



OLD NOARLUNGA PRIMARY SCHOOL NEWSLETTER

TERM 1, WEEK 10, 2019



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[oldnoarlungaprimarieschool](https://www.facebook.com/oldnoarlungaprimarieschool)



<https://skoolbag.com.au/forparents.php>



Government of South Australia
Department for Education

From the Principal HELLO EVERYONE,



This term has certainly been busy. Our school might be small but we certainly offer our students

big opportunities. There has been a lot on the calendar and as the end of the term nears, it is a good opportunity to reflect on all that has happened and what has been achieved. The list includes:

- R-3 Family Night
- Acquaintance Night
- Life Education Van
- FYI program
- Skeleton Crew
- SAPSASA Athletics
- SAPSASA Swimming
- R-5 Swimming
- 6/7 Aquatics
- Woolworths Excursions
- School Captain, House

Captain and School Leaders Assembly

- Principal's Tour
- Bullying No Way Day
- Harmony Day and Ride2School Day
- Parent Teacher Interviews
- Trek Tuesdays
- AGM
- Ice block day x 2
- House Buddy program
- Visiting Japanese students
- Student Free Day for staff to focus on Social and Emotional Learning of our students

Term 2 looks no less busy with Japanese Children's Day and NAPLAN on the calendar early in the term.

I hope you all have a wonderful break with your families and I look forward to seeing you all refreshed and ready for Term 2.

Melanie Jones

Student Free Day April 1st

SOCIAL AND EMOTIONAL LEARNING WITH MADHAVI PARKER

On Monday April 1st we were very fortunate to have Madhavi Parker present at our Student Free Day for staff. Madhavi is a well renowned author and presenter who has extensive experience working with teachers, students and families on social and emotional learning. Madhavi took us on a journey across the day around the wellbeing of our students and how we can help to develop resilient and capable students who can tackle the many challenges and hurdles they may face in life.

You can follow Madhavi on Facebook at the following link. <https://www.facebook.com/madhavinawana/>



Her Facebook page and her website www.madhavinawana.com.au offers so much, to not only us as educators but also to parents and families. I can highly recommend her website as a valuable place to visit and her Facebook page as a positive and supportive page to follow. She recently posted the following 18 Ways to Increase your happiness. Well worth sharing as we head into the holiday break – there are quite a few I am planning to do over the holidays as I enjoy time with my family.

See next page for 18 Ways to Increase your happiness

KEY DATES

Tuesday April 9th
GOVERNING COUNCIL MEETING 7.00PM

Friday April 12th
EARLY DISMISSAL 2:10PM
SRC CASUAL DAY
(GOLD COIN DONATION)

Monday April 29th
TERM 2 COMMENCES

NOTICES

SENT HOME THIS FORTNIGHT

- SAPSASA Cross Country
- Scoliosis Flyer – Year 7 female students
- Soccer in Schools
- Seaford Secondary College Transition Visit

National Ride to School Day

The morning of National Ride to School Day is always filled with excitement, nerves or both, I guess that depends on whether you are a teacher, student or parent. The overriding (no pun intended) emotion that I notice however, is joy. The looks on the students' faces as they rode, walked, skated or scooted

as well as hearing them say how much fun they were having makes the event really worthwhile at Old Noarlunga. Quite amazingly over the past 2 years we have had over 100 students attend and participate in this event. This is approximately 70% of our school population so I must thank all the students and

families involved. National Ride to School Day, along with National Walk Safely to School Day were also the pioneer days behind the inception of Trek Tuesday at Old Noarlunga. Unfortunately Trek Tuesday numbers have dipped this year. It would be great to see some more students and families at Market Square consistently.

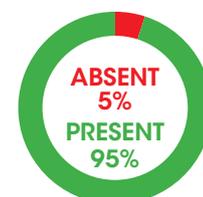
How is our attendance rate going?

YEAR TO DATE

The average daily attendance rate, Year-to-Date, derived from student attendance data sourced from the school systems as at 1/04/2019 is 94%.

PREVIOUS WEEK

The attendance rate from last week, derived from student attendance data, sourced from the school systems as at 1/04/2019 is 95%.



18 Ways to Increase Your Happiness

Behavioural scientists have spent a lot of time studying 'happiness'. They've discovered that being happy elevates our wellbeing, increases our life satisfaction and gives us better health and longevity.

But while happiness does "just happen" sometimes, each of us has the power to make choices that can bring us more (or less) happiness.

Here are 18 things you can do to be happier. Some of these things can be done right now. Others will need to be planned. But all of them are shown scientifically to impact on our happiness for better.

1. TAKE A BREAK FROM SOCIAL MEDIA

Studies consistently show that social media use has a negative effect on our happiness. While real-world social networks are great for our overall wellbeing, using social media platforms, such as Facebook, reduces physical health, mental health and life satisfaction.

Take a break from social media. After one week, you'll find your happiness levels increase.

2. SPEND TIME ON YOUR RELATIONSHIPS

There may be no discovery more powerful than this – other people matter for our happiness. Spend time with someone you love today.

3. SMILE

Charles Darwin was the first to pose the idea that the act of smiling intensifies our feelings of happiness. It really is that simple. Our emotions are reinforced by our facial expressions. So if you want to feel happy, smile.

4. HELP SOMEONE

When we help people, we feel better about life, and about ourselves. The data shows the more we 'do good', the more we 'feel good'.

5. LOOK FOR WAYS TO FEEL GRATITUDE

Empirical studies show us that gratitude may be one of the best wellbeing boosters there is. For two weeks, jot down three good things that happen each day. This simple exercise is scientifically shown to boost happiness and positivity.

6. SAVOUR YOUR MEMORIES

Nostalgia makes us feel happier and closer to the people around us. Take a few minutes every day and savour your memories, whether it's a special hug with a loved one, your first kiss or an amazing holiday.

