



Newsletter

Term 1 Week 1 No. 1 – 30th January 2020

Diary Dates



- Year 6/7 Camp El Shaddai
Wednesday 5th Feb - Friday 7th Feb
- Acquaintance Night
Tuesday 11th Feb 5-6pm
- Chromebook Session
Tuesday 11th Feb 6pm
- Annual General Meeting
Tuesday 11th Feb 6:30pm
- Year 1/2 Marine Discovery Excursion
Tuesday 3rd March, Wednesday 4th March
- ADELAIDE CUP Monday 9th March
- Year 6/7 Surf Education
Tuesday 24th March - Wednesday 25th March
- Banrock Station Camp
Saturday 20th June - Sunday 21st June



From the Principal

Welcome Back!

Welcome to the start of the 2020 school year. It was great to see so many smiling faces on Tuesday morning, glad to see the holidays were over and school was back in. It was nice to see most of the children smiling too!

It is a special welcome to our 75 Reception students who started school for the first time this week. For some parents this is not the first time you have experienced this, for others this is the first time you have experienced having a child starting school. Mixed emotions is my recollection of my children starting school, excited, apprehensive, excited, and anxious – all at the same time. I hope your emotions have been in check and the start to school has been great for you and your child(ren).

Lateness

On the rare occasion you are unable to get your child(ren) to school before 8:50am I would ask that you follow this procedure please. If you arrive before 9:00am please go straight to class. If you are arriving after 9:00am please come through the front office where Sandy will record the attendance for the day. Our teachers submit their rolls at 9:00am so if arriving after that the front office will need to alter the roll book. Thank you.

Some of you may recall my message early last year about the importance of regular attendance and not being late. I'm not sure if my message was the catalyst (but I hope it was), we improved our average of late arrivals from 6.8 to 5.8 per student (from 2018 to 2019) and our average days absent per student improved from 13.2 to 13.0. Small gains but still an improvement.

Again, comparing 2019 to the previous year, we had 6 more children who attended every day of school and 10 more children who averaged 95% attendance or better!

Slowly heading in the right direction, hopefully we make some more gains this year.

Principal: Iain Elliott
Deputy Principal: Brianna Jordan
Aaron Bayliss
Phone: 08 8293 1204
Fax: 08 8293 1673
OSHC: 08 8293 8085
Email: dl.0548.info@schools.sa.edu.au
Web: blackforestps.sa.edu.au
Find us on Facebook!



Government of South Australia
Department for Education

Acquaintance Night

Our Acquaintance Night will be held on Tuesday 11 February between 5:00 – 6:00 pm. This is a great chance to meet your child's teacher(s) and learn about how the classroom operates. I trust you will be able to come along and allow our teachers to learn a bit about you and you about them.

Aaron Bayliss will be holding a Chromebook Information session for new parents and students in the library at 6:00pm.

The Governing Council AGM will be held in the Staff Room after the Acquaintance Night, starting at 6:30pm.

Dear Families,

It is great to be back at BFPS for 2020. I have just returned from 12 months of maternity leave, spending time with my son, Elliott. It was a lovely year! Elliott is now 11 months old and is such a happy, curious and funny little man. While I cannot believe how quickly the last year has gone, I am really glad to be getting back into my Deputy Principal role at BFPS.

In 2020, I will be focusing on Student Support and managing the organisation of the One Plans, supporting intervention R-7 and leading student learning in Numeracy. Let me know if you have any questions regarding these areas. I will be working 3 days a week this year; Monday, Tuesday and Wednesdays.

I am looking forward to getting to work with you and your child again this year. Please don't hesitate to say hello!

Brianna Jordan



Banrock Station Camp 2020

Since 1998 the children and families of Black Forest Primary School have propagated and planted thousands of trees at the internationally recognised Banrock Station wetlands in South Australia's Riverland.

In Year 3, children and their families have the opportunity to continue this tradition, visiting Banrock Station to plant native seedlings in a weekend camp. In 2020, this camp will be the weekend of **20-21 June**. Typically, approximately 1800 trees, shrubs and grasses are planted annually by the Black Forest school community. We are proud to be associated with this environmental regeneration program that supports the Murray River's fragile ecosystem through an enjoyable weekend shared with the school community.

