



BRAEVIEW SCHOOL R—7

1 June 2017

TERM 2 DIARY DATES

Friday 2 June Pupil Free Day

Week 6—BOOK FAIR

Tuesday 7 June

Kids Biz Session 1: 6.40pm
Growth and Development -
Session 2: 7.40pm

Friday 9 June

Primary Assembly 2.30pm

Week 7

Monday - 12 June **Queens Birthday**

Tuesday - 13 June

Book Fair Ends

Wednesday 14 June

SCHOOL PHOTOS

Thursday 15 June

SCHOOL PHOTOS

Week 8

Monday 19 June

Governing Council

Tuesday 20 June

JP Assembly

Thursday 22 June

Meet the Writers - Adelaide

School Photos - 14/15 June

**School Photos will be taken on
Wednesday and Thursday
Week 7**

Please remember that the front of the school is a
KISS AND DROP ZONE
It is a 2 minute stop ONLY.
IF YOUR CHILD IS NOT THERE

from the Principal's Desk

Last Tuesday evening many of our parents had the opportunity to listen to Mark Le Messurier talk about managing BIG Feelings. It was an extremely interesting, relevant and engaging workshop. He promoted 5 effective steps to manage "BIG" emotions or big feelings.

STEP 1 - Be clear about what's acceptable, and what's not. It's never alright to hurt others, break things or do unsafe things, when you feel anxious, thwarted, disappointed, cheated or angry.

STEP 2

Why do we suggest that children, teens and adults alike; take 3 deep breaths, count slowly to 10, walk away, go get a drink, go sit on the toilet, or sit with a friend as they sense their emotion is rising? Because DOING SOMETHING helps buy time before any of us SAY or DO something we'll regret later on.

This takes practice and success, over time, and will be reliant on our guidance

STEP 3

Help children to say; how they feel, why they feel this way and what they want to happen is the goal.

STEP 4

Let your child know that it's okay to ask for help and try new ways to do things.

Promote a '**growth mindset**' by helping them experiment with new ways.

STEP 5

Let your child know that sometimes they will still feel angry, anxious or upset after having worked through the previous steps. When this happens, it is best to find a 'safe way' to divert these jangly feelings.

This needs to become a strategic plan, with consistent expectations attached to it.

In other words, you expect them to actively 'Take time and try to calm down'.

And, if your child chooses not to, then later on you will always follow up with a-matter-of-fact consequence

Thank you to Holly Goder who organised this event.



Classes focusing on Growth

Pastoral Care Worker - Holly Goder

At school on Tuesday & Wednesday 9am - 3pm

Contact details:

Ph: 8381 2966

Email: holly.goder463@schools.sa.edu.au

Via note in letter box in front office

**PLEASE REMEMBER NOT TO
PARK IN THE DISABLED
PARKING SPOTS UNLESS YOU
HAVE A DISABLED PERMIT**



Government of South Australia
Department for Education and
Child Development

Around the school

Foodie Friday

Week 6 Nachos with beef, beans, cheese and sour cream

Week 7 Jamie Oliver's Potato curry with Naan Bread.

Week 8 Hamburger on a home made bread roll

Week 9 Rainbow Salad Wrap

Week 10 Sushi Rolls x 2 with teriyaki chicken



THANK YOU

Thank you so much to the 74 people who attended the Mark Le Messurier parent workshop last Tuesday night! During the 90 minute presentation Mark explained what 'Big Feelings' might look like for both children and us as adults, and gave some fantastic practical strategies that can be used at home.

It's great to know that 'big feelings' are a normal part of life for us all, some may just experience them on a greater scale than others. Mark referred to them as "frustrated feelings that are accompanied by compensating behaviour (anger, aggression, anxiety, avoidance, shyness, tearfulness, shame, and more)".

