

# Springboard

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Principal: Miss Sue Farmer

Term 3 - Week 6

Thursday 24 August 2017

**Friday  
1st  
September**

**P & C Fathers Day Stall  
&  
Canteen Meal Deal**

#### **FATHERS DAY STALL**

Once again our P & C members have been busy getting ready for our annual Fathers Day Stall. The P & C Father's Day Stall will be a perfect opportunity for your child to buy dad a last minute gift! All gifts are under \$10 and all proceeds go to the P & C to help raise funds for our school!

Please note: We will need helpers for the stall please volunteer by phoning Cathy on 0419 663 543 or the school 60 256433.

#### **MEAL DEAL**

Once again the canteen has a popular Meal Deal on offer, a Hot Dog and drink for \$5. Orders must be in by Thursday 31 August.

*N.B: We would like to take this opportunity to thank Del Taylor and the P & C for all their hard work with introducing the new school shirt and appreciate the huge discount offered to each child of \$10 per shirt. Please show your support for their Stall and Meal Deal.*

#### **NEW SCHOOL T SHIRTS**

New school T-Shirts can be collected at anytime on Wednesday, Thursday and Friday's from the canteen. Please remember to bring **cash only** for this purchase.

#### **CHANGE OF CONTACT DETAILS**

Just a reminder that if you have changed your family details recently, please let us know. Changes to phone numbers, address, student health conditions,

emergency contacts and family situations. We would like to give your child the best care and having the correct information is most important at a time of need to contact you.

#### **ILLNESS**

As there are a large number of children unwell at present, we ask that if you know your child is sick please keep them home until they are well enough to be here. Some children are still arriving at

school sick and starting the day in sick bay. Please keep them home where they can rest and recover properly.

#### **WOOLWORTHS EARN & LEARN**

Keep those Woolworths stickers coming in! The support has been fabulous. Remind family, friends and neighbours to collect stickers and place them in the boxes provided at Safeway Lavington or here at the front office. Promotion ends 19 September 2017.



## Book Week Character Parade



**What an amazing Book Character Parade!  
The costumes were fabulous just like the one Maddy K is  
wearing, as the scarecrow from Wizard of Oz.  
More photos and full report inside.**





**THEME: ESCAPE TO EVERYWHERE**







On Tuesday our students and staff were joined by Banjora and Springdale Heights Pre-School to participate in the Book Week Character Parade. Everyone looked amazing in the costumes and can be highly commended for the efforts put into make up and costumes to make this such a fabulous gathering of students, parents and staff.

Thank you to our class readers who introduced us to some of the texts we have been reading during library classes in preparation for Book Week. The students were Angus B Kinder; Jack T 1-2 BH; Rachel W 1-2 PB; Violet H 3-4 D; Zac S 3-4 P; Rachel C 5-6C; Bailey P 5-6S and Brianna I 5-6W.

In addition Years 5-6 have been looking at the 2017 Book Week theme, **ESCAPE TO EVERYWHERE** and have created posters to reflect some ideas related to his theme.





# 5-6W



## Mindfulness at SHPS



Ms Pam Kaur - Senior Psychologist



Why would you  
try mindfulness?

- \* Help relieve stress
- \* Help improve sleep
- \* Manage behaviour and mood
- \* Improve memory
- \* Help you learn more easily
- \* Help you solve problems more easily
- \* Make you happier

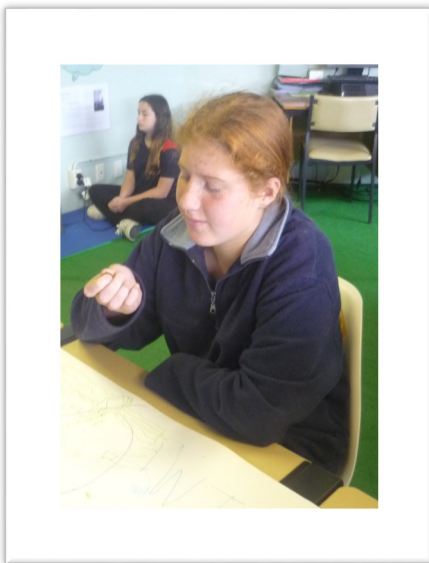




Every morning  
is a new day!  
What we do  
today is what  
matters most



We spend so much time thinking over stuff that has happened in the past, or worrying about things that may happen in the future, that often we actually forget to appreciate or enjoy the moment. Mindfulness is way of bringing us back to experience life as it happens.



Mindfulness is something that everyone can try. People can do mindfulness by paying more attention to everyday activities like brushing your teeth.



Things to do in our  
Mindfulness Room are:

- \* Hand Massage
- \* Texture and Taste survey
- \* Power Pose
- \* Relaxation
- \* Sand and Clay
- \* Meditation

# Awards

## CLASS & LIBRARY

### Kinder

Angus B  
Lily C  
Charles M  
Seth P

### 1-2 BH

Jack H  
Zac C  
Sebastian G  
Isabell T

### 1-2 PB

Noah P  
Jai K  
Mikayla W  
Pixie H

### 3-4 D

Tiana H  
Tylah T-Mc  
Talyn C  
Koby T  
Blair P

### 3-4 P

Isabelle W  
Savannah H  
Zack S  
Connor W  
Natalya R

### 5-6 C

Noah T  
Ciara S-W  
Tex F  
Luke N

### 5-6 S

Rory W  
Jack S  
Shontara W  
Matthew G

### 5-6 W

Noah R  
Shaylah P-H  
Leyton S  
Chevana M

### Library

Library monitors.