The Banrock Station Family Camp is not a traditional school camp. It is an optional activity for the whole family (including siblings) to participate. The school organises with Banrock Station the date and timing of the planting, but the rest of the weekend is up to families to arrange their own accommodation, transport and catering. Some staff members may also attend, and in the lead-up, your child's class teacher will make connections between the history, landscape and ecology of the Murray River in your child's classroom learning. The planting occurs on Saturday morning, with plenty of time for socialising over the weekend. At all times parents are responsible for and expected to supervise their own children.

It is recommended to book accommodation as soon as possible. Many people choose to stay in a cabin at the Lake Bonney Caravan Park phone (08) 8588 2234 http://www.discoveryholidayparks.com.au/sa/banrock_station_riverland/lake_bonney.

Other nearby options include: Kingston-on-Murray Caravan Park (Ph: 8583 0209) or Cobdogla Caravan Park (Ph: 85887 2164). You are also welcome to make your own alternative accommodation arrangements.

An information session and further information will be coming later in the term, so watch this space, but for now, lock it away in your diaries!





RESPECT ENDEAVOUR COLLABORATION RESPONSIBILITY CREATIVITY

Congratulations to the following students for demonstrating

School Values : Joseph R, Harvey D, Mollie O-Y, Chloe D,
Khushdeep S, Edmund L, Khushdeep S, Finn S

Learning Achievement Award: Rose B, Ruby B, Arav R, Emily McD,

All students in Room 12, Soraya H

*Thank you for helping our school to be a safe
and happy place to work and learn*

Finance Office News

Materials & Services 2020

Welcome to the new year. We will be sending out Statements and Invoices, along with student information details towards the end of this week or early next week.

All Fees must be finalised by the End of Term 1 2020. Cash & EFTPOS Payments can be made at the Finance Office between 8.30am – 9.30am every morning. *We encourage families to pay online via the QKR APP.*

There is also an option of part payment via **Direct Debit** if you wish to complete a Direct Debit request form, please contact the Finance Office.

Part Payment agreements are approved with the understanding that funds must be available for direct payments to be processed and all payments must be completed by the end of Term 3 (25th September 2020). We would appreciate your support in ensuring all payments are finalised by this date. Thank you.

The only students exempt from this charge are approved School Card applicants.

School Card must be applied for each Calendar Year.

If you think you may be eligible for School Card, please go to the sa.gov.au website <https://www.sa.gov.au> > education & learning > financial support > school card scheme > applications

We thank all the families that promptly pay the Materials & Service Fees each year. The monies received go directly to Materials and Services which enables each student to have access to curriculum resources allowing them the best possible opportunity for learning at Black Forest Primary School.

Thank you for your continued support of our community.

Christine Conway

Finance Office

South Australian state school term dates

	Term 1	Term 2	Term 3	Term 4
2020	28 January – 9 April	27 April – 3 July	20 July – 25 September	12 October – 11 December
2021	1 February – 16 April	3 May – 9 July	26 July – 1 October	18 October – 17 December

Registrations for Summer School Sports 2020 are now open!

The sports offered in Terms 1 and 4 are:

Softball (Years 2-7, \$65/Terms 1 and 4) Training: Year 6/7s, Monday after school, Years 2-5 Thursday after school, Games held 8.30 or 9.45am, Black Forest Primary School oval and other locations around Adelaide.

Cricket (Years 4-7, \$70/Terms 1 and 4) Cricket training and game times to be confirmed.

Years 2-3 Master Blaster Cricket (formerly Kanga Cricket) will be held on Friday afternoons at Glandore Oval – more details below.

Basketball (Years 2-7, \$40/year) Games held at 3.50, 4.35 or 5.15pm, Monday Year 4/5 Boys, Tuesday Year 6/7 Boys, Wednesday Year 4/5 and 6/7 Girls, Thursday Year 2/3 Mixed

Orienteering (Years 3-7, \$30/year) Training Tuesdays during school time, with additional activities on occasional Thursdays at locations around Adelaide.

There are two processes for registering your interest in playing Sport in Term 1 and 4, 2020.

You can register and pay through Qkr now.

OR

You can register now at <https://forms.gle/Q6r31VyB8YYJHQ5V6> and then pay via the Finance Office.

Submitting your registration by Friday 13 December will help ensure accurate teams can be submitted for 2020. Additional registrations will be accepted until payments close on Friday 8 February.

All registrations must be paid by Friday 8 February 2020 (Week 2, Term 1) prior to beginning play.

