



Light Pass Primary School

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Term 2

Week 8

23rd June 2023

Quote: "If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you." – Anon.

Dear Families,

Only two more weeks of the term – it is flying by so fast.

Pupil Free Day

We attended the Pupil Free Day at Cambrai on Monday to learn about the Berry Street Education Model. This model is an educator-designed and evidence-led framework with a focus on creating classrooms where every child is ready to learn and able to thrive. The first day was received well by our staff, and we are looking forward to trialling some of the new strategies at Light Pass.

Cyber-safety

Cyber-safety continues to be a topic of discussion for us all. We love that the internet has brought so many benefits to our day-to-day life, but we are also aware of the risks that come along with it.

We have invited Senior Constable Randal Murch to come to our school and chat about Cyber-safety. He has also offered to provide a parent/carer session so I would love to hear from you if this is something you might be interested in?

A great site I have found is the eSafety Commissioner. If you'd like to have a look yourselves, go to [Parents | eSafety Commissioner](#)

Sound system

I would like to give the most ginormous thank you to Plush Electrical and Megan Nitschke for their very kind donation of a sound system and the installation. Megan has worked tirelessly to pull this project together, getting donations from Barossa Valley Hire and Juncken's.

We can't thank you all enough for your kind donations of materials, time and equipment and we can't wait to show it off at our next assembly.

Kind regards,
Mel

**DID YOU KNOW THAT
THE FIRST FRENCH
FRIES WEREN'T
COOKED IN FRANCE?**



**THEY WERE COOKED
IN GREECE**

This week's joke
by Hayden ☺



Diary Dates:

Week 8:

Friday, 23rd June

Newsletter

Glow in the dark disco –
Truro Primary School 6-9pm

Week 9:

Wednesday 28th June

SAPOL Visit – Cyber Safety
Sessions

Week 10:

Thursday 6th July

Reports go home

Friday 7th July

Assembly 1:45pm
Early Dismissal 2:15pm



Government of South Australia
Department for Education

**Why did the student
eat his homework?**

Because his teacher told
him it would be a piece
of cake!



Feedback and complaints

The Department for Education promotes and values feedback and works to manage complaints to improve performance, systems and service delivery.

We recognise how important it is to work together with families and carers to find solutions in a polite and respectful manner so we can improve our services.

The best way to raise a complaint is to approach the school directly. This gives us an opportunity to resolve the issue. You can speak with the relevant teacher by making a time to discuss the issue, or by phone call or email.


If you feel the issue is not addressed, please contact Mel directly at the school.

If you are still not satisfied that your complaint has been addressed, you can contact the department's Customer Feedback Team.

For further information about how to prepare and make a complaint, and what happens afterwards, please visit [School or preschool complaints \(education.sa.gov.au\)](https://www.education.sa.gov.au/school-or-preschool-complaints) or call 1800 677 435

COMMUNITY NEWS





JUNIOR FOOTBALL CLINIC

The 2023 THINK! Road Safety SA Country Football Championships are coming to the Barossa Valley in the July School Holidays, and the SANFL Game Development team are putting on a **FREE** footy clinic for kids in the region!

Friday, 7th July from 4.30pm - 5:30pm
Angaston Oval

A fun & skill building session catering for kids from 5 - 14 years old.




Boys & girls welcome!


Each participant registered for the Friday clinic can collect a double pass to Saturday & Sunday's Country Championships footy action. Kids in free!

Other Giveaways will be handed out at the session.

Strictly capped at the first 150 to register.

SCAN HERE TO REGISTER



Kangas Softball Club

Our students have been having a blast playing **Softball** this term. Kangas Softball Club has been helping students learn the basics while having a lot of fun getting active. Ask your child if they would like to take the next step into Softball. To find Kangas Softball Club and register your interest and kept informed of the upcoming summer season and commencement dates, please follow this link [Contact me with Information for 2023/2024 - Kangas Softball Club - revolutioniseSPORT](#)





Just a friendly reminder...


With the colder weather well and truly here, it appears to have increased appetites! Can you please check in with your child and provide some extra food in their lunchboxes.

Can we also make sure students jumpers, beanies etc. are clearly labelled with your child's name.

