



Light Pass Primary School

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Term 2

Week 6

16th May 2023

Quote: *"The beautiful thing about learning is that no one can take it away from you."* – B.B.King

Dear Families,

More than halfway through the term – as they say, time flies when you're having fun!

The excursion to the Bush Gardens last week happened after some readjusting to the weather conditions and it was well enjoyed by all. A big thank you to Mr White for organising the excursion and the Scavenger Hunt – his knowledge and passion for Bush tucker was clearly evident. I'd also like to thank all the staff and parents who helped out on the day with transport.

Hayley Ellis has completed the final week of her placement in the UP class. She has been a welcomed addition to our team and we have no doubt she will make a wonderful teacher at the end of her training. We wish Hayley luck for the rest of her journey and hope she has enjoyed her time with us at Light Pass PS.

Bec Gogoll has been asked to step in as Principal at Keyneton PS for the remainder of the term. She has been busy preparing for this amazing opportunity and it will allow her to showcase what we already know about her knowledge, skills and passion for all things education. Keyneton are very lucky to have Bec join their team, and we are looking forward to hearing all about her new learning when she returns to us at the beginning of term 3. Robyne Van Dissel will be backfilling Bec – she is a regular relieving teacher here that the children are very familiar with. If you haven't met her yet, please come in and say hi.

I hope you all have a wonderful long weekend – stay dry and warm!

Kind regards,
Mel



Diary Dates

Week 7:

Monday 12th June

**PUBLIC HOLIDAY – King's
Birthday**

Tuesday, 13th June

**Governing Council
meeting at 7pm**

Thursday, 15th June

*****Please note change of
date and time***
Assembly at 2.45pm**

Week 8:

Monday 19th June

PUPIL FREE DAY

Friday, 23rd June

Newsletter



Government of South Australia
Department for Education



Keeping children safe around schools:

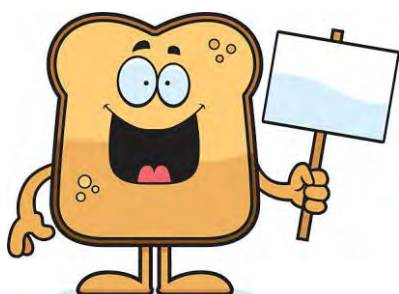
End of school days is particularly busy at Light Pass PS. Children are in particular danger near schools because:

- their small size makes it hard for drivers to see them between traffic, parked cars and other obstacles
- they are easily distracted and may not be aware of traffic
- they may suddenly run onto the road (e.g. to meet a parent)

To ensure the safety of all, please be aware of your surroundings. Please do not park across our entrance/ramp. We would also like to remind everyone that U turns should not be conducted in front of the school. There is an area further up where it is safer to do this.

Extra food in lunchboxes

We have been making a lot of toast recently for students, it appears that the colder weather has increased appetites. Can you please check in with your child and provide some extra food in their lunchboxes? Thank you.





Food and Drink Supply Standards
for South Australian Schools
www.education.sa.gov.au/rightbite



Government
of South Australia
Department for Education

best options

Offer and promote a **variety** of **green** food and drinks

green foods and drinks should make up **60%** of options

choose carefully

Offer **smaller portions** of **amber** food and drinks

limit **amber** foods and drinks to **40%** of available options

limit to twice per term

red 1 foods and drinks should be limited to twice per term, for example as part of a whole of school celebration or fundraising event

should not be supplied

red 2 foods and drinks should not be supplied, provided or sold to students



The Wellbeing SA Healthy Food Environments Hub

Tools and resources are available to support you in meeting the revised Right Bite standards. Use the Wellbeing SA FoodChecker to assess products, recipes and menus.

www.wellbeingsa.sa.gov.au/foodenvironments

2023 Woolworths Junior Landcare Grants Program



Great news!

We received a
**Woolworths Junior
Landcare Grant**



We're thrilled to announce that we have received a 2023 Woolworths Junior Landcare Grant for our project, Growing Happiness. The aim of our project is to provide a space for our students to grow holistically. In knowledge, in health, in sustainable practice but also in mental wellbeing as to nurture a garden is to feed not just the body, but the soul.

I cannot emphasise enough how important the garden is to my work. The garden provides a destination to go when things have become overwhelming. It is a place of calm and purpose. Conversation is more comfortable when busy with a watering can. It is a good leveller. No one looks smart or silly there. Everyone can contribute. It makes me so happy to have this \$1000 grant to fund new plants and trees and all the things we need to further develop our garden plot and make this already valuable place more beautiful and productive.