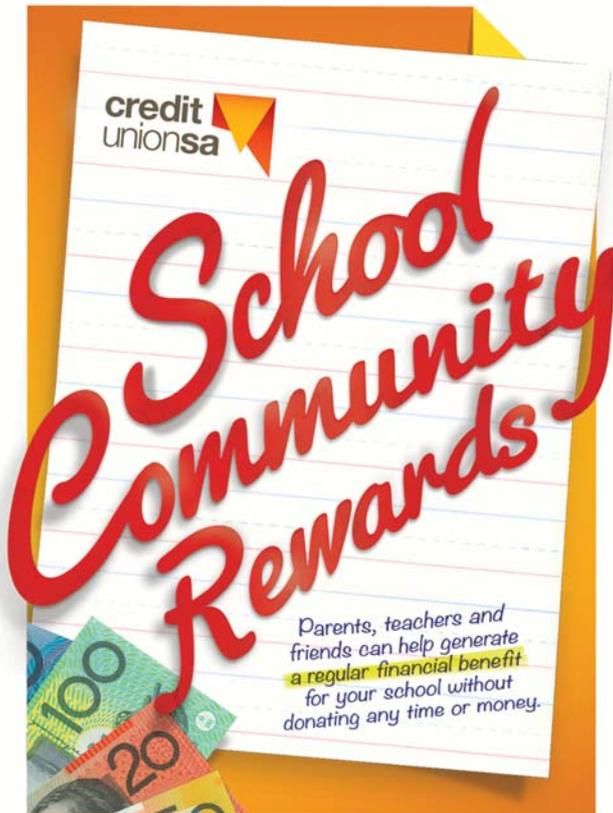
Many of the strategies he shared can be found in his books titled 'Raising Beautiful Kids' and 'Parenting Tough Kids', which we happen to have both in the school Parent Library (Jill in the library will be able to help you set up a borrowing card).

He also has factsheets available on his website: marklemessurier.com.au.

As a Pastoral Care Worker and a parent of a small child, it is wonderful to know there are resources and practical strategies available to help us navigate through some of the tricky feelings that we go through (and help others through) in life.

Till next time,

Holly (Pastoral Care Worker)



With School Community Rewards, Credit Union SA has created an incredibly easy way to help improve the future of your family and your children's school.

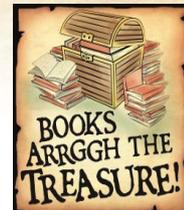
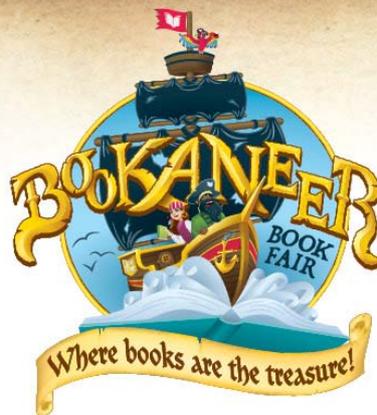
Here's how it works:

- 1.** Simply take out any of Credit Union SA's highly competitive banking products – including affordable home and personal loans, credit cards, savings and transaction accounts, insurance and more.
- 2.** Nominate your school as a *School Community Rewards* beneficiary.
- 3.** Credit Union SA will then regularly donate a portion of our profits to your school, providing extra funds to use however the school wishes.

To find out more call Credit Union SA's School Community Support Officer on 8202 7657 or visit creditunionsa.com.au



All members of the school community must consider their own circumstances and obtain their own advice before joining School Community Rewards. The school takes no responsibility for any advice or product provided by Credit Union SA Ltd. This is general advice only. Before acquiring any financial product you should consider whether or not it is suitable for you. Conditions and fees apply and are available upon request. Products are issued by Credit Union SA Ltd except for insurance where the Credit Union acts as an agent for Allianz Australia Insurance Ltd AFSL 234708. SCR_170420_A



By now some classes will have visited the Book Fair and completed their wish lists. All classes will have the opportunity to visit before purchasing begins on Wednesday 7th June and continues until Tuesday 13th June at times shown on the timetable below.