Thank you ☺

8 - 23 July 2023

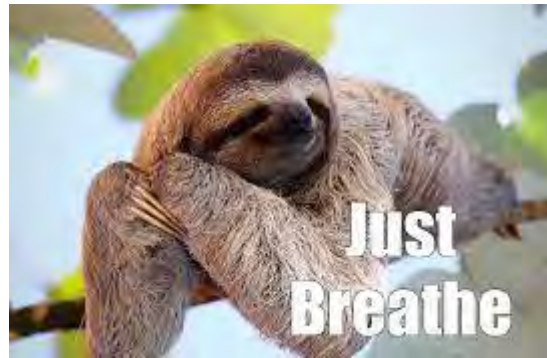
School Holiday Program



Insert QR code here

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

Mosaic Suncatcher with Sandra Sullivan Create a colourful mosaic suncatcher, taking inspiration from the Mosaic for Afghan women. Monday, 10 July 11am-1pm Barossa Regional Gallery Cost: \$20/ participant Ages: 8-13 yrs Bookings required	Library Mural Design Design a storybook mural for the windows of the Library as part of the SALA Festival. Tuesday, 11 July 10-11am (design) Tuesday, 18 July 10am-12pm (paint) Nuriootpa Library Cost: free Ages: 7+ yrs Bookings required	1877 Hill & Son Grand Organ Children's Tour Discover how the organ works, hear its brilliant story & journey under the stage to see what's inside. Tuesday, 11 July 11.30am-12.30pm Barossa Regional Gallery Cost: \$10/ family Ages: all Bookings required	Tea Towel Design Learn about Barossa Wildlife Rescue and draw a design for their tea towel fundraiser. Wednesday, 12 July 2pm-3.30pm Lyndoch Library Cost: \$2 donation on the day to Barossa Wildlife Rescue Ages: 4+ yrs Bookings required
Storytime with the Mosaic A special Storytime reflecting on the Mosaic for Afghan Women. Thursday, 13 July 11.30am-12.30pm Barossa Regional Gallery Cost: free Ages: all Bookings required	Spheros Learn to code with fun Sphero robotic balls. Friday, 14 July 10am-11am Mount Pleasant Library Cost: \$3 Ages: 5+ yrs Bookings required	Scott Hewitt Animator workshop Meet the animator for Goosebumps 2 & SpongeBob SquarePants. Take a behind-the-scenes look at the making his new book. Thursday, 21 July 10am-11am Council Chambers - Nuriootpa Cost: \$5 Ages: 8+ yrs Bookings required	The Colours of Us Contribute to a community artwork at the Gallery, inspired by the Mosaic for Afghan Women. 1-19 July 11am-4pm daily Barossa Regional Gallery Cost: free Ages: all No bookings required



Why is everyone telling me to “take a deep breath?”

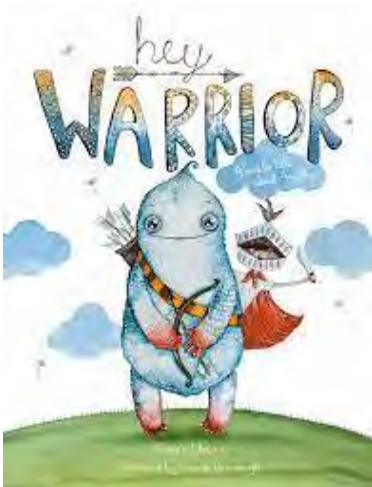
When we are feeling stressed and anxious, we're told to take deep breaths to calm ourselves down. But does that really work?? How can that make a difference? “Take a few deep breaths” may be more than words of comfort in times of stress. Science shows that breathing slowly and deeply can induce a relaxation response in the body.

When you feel intense anger, fear or stress, your thinking brain goes temporarily offline for a while which can make it hard to read, write, talk or solve problems. The energy that your thinking brain would normally use is sent to other prioritised brain and body systems. This is great if you have to get to safety quickly, but if there is actually no immediate danger, it unnecessarily makes it harder to think rationally and make good decisions about what to do or say. Breathing is so helpful in bringing your thinking brain back.

How can something so simple actually help? Well, part of the reason you feel the way you do is because fast shallow breathing has changed the balance of oxygen and carbon dioxide in your body. Strong, slow breathing changes it back.

When your breathing is relaxed your brain will also relax. It will start believing that you're OK and then you will start to feel better. It has been referred to as a 'natural tranquiliser' for the nervous system.

If you work on strong breathing every day when you're calm, it will be easier to do when you need it.



I highly recommend a book called Hey Warrior, by Psychologist Karen Young, which is a book for kids about anxiety. Understanding why it feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around.

Anxiety explained, kids empowered.

JOLIE ZADOW - PASTORAL CARE WORKER

Upper Primary Drama



This term in drama we have been learning about improvisation. We have developed our understanding of character through voice and movement and have worked in small groups to research and write a script.

We have been busy making the props in preparation for presenting these plays to each other next week.

And some of us have even asked if we can share them at the next assembly!





Light Pass Primary School

Term 2 Planner 2023

Week	Monday	Tuesday	Wednesday	Thursday	Friday
8 Newsletter	19th Pupil Free Day	20th	21st	22nd	23rd Truro Glow in the Dark Disco! 6-9pm
9	26th	27th	28th SAPOL Visit - Cyber Safety Sessions @ School	29th	30th
10 Newsletter	3rd July	4th	5th	6th Reports home	7th Assembly– 1:45pm Early Dismissal 2:15pm

Assembly at 1:45pm on the blue court on the last day of term - Friday 7th July

Early dismissal – 2:15pm



Lunch Order- Hot Dog



To celebrate reaching the end of Term 2, the school is providing the option of a Hot Dog for lunch on Friday 7th July.

This is offered at no cost to the students.

Please return the form below to the front office by Friday 30th July (week 9)

Yes, I would like to pre-order a Hot Dog for lunch on Friday July 7th, for the following student/s:

Name/s: _____