Light Pass Primary is one of 1,107 primary schools and early learning centres across Australia to receive a Woolworths Junior Landcare grant to help grow our next generation of environmental champions.

The children and teachers are looking forward to getting their hands dirty and learning from this project – we'll keep you updated!

Click on the [Woolworths Junior Landcare Grant map](https://woolworthsgrantsmap.juniorlandcare.org.au/) to read more about our project and others*.

<https://woolworthsgrantsmap.juniorlandcare.org.au/>



COMMUNITY NEWS

Our students, along with Keyneton and Cambrai Primary Schools, have been invited to attend Truro Primary School's glow in the dark disco on Friday the 23rd June (week 8). It will be another great opportunity for our students to connect with other students at small schools. We also join with these students at Small School Sports day so it may be an opportunity to catch up again with a friend.



Let's GLOW!

JOIN US AT TRURO PRIMARY SCHOOL GYM FOR A SPECTACULAR GLOW-IN-THE-DARK DISCO

\$10 ENTRY INCLUDES GLOW PACK
PARENTS ARE WELCOME TO STAY
SNACKS, DRINKS, EXTRA GLOWSTICKS AVAILABLE FOR PURCHASE
EFTPOS AVAILABLE

FRIDAY JUNE 23

6:00PM - 9:00PM
5-13 YEARS

Upcoming Events Winter 2023

Featured!
Get your Trove on
Family History Month event

Trove's digitised newspapers are a great way to discover information about Australian families.

9 August - Mount Pleasant Library
10am-11am
17 August - Nuriootpa Library
3pm-4pm
Ages: all Cost: free

Find out more and book online at barossa.sa.gov.au/events

Upcoming Library Programs	June - August 2023			
	Imperfect pottery	Podcast 101	Winter family yoga session	Forward thinking: vision board workshop
	Learn to make pinch pots and coil vases in this beginners pottery workshop.	Learn the basic foundations of podcasting using state of the art facilities.	Join Barossa Wellness at the library for a family yoga session and unwind towards the end of the school term.	Set goals and envision your next steps in this vision board workshop.
	Monday 5 June 10am-12pm Mount Pleasant Library Friday 30 June 10am-12pm Nuriootpa Library	Tuesdays 6, 13 & 20 June Barossa Regional Campus Tuesday 27 June Nuriootpa Library 4pm-5pm (all sessions)	Wednesday 28 June 5.30pm-6.30pm Nuriootpa Library	Wednesday 12 July 1pm-2pm Mount Pleasant Library Wednesday 19 July 1pm-2pm Nuriootpa Library
	Cost: \$5pp Ages: 12+ years Bookings required	Cost: free Ages: 12+ years Bookings required	Cost: \$5pp Ages: 5+ years Bookings required	Cost: \$5pp Ages: 12+ years Bookings required
	Meet the author - Michelle Jager	Meet the author - R.A. Spratt	Adult mocktail mixology	Candle making
	Join Michelle and her publisher Lynette as they discuss her recent work 'Bird Bones' and how to navigate the publishing world.	Students in grades 2-6 are invited to an engaging author talk with bestselling children's author R.A. Spratt.	Get mixing and learn the basics of the perfect mocktail to take to your next home BBQ.	Discover your scent profile and create a lasting soy wax candle.
	Friday 28 July 3.30pm-4.30pm Nuriootpa Library	Tuesday 1 August 10am-11am Nuriootpa Soldiers Memorial Hall	Tuesday 15 August 1pm-2pm Nuriootpa Library	Wednesday 23 August 1pm-2pm Mount Pleasant Library Wednesday 30 August 1pm-2pm Nuriootpa Library
	Cost: free Ages: 16+ years Bookings required	Cost: \$3pp Ages: 8-12 years Bookings required	Cost: \$10pp Ages: 16+ years Bookings required	Cost: \$5pp Ages: 12+ years Bookings required


Barossa & District Pipe Band
PRESENTS

Winter Flame

TORCH-LIGHT PARADE

Saturday 17th June, 2023
6:00pm
Main Street, Tanunda
Market from 2:30pm



SALA Exhibition at Nuriootpa Library

During the month of August 2023
Nuriootpa Library opening hours

Barossa Libraries will be hosting a community exhibition of works throughout August for the South Australian Living Artists Festival (SALA)

Want to showcase your artwork?
If you have created artwork as the result of a library creative program speak to our friendly staff today!



