



# Light Pass Primary School

P.O. Box 36, LIGHT PASS SA 5355

Principal: Melanie Leslie

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Term 3

Week 9

22<sup>nd</sup> September  
2023

*Quote: "Do what you can, with what you have, where you are." – Theodore Roosevelt*

Dear Families,

The end of term 3 is fast approaching with preparations for the whole school camp to Stockport taking priority. A big thank you to our staff and especially Mrs Gogoll who is working on the finishing touches to ensure that this camp is an opportunity to create wonderful memories and gain amazing experiences.

We have our next Pupil Free Day on Monday, 23<sup>rd</sup> October (week 2, term 4). This will be the third day of the four-day training and will focus on Stamina and Engagement. It was raised in Governing Council that it would be good to share the learning our staff are doing and how we are using it when we return to school.

Following the previous two training days; Body and Relationships, our staff have implemented a Morning Circle and started developing Ready to Learn Plans for students.

Morning Circle routine supports student engagement, builds wellbeing and creates positive classroom communities (Roffey, 2006). It includes intentional strategies to create positive emotions and follows a routine of greeting, values, expectations, announcements, positive primer and finishes with a reflection on 'what went well'.

If you would like some further information about Morning Circles or Ready to Learn Plans, please have a chat to your child's classroom teacher. They would love to share their learning with you and how we are implementing it at Light Pass Primary School.

Kind regards,  
Mel



## Diary Dates:

### TERM 3

Week 10

Wednesday, 27<sup>th</sup> Sept.

Cricket Clinic – SACA

Friday, 29<sup>th</sup> Sept.

Assembly – 1:45pm

Blue Court

2:15pm early dismissal

### TERM 4

Monday 16<sup>th</sup> October  
School commences



Government of South Australia  
Department for Education

## Keeping children safe around schools:

End of school days are very busy at Light Pass PS.

Children are particularly in 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 also remind everyone that U turns must not be conducted in front of the school. There is an area further up where it is safer to do this. Please make sure you stop and look before making a U turn. Please pull off carefully when exiting the front of school.

We acknowledge that this land that we play, learn and work on is Peramangk and Ngadjuri land and we acknowledge that the Peramangk and Ngadjuri people have social, spiritual and historical connections to this land. Their connections are as strong today as they have always been.



# A word from Mrs Gogoll - Autism Inclusion Teacher

## Supporting young people on the autism spectrum with... **Bullying**



### WHAT IS BULLYING:

For some young people on the autism spectrum, it can be very difficult to recognise bullying. They may need support to understand that:

- bullying is about the misuse of power in relationships
- bullying is when someone experiences repeated verbal, physical and or social behaviour that causes harm
- bullying is mean and can be very hurtful there are different kinds of bullying
- no kind of bullying is ever OK
- bullying should always be reported
- adults will do all in their power to take it seriously and deal with it

### Help the young person on the autism spectrum to...

- understand who can be a bully; a classmate or fellow pupil at school, a sibling, an adult or even themselves
- understand cyberbullying and the importance of being cyber-safe
- understand the actions of others and determine when, or if they are being bullied
- understand when they might be being perceived as being a bully
- identify when they are being set up to be a bully by people they consider to be friends

### Be observant!

Each young person will react differently to bullying. It's important to look for changes in the following:



#### Emotional

- non-specific pains, headaches, abdominal pains
- increase in anxiety
- increase in anger



#### Physical

- unexplained bruises, scratches or cuts
- torn, missing or damaged clothes or belongings



#### Sensory

- These behaviours may change - the young person may seek out more sensory information (e.g. movement, deep pressure) or they may become more sensitive to noise, touch etc.