Date	Open for Purchasing
Wed 7 th June	8.30am-9.00am & 3.10pm-4.00pm
Thurs 8 th June	8.30am-9.00am & 3.10pm-4.00pm
Fri 9 th June	8.30am-9.00am ONLY
Tues 13 th June	8.30am-9.15am SHARP

The Fair earns rewards for the Resource Centre to purchase resources for all students to use.
See you there, me hearties!!
Ask Mrs Fitzgerald or Jill in the Resource Centre if you have any queries.

FUNDRAISING

Mother's Day Stall and Raffle has now been held. We all hope you enjoyed your gifts that you may have received. The children love the opportunity to come and find that something special for you all!

Our Raffle winners were drawn out by Ms Parsons. Thank you to everyone who purchased tickets and returned used raffle books. Our congratulations to our lucky raffle winners. We hope you enjoy your prize! Special thanks go to Carole Archer from Carole - Massage and Natural Therapies for her generous donation of a Massage voucher and the Happy Valley Newsagency.

1 st Prize	L. Simpson	Massage - Pamper Pack
2 nd Prize	K. Mur	Entertainment Book Pack
3 rd Prize	G. James	Hamper Basket/Baking Pack
4 th Prize	A. Toohey	Gardening/Bunnings Pack
5 th Prize	J. Sleep	Chocolates and Flowers

We would like to especially thank all the parents, who came along and assisted on the stall or helped out behind the scenes organizing this event, to make it so successful. Thank you to all the students and teachers, who also helped.

This year our STALL raised \$420.85 and the RAFFLE \$834.23. These monies will be used in helping classes to cover costs such as transport and admission when planning an educational excursion.

Thanking everyone for supporting these events. Our next major event will be our Father's Day Stall and Raffle.

The Fundraising Committee.

SCHOOL FEES WERE DUE 9TH APRIL 2017

School fees are now overdue. Please make any outstanding payments ASAP.

If you are eligible for school card, applications are still available but must be completed asap. Please see Lisa or Sara in the Front Office.

If you are having difficulty with this payment, please come and see Lisa in the Finance Office to arrange a payment plan.

If you have completed a school card application or arranged a payment plan already, please disregard this notice.

OUR NEW SCHOOL BANK DETAILS BELOW:

**Commonwealth Bank
Braeview School Governing Council
Inc Consolidated Account
BSB – 065-157
Account number 1039 8992**

OUR NEW OSHC BANK DETAILS BELOW:

**Commonwealth Bank
Yes, the banking details are
different to school and are as
follows:
Braeview School Governing Council
Inc – OSHC
BSB – 065-157
Account number 1039 9004**

Preferred Payment Method



LA3 Year 1/2 Learning

Ms Rust, Ms Rowett, Ms Somerset & Ms Mattschoss.

Jolly Phonics

We have settled into our morning routine of streaming students to meet specific spelling needs. We love to make this time hands on and engaging, and are very pleased with the progress that all students are making.



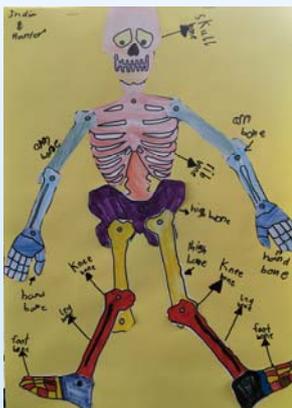
Literacy

Ms Somerset and Ms Mattschoss' class enjoyed enhancing their Procedure writing unit, by enabling students to independently make their own lunch for the day! First we brainstormed our favourite sandwich ideas, chose the ingredients, wrote our procedure, made them, and enjoyed eating our delicious lunches!



The Skeleton Crew

We participated in a performance presented by 'The Skeleton Crew'. The presentation explained how to keep our bones strong and healthy. Calcium, vitamin D and exercise were the 3 key elements to our bones health. It was an engaging and interactive show with a lot of laughs!



Reconciliation week

National Reconciliation Week runs from May 27th – 3rd of June.

We have enjoyed celebrating Australia's indigenous heritage, cultural beliefs and promoting reconciliation within the school. Here are some of the traditional dot paintings that we created.