SALA Free to attend | All ages
barossa.sa.gov.au/events



WallisCinema

WHAT'S HAPPENING IN JULY THESE

SCHOOL HOLIDAYS





ELEMENTAL (GTC) & **CAT IN THE MUSEUM** (G)

MARIO KART GAMING
2 HOURS | \$300
BOOKINGS ESSENTIAL

CALL US TO BOOK OR VISIT WALLIS.COM.AU

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8305 4444 8391 2777 8326 1313 8267 1500 (03) 5023 4452

Barossa Film Club
PROUDLY PRESENTS



2023 YOUTH SHORT FILM **COMPETITION**

'Tell us a Story...'

FREE ENTRY + CASH PRIZES
BE A PART OF BAROSSA FILM HISTORY
START YOUR CAREER IN THE CREATIVE INDUSTRIES

SUBMISSION CLOSING DATE: 8 OCTOBER 2023

OPEN TO PEOPLE AGED 9-25 WHO LIVE, WORK OR STUDY IN
THE BAROSSA LIGHT & GAWLER REGIONS

SPONSORED BY:



SCAN QR CODE FOR MORE INFORMATION



VISIT WWW.BAROSSA.FILMCLUB.ORG.AU FOR MORE INFO




FILM WORKSHOPS

Aimed at young film-makers interested in the Youth Short Film Competition. The two hour workshop with Adelaide-based film-maker Anthony Frith will provide a practical introduction to film-making, taking participants from idea to submission. Topics covered:

Idea Generation
Directing
Scripting a Film

Story Structure
Editing
Developing a Shot List

Suitable for film-makers with limited to no experience. Spaces limited.

Location: Barossa Regional University Campus

Time: 1-3PM

Dates:

- Sunday June 18th: Ages 9 - 13
- Sunday June 25th: Ages 14 - 25

\$15
per person



Film WORKSHOPS

Aimed at young film-makers planning to submit to the Barossa Youth Short Film Competition. Workshops and Mentoring Sessions are lead by Adelaide-based film-maker Anthony Frith.

How to make a short film

Suitable for film-makers with limited to no experience. The two hour workshop will provide a practical introduction, taking participants from idea to submission. Covering topics:

Idea Generation **Story Structure** **Scripting a Film** **Developing a Shot List** **Directing** **Editing**

Dates: Sunday June 18th (Ages 9-13) Sunday June 25th (Ages 14-25)

Location: Barossa Regional University Campus | Time: 1-3PM

Cost \$15

One-on-One Mentoring Sessions

Are you planning to submit a film to the 2023 YSFC? Do you have an idea or a script or a film in production? Need some practical advice from an experienced film-maker? If so, a one-on-one two hour online mentoring session with writer and director Anthony Frith is perfect for you. These sessions are only applicable to those aged 14 to 25.

Location: Online

Date and Time: Agreed between Participant and Mentor

Cost: \$40

visit www.barossa.filmclub.org.au for more information

A word from Mrs Gogoll - Autism Inclusion Teacher

INTEROCEPTION

-Interoception is thought to be a precursor for self-regulation. It can be thought of as 'mindful body awareness' and is one of our eight sensory systems. Rather than being an external sense (like sight or hearing), interoception is the perception, recognition and understanding of the internal physical states of the body. These body signals can be understood as emotions and/or feelings which can then be responded to.

For example; someone who is skilled in interoception can tell when their heartbeat is signalling fear verses excitement. This is because they can notice and recognise all the other internal bodily signals they are experiencing which can help them to process and respond to their overall emotional state.

-Interoception skills are required for a range of functions such as knowing when to go to the toilet, being aware of the physical signs that you are becoming angry or upset and managing your emotions proactively.

-Interoception can also help us to understand how the information we process through our external senses can have an impact on our internal body states, feelings and emotions. For example; hearing loud noises might make your heart rate quicken or your muscles tense. As interoception is a sensory system, these responses to external stimuli are not necessarily cognitive and might happen automatically.

-When children and young people have not yet developed interoception skills they may struggle not only with their own emotions but with social interactions. Even just being around others may be difficult for them to manage.

'Interoception and self-regulation – getting ready to learn' Education Services Australia.

Why do interoception activities?

They activate the mindfulness part of the brain, which helps you calm and focus. Being connected to others and place are protective factors for well-being, mental health and life outcomes. When you are connected to self, it is easier to connect to others and to place. Overtime they help you develop the level of interoception required to be able to self-regulate and self-manage.

When should you do interoception activities?

Regularly to develop the skills to self-regulate.

Interoception Activities are put into practice in all classrooms regularly throughout the day.