#### Behavioural

- becoming withdrawn
- unexpected mood change
- an increase in fixation on their special interest
- irritability and temper outbursts



#### Other

- unwilling to go to school
- routine change i.e. changing the way they walk
- home from school
- having few friends

*No one deserves to be bullied. It's unacceptable behavior*

### And offer support when...

- they want strategies to help with bullying
- they want to join in with social games and activities
- they need to learn the concept of personal space
- they want to talk to someone about what is happening

### SOME POINTS TO CONSIDER FOR THE MEETINGS:

#### Prepare - have key points to discuss

- gather information
- consider a support person attending with you

#### Meet

- be confident in discussing issues and strategies
- remain objective and seek to be solution focused

#### Action

- be clear about your next steps and actions following the meetings



*Provide the young person with a buddy who can support and encourage them*

### The home-school partnership

A healthy respectful home school relationship is so important for supporting young people on the spectrum. Regular opportunities to meet and discuss both positive and challenging aspects of schooling can help keep communication channels open and transparent.

### What can you do to offer support?

A young person on the autism spectrum can be a victim or a perpetrator. It is equally important to support them in both instances. Listed below are some strategies you can try.



#### IMPARTIAL ASSESSMENT

Conduct an impartial assessment of the bullying occurrence. Focus on the facts.



#### CODE OF CONDUCT

Take time to understand the school (or club) code of conduct and approach to bullying.



#### TEAM APPROACH

Develop a plan within a team to reduce bullying. The team can include parents, teachers, support staff and the young person being bullied.



#### TEACH SOCIAL SKILLS

Support the young person to learn social skills.



#### BUDDY UP

Provide the young person with a buddy who can support and encourage them.



#### MAP OUT

Create a map of the young person's world. Identify places where the young person is safe and places they may be vulnerable to bullying.



#### EQUITABLE JUSTICE

Ensure consequences are given for all young people who participate in bullying.



#### VISUAL PROMPTS

Use visual prompts to help the young person on the spectrum communicate their feelings.



#### EMPOWER

Encourage all young people to speak out about bullying.

For more information about bullying please visit:

Bullying. No Way! [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

Office of the eSafety Commissioner [www.esafety.gov.au](http://www.esafety.gov.au)

Department of Education and Training <https://www.education.gov.au/state-and-territory-anti-bullying-policies>



# ENERGY DRINKS



A common concern is the number of energy drinks available to our children. Even more so is seeing how many children are bringing these drinks to school.

While we are aware that parents may not always know that their children are purchasing these drinks, we recognise the opportunity to educate our children and encourage them to ask the questions about what is in their food and drink.

## Ingredients:

- Carbonated Water
- Sugar – A whopping 83.4 grams of sugar – equivalent to 20.85 teaspoons of sugar. (4 teaspoons being the recommended daily intake by WHO for primary school aged children & 6 teaspoons being the recommended daily intake by WHO for adults)
- Food Acids (330, 331) – Can provoke systems in those who react to MSG
- Preservatives (202, 211) – Mainly petroleum derived, potential effects: Asthma, headaches, hyperactivity, skin irritation, prohibited in food for infants, stomach upset.
- Caffeine 160mgs– Food standards Australia New Zealand recommend no more than 3mgs of caffeine per kg.
- Colours
  - 129 Allura Red – May be petroleum derived, United States carries a health warning. Potential effects: Hay fever, hyperactivity, hypersensitivity reactions, may be contaminated with the animal carcinogen aniline, may cause adverse reproductive effects and birth defects based on animal test data, nausea, tantrums, rashes. This colour is prohibited in foods for infants.
  - 110 (sunset yellow) – May be petroleum derived, United States carries a health warning. Potential effects: Hay fever, hyperactivity, may be contaminated with the carcinogen benzidine, suspected link to liver toxicity, nausea, rashes. This colour is prohibited in foods for infants.
- Taurine – a type of chemical called amino sulfonic acid. It is used to improve heart function for those with congestive heart failure and may improve liver function for those with hepatitis. But there is not enough reliable information to say what the side effects may be in children.
- Flavours
- Panax Ginseng Root Extract, B Vitamins (Niacin, Pantothenic Acid, Vitamin B, Vitamin B12), Inositol, Guarana (Paullinia Cupana) Seed Extract.

The following information is found on Chemical Maze and Food Standards Australia and New Zealand.