7. BE MINDFUL

Becoming more mindful helps you make positive memories to savour. Tell yourself, 'This is a moment worth remembering.' Focusing on the here and now keeps you present in happy moments. That also means putting your camera away. Studies show that we forget what we photograph, while we remember what we remain present for.

8. SET GOALS

Goal setting is essential to happiness. In fact, dopamine (the feel-good chemical) release relies on goal setting and achievement. And having goals elevates our optimism because we anticipate good things. Set goals and work out how to achieve them.

9. PLAY WITH YOUR KIDS

When you play with your children, oxytocin (often called the 'love hormone') is released in your brain. And it's one of the fastest ways to forget your worries and remember how it feels to be carefree, and to laugh. So whenever you can, get down on the floor and play.

10. EXERCISE

Exercise boosts wellbeing. If you haven't exercised in a while, start small and slow, but aim to make it a habit. Studies show that people who engage in even a small amount of exercise have better mental health.

11. SLEEP

Studies show regular sleep schedules contribute to happiness, healthiness and calmness. Yet, we continually tire ourselves out. Go to bed early. Rise early. Get enough sleep.

12. LIVE YOUR VALUES

If you're out of alignment you can't be happy. Work out what you feel is right and live your life consistently with those values.

13. MAKE A BUDGET

Budgeting boosts happiness. It helps you focus your spending on things that improve your quality of life. You may choose to spend less on a car or clothes (which bring a small amount of happiness), but more on holidays and hobbies (which bring a lifetime of happy memories).

14. BREATHE

Deep breaths slow us down, strengthen our body and stabilise our minds. They help us be present and they reduce stress. Deep breaths make us happy.

15. KISS

If you have a partner, kiss each other more and longer. Studies show kissing lowers stress, and raises relationship satisfaction. And if it doesn't make you feel better right away, do it again until it does!

16. LEARN SOMETHING NEW

People who are curious tend to be happier than people who are not. Learning something new can trigger our creativity and help us to find more things that make us happy.

17. SPEAK AND THINK POSITIVELY

You remember the saying, 'If you can't say something nice, don't say anything'? Well, there's truth to it. Catch those negative thoughts and words and switch them to positives. This increases the serotonin in your brain, which creates a sense of wellbeing.

18. FORGIVE

Hanging on to past hurts is like drinking poison and waiting for the other person to die. Letting go brings peace, reduces stress, strengthens relationships and makes us happier.

If you put even a few of these items into practice, I guarantee you'll find that you're happier and more satisfied with life. It's a small amount of effort for a big reward.

SAPSASA Athletics

One of my favourite days of the year is the SAPSASA Athletics day at Tatachilla. The culmination of all the students hard work gets put on display while competing against students from other schools. It can never be underestimated the courage it takes for students to go out and compete in individual events and they should all be proud of their efforts. Our students looked great wearing their sports uniforms and as always set a great behavioural example.

The progression of all students in their track and field events has been amazing to view. The



Old Noarlunga students set a high standard of technical ability in all their events. We had three students make it to the 100m finals among other great results including two

second places in discus by 1cm! We also had many fourth place finishes with students just finishing out of the top three scoring positions. Well done to all.



Library Suggestions

This term, Keely suggested Storm Boy, written by Colin Thiele, and Alyssa suggested Holes, written by Louis Sachar, would be great additions to our library. Gosia agreed and these books are now available in the library for the children to borrow and enjoy.

Book Fair! Hold the date...

The annual Book Fair arrives in Week 3 next term and will run from Thursday May 16 to Tuesday May 21. The Book Fair is a great opportunity to pick up some books for birthdays, or Christmas (if you are super organised), while at the same time supporting the school.

QUOTE OF THE WEEK

Work hard in silence. Let success be your noise.

Alyssa - Room 4

Over the holidays...

We love to see families using our grounds over the weekends and school holiday breaks.

Families which use the grounds appropriately not only enjoy the space, but also help to keep our school safe.

We would appreciate it if during the holiday break you see any concerning or inappropriate behaviour you contact **Police Security** on Phone **8116 9230**.

SRC Ice Block Day



SRC Ice Block Day took place on the same day as National Ride to School. The SRC students were involved throughout the whole process, from the initial planning stages, to writing the notes to go out, collating the returned forms and distributing the ice blocks. The responsibility they took on as well as team work and leadership they showed was great to see. The weather was perfect for some cooling ice blocks and I know the kids loved having a bit of a treat at school.

Room 4 Aquatic Adventures

On Tuesday the 12th and Wednesday the 13th of March, Room 4 embarked on an aquatic adventure to the Port Noarlunga reef and beach. Across the two days students were given the opportunity to snorkel, surf, body-board and wave ski. It seemed like all students were having a fantastic time learning new skills in and out of the water.

Here are some thoughts from student's recounts:

"It was an amazing aquatics adventure. It was extremely fun"

"While I was snorkelling I saw lots of fish of all different sizes and heaps of colourful shells"

"When I got back to school I told my mum and dad all about it and that I want to do aquatics again and I want to come and watch my brothers and sister do it too"

"Something was in the water!! It turns out that a Crows player was in the water and saw a shark!"

"We went snorkelling with other groups which was so much fun because we saw a star fish, coral, sea weed that got stuck on my leg, and a shell that apparently had algae in it"

"The instructors blew the whistle for what seemed like 100 blows and everyone evacuated because a 6 foot Bronze Whaler was lurking in the water"

"We caught so many waves and it was lots of fun"

"Surfing is awesome! Our group caught some massive waves and I was able to stand on the huge long board"

"My instructor was really nice and even waited for me as I took such a long time to get my board"



