach Energy 3 Umpires Course is to attract young people to netball umpiring by introducing them to an aspect of the sport other than coaching and playing. Netball umpiring is a great way to meet people, learn new skills, stay physically active and get paid while having fun!

INTERESTED?

Please contact Miranda on 8431 4170 or

miranda.jackson160@schools.sa.edu.au

for further information and to register your interest.

The course will be run during school hours.

Course requirement is a minimum of 15 students. Dates will be advised if minimum number is reached.



WORLD ENVIRONMENT FAIR

Out and about this weekend enjoying the winter sunshine?
Why not go along to the World Environment Fair being held at the Wayville Showgrounds?

<http://worldenvironmentfair.org.au/>

It has an amazing program and lots of fun things for kids.

WORKING BEE

Saturday 24 June, 8.30am–12.00pm

It is on again, our next working bee.

The Ground and Facilities Committee need your help to fix some of the minor maintenance issues and keep the school looking great!

Register via email to Jacqui Hunter E: jepahha@gmail.com by Thursday 22 June, let us know too, if children are coming along.

The items we are looking to attend to are:

- ◆ Re-render the Sheoak Circle seat wall near west of the Gym. (weather permitting)
- ◆ General work to develop the new nursery
- ◆ The old brick ruin hut, reinstate the bricks
- ◆ Timber wall slats in front of the Stokes Centre
- ◆ General gardening and irrigation, weeding, pruning, dividing bulbs
- ◆ Bitumen cracks on the Trinity Track (weather permitting)

Children are welcome and the committee will organise activities within the school grounds for children who are not helping with the working bee.

You don't need to be handy with tools—plenty of various tasks to do. If you can only give one or two hours, that effort will make a difference. Please let us know what work you could help with—the number of people who register will help us determine what items can be fixed. It would be great if any parent with brick laying/rendering experience is able to volunteer their time on the day.

Tools required - gardening, carpentry, brickies tools.

Bring a plate to share for morning tea. Coffee, tea and water will be provided.

We look forward to seeing you on the day

Nathan King

Grounds and Facilities Committee

On our recent pupil free day our staff heard a talk from Behaviour Consultant, Madhavi Barwon Parker about developing young people's resilience and problem solving skills in everyday life. Today we share some information from the Kids Matter website about how families can support their children to grow and develop into healthy young people.



Mental health basics Suggestions for families

Things can happen in children's lives that make the risk of developing mental health problems more likely. It is usually not possible to eliminate all the risk factors that affect your children, but there are things you can do to reduce the impact of stress and help them build strengths for effective coping. The following suggestions identify the sorts of things you can do to support children's resilience in the face of challenging circumstances.

How you can help

- Spend time with children by having fun playing games, going to the park or going somewhere together as a family.
- Try to maintain routines as much as possible. Routines and consistency help children feel secure.
- Build and maintain supportive relationships with family, friends and early childhood staff. Talk with them about how they can best support you and your child during hard times. Tell staff about any concerning behaviour you are noticing at home.
- Try to help children to understand and manage their feelings; this can help them develop coping skills.
- Help children learn to cope with loss and change by providing support and reassurance, honesty and clarity. Help them also to understand that loss and stress are a normal part of life.
- Acknowledge children's feelings and try to understand and respect them, especially when they are going through a difficult time. Offer support and reassurance by asking questions and letting them talk about their feelings.
- Try to support children in building their internal protective factors (eg good communication and problem-solving and social skills) by acknowledging and encouraging their skills when guiding their behaviour.

Listen to children's concerns

Having a caring adult to turn to when they are troubled, someone who will listen, understand without judging, and help them solve problems, is a critical protective factor for children's mental health. Listening to children and understanding their concerns lets them know they are important to you. Remember, however, that children may not always be able to explain how they feel. By observing their behaviour and gently inquiring about it you can often get a clearer picture of how they are feeling.

Provide reassurance

Children often worry that the bad things they experience will happen again or get worse. For example, in a family breakup,

when one parent or carer leaves the family, children often become anxious that the remaining parent or carer will also leave them. Similar worries are common when someone dies or is hospitalised. Often these kinds of fears are expressed through behaviours rather than words, such as becoming clingy, or being fearful about sleeping by themselves. Showing you understand children's fears and providing reassurance and support is important for helping them cope. Making sure that children know what to do and who to seek help from in case you are unavailable or unwell is also very important – particularly when chronic illness or stress may affect your capacity to provide support.

Provide security

Various kinds of stress and change can be very disruptive to family life. Maintaining regular routines, such as bedtimes and mealtimes, reduces disruptive impacts and helps to provide a sense of stability and security for children. Similarly, children are reassured by knowing that a responsible adult is taking care of them and looking after their needs.

Build children's strengths – and allow for vulnerabilities

Providing encouragement and positive feedback for children's developing coping skills helps them to build confidence in their ability to manage difficult situations. Acknowledging and appreciating the help and support that children provide to you during stressful times also helps to build their strengths.

At the same time, it is important to give children permission to not always have to be strong. Children who take on significant caring roles when parents or carers are struggling often hide their vulnerabilities. Their desire to avoid burdening parents and carers can cause additional hardship for these children, who need to know that support is available to them as well.

Talk to school staff

School staff can provide more effective support for children at school when they understand some of the pressures they may be facing in other parts of their lives. It is often very reassuring for children as well as for parents and carers to know that teachers or other school staff understand their difficulties and are ready to provide support. Staff at your child's school may also be able to provide you with support and advice, or help you find support services that can assist you and your children.

Seek additional help

If your child shows signs of emotional or behavioural difficulties, it is important to seek professional help early, so that problems can be addressed before they get worse. Getting support for yourself, through family and friendship networks, your child's school, or mental health or community services, is also very important.

Getting support helps to build your own resilience so you can provide more effective care for your children. For more have a look at our information about knowing when to get help.

Source:

<https://www.kidsmatter.edu.au/mental-health-matters/mental-health-basics-promoting-mental-health/suggestions-families>