# COMMUNITY & SPORTING NEWS

**STARPLEX** **NETBALL**  
HOLIDAY CLINIC  
at Trinity College

**FRIDAY 6 & MONDAY 9  
OCTOBER**

**9.00am - 12noon**

**8-12  
YRS**  
LITTLE/JUNIOR NETTAS

**1 DAY / 3 SKILLS**

- ATTACK
- DEFENCE
- SHOOTING

**Price:**  
1 Session \$45 pp  
2 Sessions \$80 pp

Individual skill development  
indoor courts, airconditioned,  
**active holiday fun!**

NOTE: Make sure to bring your  
water bottle and snack.

SCAN HERE

get active  
at STARPLEX

**BOOK ONLINE TODAY!**  
www.starplex.com.au

STARplex EVANSTON PARK  
8522 0622

**NEW** TERM PROGRAM

**BOYS  
NETBALL**

MONDAY AFTERNOONS from 3.50pm

**STARTS Term 4: MONDAY 16 October, 2023**

AGE GROUP: 11 – 15 YEARS  
\$90 PER PLAYER (9 WEEK TERM)

Games held on Mondays with the opportunity  
to train as a squad

- Develop skills in team work & Quick thinking
- Leading/movements
- HIT fitness

SCAN HERE

Register your interest!

STARplex EVANSTON PARK PHONE 8522 0622  
REGISTER ONLINE: www.starplex.com.au

get active!

**SUMMER SEASON**

**JUNIORS  
NETBALL**

WEDNESDAY AFTERNOONS from 4.30pm

**SEASON STARTS: WEDNESDAY 18 October, 2023**

AGE GROUP: 10 – 16 YEARS (boys can play up to U/13's)

\$64 Team Nomination Fee - SPACES LIMITED

Season held during Term 4, 2023  
& Term 1, 2024

SCAN HERE

get active  
at STARPLEX

Phone 8522 0622  
STARplex EVANSTON PARK  
REGISTER ONLINE: www.starplex.com.au

"Mum...Mum...Mum...MUM!!..." or,  
"How many times do I have to ask..."

Sound familiar...?

Let me show you a powerful 3-step process, with easy to use strategies  
based in **neuroscience**, to help calm the chaos, feel heard and more  
confident, and nurture your child's **resilience** without the nagging or guilt.

Join me for my 5-week online Parent Group Coaching Program  
Commencing **Wednesday 11/10/23** from 9.30am to 11am.

Early Bird Investment **\$197pp** (book & pay by 29/9/23)  
Thereafter **\$247pp**  
Registrations close 5pm on Thursday 5/10/2023

To secure your spot or to learn more contact:  
Vicki Martin (BA (Hons) Psych)  
Email: vicki@harmonyandgrowth.com  
Phone: 0412 322 881

Compassion.  
Commitment.  
Connection

**BAROSSA TIGERS  
TIGERS  
BASKETBALL CLUB**

**WANT TO TRY SOMETHING NEW,  
GAIN NEW SKILLS AND HAVE SOME FUN?**

**THE 2023/2024 SUMMER SEASON  
COMMENCES AT THE BEGINNING OF  
TERM 4 2023 AND THROUGH TO  
TERM 1 2024.**

EXPRESSION OF INTEREST BY SEPT 13TH  
BAROSSATIGERSBASKETBALL@GMAIL.COM

**U10S - BORN 2016/2015  
U12S - BORN 2014/2013  
U14S - BORN 2012/2011  
U16S - BORN 2010/2009  
U18S - BORN 2008/2007**

**SIGN UP  
NOW**

**Woolworths  
CRICKET  
BLAST**

Cricket Blast is an energetic and fun program for kids up to the age of 10 to  
develop new skills, expand existing skills and play cricket in a team environment.

**Light Pass Cricket Club**  
Wednesday 18 October  
4pm  
Stockwell Oval

**VISIT PLAY.CRICKET.COM.AU**

**ADELAIDE  
Strikers**



Wondering how to entertain the kids these school holidays?