*** I have attached two interoception activities students may participate in at school***

Interoception - <https://www.positivepartnerships.com.au/resources/practical-tools-information-sheets/interoception>

GoNoodle – breathing activities, getting ready for bedtime routines and movement activities
<https://www.gonoodle.com/>

Cosmic Kids Yoga - <https://cosmickids.com/watch/>

Smiling mind (website or app) - <https://www.smilingmind.com.au/>

Activity 11: Belly breathing

Video demonstration



1. Lie down, relaxed and feeling comfortable. Close your eyes and keep your mouth closed. Rest your hand on the centre of your ribs or just below your ribs, not pressing too hard, your fingertips should be just touching.



2. Breathe in slowly and deeply through your nose. You should feel your hand rising as your lungs fill with air, your fingertips should have a space between them now.



3. Now breathe out slowly through your nose, and keep breathing out. You should feel your hand moving back down as the air goes out of your lungs and your body deflates with your lungs, until your fingertips touch again.
4. Keep practising this breathing in and out for one minute. Can you feel your body moving even if you move your hands off your ribs?

Follow-on activity:

Does your body rise and fall differently when you breathe in and out through your mouth? What do our lungs do? Where are they? How can we keep our lungs healthy?

Interoception and self-regulation: Get ready to learn

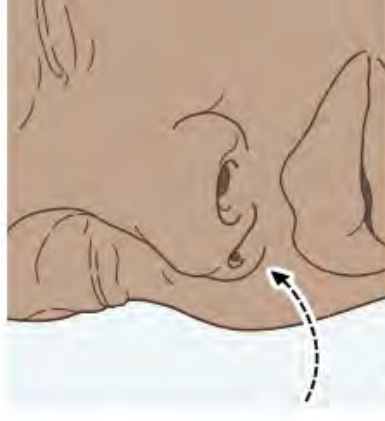
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Activity 10: Deep breathing

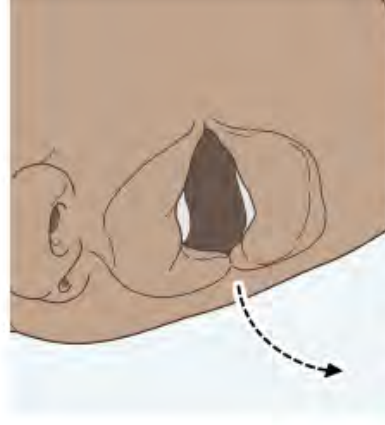
Video demonstration



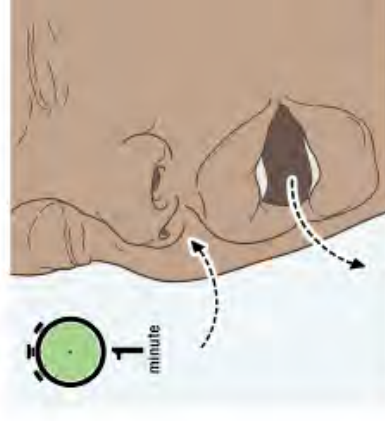
1. Sitting comfortably, on a chair or on the floor, close your eyes.



2. Breathe in through your nose while counting to five in your head. Note to teacher: count out loud initially to support understanding.



3. Open your mouth and breathe out while counting to five in your head.
4. Now close your mouth and breathe in through your nose while counting to five. Note to teacher: support understanding by saying 'breathe in, one, two, three, four, five, and open mouth and breathe out'.



5. Continue the deep breathing for one minute.
- How do you feel? Which parts of your body moved when you were breathing in? Could you feel the air entering and exiting your body?

Follow-on activity:

Blow up a balloon. As it inflates, explain that this is like the air being breathed into our lungs. Let the air out of the balloon and explain this is like the air being breathed out.

Interoception and self-regulation: Get ready to learn

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Light Pass Primary School

Term 2 Planner 2023

Week	Monday	Tuesday	Wednesday	Thursday	Friday
6 Newsletter	5 th	6 th	7 th	8 th	9 th
7	12 th King's Birthday	13 th Governing Council 7pm	14 th	15 th Assembly– 2:45pm	16 th
8 Newsletter	19 th Pupil Free Day	20 th	21 st	22 nd	23 rd Truro Glow in the Dark Disco! 6-9pm
9	26 th	27 th	28 th	29 th	30 th
10 Newsletter	3 rd July	4 th	5 th	6 th Reports home	7 th Assembly– 1:45pm Early Dismissal 2:15pm

IMPORTANT NOTICE:

Assembly in week 7 has moved from Friday 16th at 9am to Thursday the 15th at 2:45pm on the blue court!