Kinder Seth P  
1-2 BH Blake M  
1-2 PB Maddi C  
3-4 D Violet H  
3-4P Eli P  
5-6 C Mazzy H  
5-6S Parker T  
5-6 W Darcy B

## SPORT

### Kinder

Logan T  
Ebony R

### 1-2 BH

Ella K  
Blake M  
Summer M  
Zeek B

### 1-2 PB

Charlotte C  
Noah P  
Jordan W  
Brock H

### Years 3-6

#### Combined Sports

Hayden I  
Mitch S  
Parker T  
Sandy M  
Alexis W  
Jasmine S  
Caleb B  
Sandy M  
Joshua C  
Will K  
Zali C  
Hudsonn J

## BRONZE

### KINDER

Tahnine B

### 1-2BH

Jazzamae B

### 1-2PB

Luca M-W

### KINDER

Charles M  
Shelby W  
Braylen S  
Seth P  
Lily C  
Makaylah S  
Oakley J  
Brooklyn B  
Logan T

### 1-2BH

Blake M  
Allysann M  
Abe M

### 1-2PB

Rhys T-L

## SILVER

### 3-4D

Tylah T-Mc

### 3-4P

Patrick H

### 5-6C

Luke N  
Maddy K  
Mitch S  
Rylan M

### 5-6W

Darcy B  
Daria B  
Tyler S-K  
Hayden I  
Shaylah P-H  
Chevana M



**WEDNESDAY 13 SEPTEMBER**

**GOLD COIN DONATION**



# RED CROSS PILLOWCASE PROJECT

On Monday Years 3-4 D and 3-4 P participated in the Red Cross Pillow Project, an education program for school children in Disaster Resilience. This project is aimed at assuring students are able to adopt a resilient attitude in the face of a threatening situation and to be practically prepared. They commenced by inhaling thoughts of good colours and exhaled thoughts of unfavourable colours. Students were then asked to select items which they considered necessary to take with them in an emergency and to draw on a pillow case which could then be used to store emergency items.

On behalf of the students Tylah T-Mc thanked the Red Cross ladies, Anne and Gillian, for enabling the classes to participate in the *Pillow Project*.



**Tamika and Ziggy with their Emergency Pillowcase Design**



# Something we should all think about.....

*Kindness* is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.



At Springdale Heights Public School we have been focusing on promoting resilience, kindness and acceptance of one another. Research suggests that promoting mental health develops psychological well-being and resilience. The workshops provided by *Salvation Army* and the *Mindfulness Room* and *Mindup Apps* provide students with the strategies to cope successfully with everyday challenges, including life changes, times of stress or significant adversity.

Students are enjoying the workshops, the Mindfulness Room and the talk amongst students around growth Mindset is enriching. This is an ongoing project offering great life skills.

# kindness

## State Basketball Carnival

Last week Zali C represented the Riverina team at the State Basketball Carnival in Canberra. The Riverina team finished fourth overall which was a great achievement.

Zali had a terrific week with the team and she displayed excellent sportsmanship throughout the carnival. Well done Zali!



### Notification of Year 2018 Kinder Enrolments

I wish to enrol my child for Kindergarten 2018

Name.....

Date of Birth:.....

- ☐ My child has siblings attending school at present and is in zone
- ☐ Within zone
- ☐ Out-of-zone with a sibling already enrolled at the school
- ☐ Out-of-zone

Name:.....

Address:.....

Phone:.....

# The Term Ahead.....

## Term Three Calendar

Breakfast Club Monday and Tuesday's 8.30-8.55am

Assemblies held at 2.25pm until otherwise stated

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 6</b>	21/8 Red Cross Pillow Project Yr's 3 & 4	22/8 Book Week Character Parade 9.30am in the hall	23/8 MHS Drama students 9.30—10.36am	24/8 Year 5-6W Assembly	25/8 PSSA Sport finishes K-2 Flyaway gymnastics 11.15am—12.50pm
<b>WEEK 7</b>	28/8	29/8	30/8	31/8 Canteen Meal Deal Yrs K-2 Library visit 10.30- 11.20 and 11.30-12.20  Wirraminna Excursion 9.30am -2.30pm. Yrs 3-4 D & 3-4 P	1/9 Canteen Meal Deal P & C Fathers Day stall Riverina Athletics K-2 Flyaway gymnastics 11.10am—12.50pm
<b>WEEK 8</b>	4/9	5/9	6/9 MHS Drama students 9.30—10.36am	7/9 5-6S Assembly	8/9 Todd Woodbridge Cup  K-2 Flyaway gymnastics 11.10am—12.50pm
<b>WEEK 9</b>	11/9	12/9	13/9 SRC Footy Colours Day Gold coin donation	14/9 Write Around the Murray Library visits Durakar Sports	15/9 Write Around the Murray Library visits. 3-4D & 3-4P  K-2 Flyaway gymnastics 11.10am—12.50pm
<b>WEEK 10</b>	18/9	19/9 MHS Drama students—final performance 2pm	20/9	21/9 Yrs 1&2 Wagga Zoo Excursion 9.05am—2.55pm  5-6C Assembly	22/9  Canteen Meal Deal Dance Around 1.30-3pm

## BALLARAT EXCURSION

A BIG reminder that there is  
only 27 days left to have  
the Ballarat Excursion  
PAID IN FULL.



- ◇ P & C Fathers Day Stall
- ◇ Friday 1 September
- ◇ Starting at 9.30am
- ◇ In class groups
- ◇ In the school hall
- ◇ Gifts under \$10

**Last day of Term 3 is  
Friday 22 September**