**LinkSA** is here to help!

From the 30th September 2023 to the 15th October 2023 with the purchase of an adult ticket, 1 child aged 5-14 years may travel free on any LinkSA route service

Now is your chance to experience some of South Australia's beautiful areas:

Murray Lands/ Monarto Zoo

Barossa Valley

Fleurieu Peninsula/ Cape Jervis\*/ Victor Harbor

Northern Adelaide Hills

Mount Gambier\*

Simply mention this special to our friendly driver upon boarding

Visit [linksa.com.au](http://linksa.com.au) for more information

\*Cape Jervis from Sunday 1 October 2023

\*Mount Gambier from Tuesday 3 October 2023



Scan for more information



**SCHOOL HOLIDAYS**

30 September - 15 October

## School Holiday Program



### Escape the Library!

Channel your inner detective and escape the Nuriootpa Library escape room!

**27 Sep - 4 Oct**  
Multiple times  
Nuriootpa Library

Cost: \$10/group  
Ages: 10+  
Bookings required



### Virtual Reality (VR) Wandering

Explore the natural world using the VR Wander app.

**Wednesday, 4 Oct**  
2pm - 3pm  
Lyndoch Library

Cost: \$3  
Ages: 12+  
Bookings required



### Nature Play Festival

Connecting children to the environment through nature-based activities.

**Thursday, 5 Oct**  
10am - 2pm  
Barossa Bushgardens

Cost: Free  
Ages: 0-10  
Bookings required



### Drawing workshop with Paul Rutter

Draw Australian marsupials with Paul Rutter, children's author and illustrator.

**Friday, 6 Oct**  
10am - 10.45am  
Mount Pleasant Library

Cost: \$5  
Ages: 5+  
Bookings required



### Composting Workshop

Learn to create healthy compost! Then get dirty and help us create a compost bay.

**Friday, 6 Oct**  
1pm - 2pm  
Barossa Bushgardens

Cost: Free  
Ages: all  
Bookings required



### 1877 Hill & Son Grand Organ Children's Tour

Hear the organ's story, discover how it works and journey under the stage to see what's inside.

**Monday, 9 Oct**  
11.30am - 12.30pm  
Barossa Regional Gallery

Cost: \$10 / family  
Ages: all  
Bookings required



### Wellbeing Day at the Library

Sound healing, VR yoga, mindful craft and sensory planting on World Mental Health Awareness Day.

**Tuesday, 10 Oct**  
10am - 4pm  
Nuriootpa Library

Cost: See program  
Ages: all  
Bookings required



### Process Art

Focus on creation instead of final product with an evening of artistic experimentation.

**Wednesday, 11 Oct**  
5.15 - 6.15pm  
Nuriootpa Library

Cost: Free  
Ages: 5+  
Bookings required



### Butterflies, Bugs and Bees - Pressed Metal Nature Journals

Create a pressed metal nature journal to bring the outside in with Donna Girdge and Katie Sandison.

**Thursday, 12 Oct**  
Barossa Regional Gallery

Ages 6+ 10am  
Ages 12+ 1pm  
Cost: \$20  
Bookings required



### Harry Potter Book Day

A magical event including virtual workshops with Evanna Lynch (Luna Lovegood). Come in costume!

**Thursday, 12 Oct**  
1pm - 2.30pm  
Nuriootpa Library

Cost: \$3  
Ages: 7+  
Bookings required



### Mr. Badger tells the story of The Wind in the Willows

A captivating telling of a much loved classic story, celebrating the joys of nature and friendship.

**Friday, 13 Oct**  
10.30am - 11.15am  
Lyndoch Library

Cost: \$5  
Ages: 5+  
Bookings required



### Wicking Bed Workshop

Discover how a self-watering garden bed works. Then help us plant!