Year 2-3 Master Blaster Cricket – Registrations open January 2020

In 2020, Black Forest will also be offering Master Blaster Cricket (formerly Kanga Cricket) to all interested boys and girls in Years 2 and 3. This is a fantastic way to experience playing cricket and develop skills in a non-competitive environment. The program costs \$30, to be paid via **Registration Link:** <https://www.playcricket.com.au/club-finder/club-details?Id=15900> with an additional \$10 to be paid to the school at a later date to cover school operational costs. Games will be held on Friday afternoons starting from 4pm at Glandore Oval.



Marryatville High School
Special Interest Music Centre
INFORMATION EVENING
Thursday 19 March 2020
6.00 - 7.00pm



The Stables Music Centre

Marryatville High School
170 Kensington Road
MARRYATVILLE

Information about the Special Interest Music
Centre, course structures, curriculum and
selection process.

For information about the event call 8304 8431

No Bookings Necessary



Winter 2020 Netball

We are currently looking for 8 & u (players with year of birth 2012 or 2013), and 9&u (players with year of birth 2011).

No match play experience is necessary.

Matches are played on Saturday afternoons, generally 12:30pm for 8&u and 9&u age group or 2pm.

The season commences 28/3/20.

More information on the winter season appears at the top of the registration form. Should your daughter or son (up to the 11&u age group) be interested in playing please register online at www.wpucnc.org.

When nominating, players can request to be placed in the same team.

The Club also has vacancies in other age groups 11&u (2009, 2010), 13&u (2007, 2008), 15&u (2005, 2006), 17&u (2003, 2004), Opens (2002 or earlier).

If interested please email Sarah at wpucnc@hotmail.com to confirm a vacancy.



2020 FREE PARENTING SEMINARS

- **Monday 30 March—*Everyday ideas to put 'perseverance' in place.*** Why? Your child's independence and success in the future is more dependent on perseverance than anything else! presented by Mark Le Messurier
- **Monday 25 May—*Supporting Young People to Regulate their Emotions.*** Handling feelings peacefully and constructively is often a challenge for children and their parents. Join Madhavi Nawana Parker, author and Director of Positive Minds Australia to learn practical ways you can support young people to be calmer, more confident and resilient.
- **Monday 29 June—*A Window into the Adolescent Brain.*** The must know neurological factors influencing behaviour, emotion, relationships and learning in teens and pre-teens. presented by Mark Le Messurier
- **Monday 24 August—*Growing self-awareness and identity in your children.*** This workshop presents a host of take-home ideas to guide kids of all ages grow a better idea of their present and future identities. Our role is to stimulate this potentially life-satisfying intelligence in our kids, so they can evolve towards an optimistic future. presented by Mark Le Messurier
- **Monday 21 September—*Raising Confident Children.*** Madhavi Nawana Parker will explain the relationship between a child's emotional state and how they think about themselves and others. Learn practical tools from Madhavi's latest book (*The Confident Minds Curriculum: Creating a culture of personal growth and social awareness*) that improve young people's thinking style, building their confidence and wellbeing.
- **Monday 26 October—*Friendships*** - How important are my child's friendships? Is it true that the quality of a child's friendships will seriously determine their behaviour, self-esteem and mental health? What should I be doing? presented by Mark Le Messurier

7-8.30pm

Fullarton Park Community Centre (Use Rear Foyer Entrance)

Bookings essential as places are limited: phone 8372 5180

or email: pdale@unley.sa.gov.au



**MITCHAM GIRLS
HIGH SCHOOL**

Parent Information Evenings

Thinking of enrolling your daughter in an all girls' school?

Mitcham Girls High School is an outstanding unzoned public school.

We welcome interested families to join us at any of the following locations, to hear more about our wonderful school.

Tuesday 18th February | Mount Barker Town Hall, 34-38 Gawler Street, Mount Barker | 6:00-7:00pm

Tuesday 25th February | Marion Bowling Club, 262 Sturt Road, Marion | 6:00-7:00pm

Tuesday 3rd March | Payneham Community Centre, 374 Payneham Road, Payneham | 6:00-7:00pm

Open Day

For prospective students

Wednesday 1st April 2020 | 9:00-11:00am and 5:00-7:00pm

We specialise in:

Girls' Education | Gifted and Talented Program (GifT) Academic
Gifted and Talented Program (GifT) Dance | STEM Collaborative Inquiry

A girls' school | A public school | An unzoned school | Achieving Academic Excellence

Kyre Avenue, Kingswood, South Australia 5062 | www.mitchamgirlshs.sa.edu.au

Phone: +61 8 8272 8233 | Email: dl.0903.info@schools.sa.edu.au



Government of South Australia
Department for Education



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146