**Friday, 13 Oct**  
1pm - 2.30pm  
Barossa Bushgardens

Cost: Free  
Ages: all  
Bookings required



**1 WEEK TO GO**



# Schedule



10am - 11am	Sound Healing
11am - 12pm	Sunflower Planting and Pot Painting
1pm - 2pm	Sensory Plant Activity
2pm - 3pm	Sound Healing
12 - 3pm (10 minute sessions)	VR Meditation
10am - 4pm	Mindful Craft and Colouring Wellbeing Collection Highlights Giant Outdoor Games Chill Zone

Bookings at [barossa.sa.gov.au/events](http://barossa.sa.gov.au/events)



## Wellbeing Day at Nuriootpa Library



**Tuesday, 10 October**  
**10am - 4pm, Nuriootpa Library**  
Bookings at [barossa.sa.gov.au/events](http://barossa.sa.gov.au/events)



### Sound Healing

Discover the benefits of sound healing to treat anxiety, depression and stress. These experiential sessions will introduce you to the unifying effects of sound in restoring health and wellbeing.



**Ages: all Cost: \$10**  
**Bookings Required**



### Sensory Plant Activity

Learn about the sensory benefits of plants and plant materials in this interactive, get-your-hands-dirty activity by Barossa Bushgardens!



**Ages 5+ Cost: free**  
**Bookings Required**



### VR Meditation

Unearth your inner relaxation in a totally immersive digital world, brought to you by 'TRIPP'.



**Ages: 12+ Cost: free**  
**No Bookings Required**



### Mindful Craft and Colouring

Enjoy all day colouring, craft and mandala art at our self-guided activity table.



**Ages: all Cost: free**  
**No Bookings Required**



### Sunflower Planting and Pot Painting

Help raise awareness for mental health with suicide prevention network, Seeds of Hope by beautifying a pot plant to nurture.



**Ages: all Cost: \$3**  
**Bookings Required**



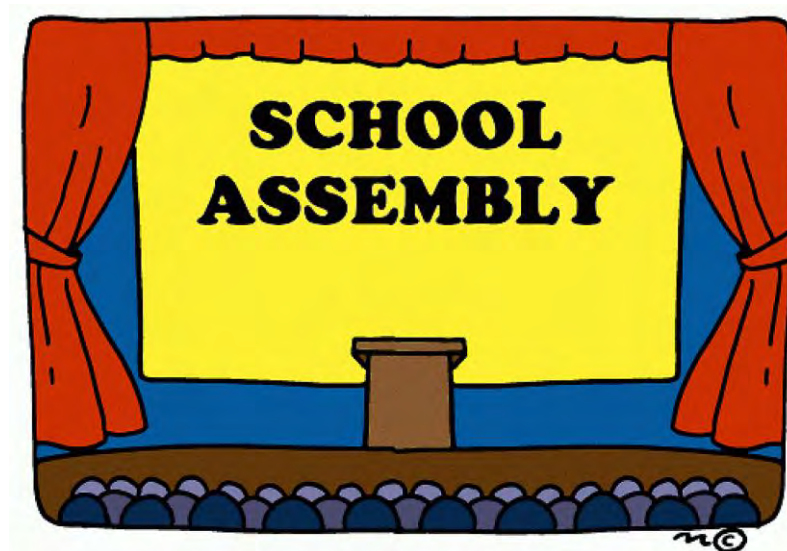
### The Barossa Council Public Library Wellbeing Collection

Did you know that The Barossa Council Public Library offers an extensive Health and Wellbeing Collection? Ask our staff to help you find resources for mental health, teen wellness, dementia support and so much more!



## Light Pass Primary School Term 3 Planner 2023

Week	Monday	Tuesday	Wednesday	Thursday	Friday
10	<b>25<sup>th</sup></b>	<b>26<sup>th</sup></b>	<b>27<sup>th</sup></b> Cricket Clinic SACA	<b>28<sup>th</sup></b>	<b>29<sup>th</sup></b> Assembly–1:45pm Early dismissal – 2.15pm



Friday 29<sup>th</sup> September:

Whole school assembly 1:45pm on the blue court.

Early dismissal 2:15pm.