

News Update

Term 3 – Week 3

From Barb

Year 7 to High School Update and Parent Meeting

At the end of this year we will have a double cohort of children heading off to High School – Year 6 and Year 7. The placement process is well underway with High Schools playing a lead role in orientation activities and meetings with Primary School staff and parents to ensure children are supported during this transition. Parents of our Year 6 and Year 7 children received a paper handout with more information earlier this week (see summary on page 3).

At BPS, we are also thinking about the transition of our both our Graduates (Year 6 students) and our Seniors (Year 7 students), in particular Graduation and End of Year celebrations. Unfortunately we had to cancel our parent meeting last Monday due to Covid restrictions but, all going well, we will try again on **Monday 16th August at 7pm**. Please keep an eye out for further information closer to the date.

The Australian Childhood Anxiety Treatment Study

We are sharing the following information from Griffith University regarding a free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.



Australian
Childhood Anxiety
TREATMENT STUDY

This project has been endorsed by the Department for Education and meets their ethical standards:

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear? Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- ◆ *A thorough assessment of your child's anxiety with a trained psychologist via the telephone;*
- ◆ *Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and*
- ◆ *Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.*

If you would like more information please email dl.0636.info@schools.sa.edu.au and we will send you the full pack.

August 2021

Our school values apply to all communication in our school; adults and children

Respect ◆ **Integrity** ◆ **Responsibility** ◆ **Thrive**

Pupil Free Day with Sharon Callen – Literacy

Our second day with Sharon on July 19th was again action packed and enormously useful. Sharon is continuing to lead staff to better connect children with literature to make them better readers and better writers. We want all children to love to read. We have begun practising the Workshop Model - a process strongly grounded in research – so that children can enter tasks at the right level and get more refined feedback and practical instruction during the lesson. Sharon will be working with teachers in their classrooms (Covid permitting) later this term.

Lockdown Review

Some families have been in touch to share their thoughts about Home Learning. We were able to provide support to people who reached out, including the loan of iPads when devices were in short supply at home. Parents shared that it is very hard trying to supervise their children's learning at home, particularly when they are also trying to work remotely. We've heard you and want to hear more. Staff and the Governing Council would like feedback from you. We will send a link early next week inviting you to let us know your thoughts.

We will ask about:

- ◆ devices
- ◆ supervision
- ◆ connection
- ◆ student independence and focus
- ◆ communication between home and school.

Staff had been reviewing their perceptions of the lock down:

- ◆ what worked for teachers, children and parents
- ◆ what wasn't so good for teachers, children and parents
- ◆ suggestions for improvement for teachers, children and parents, particularly if we go into an extended lock down, not just a few days.

Once we have reviewed all of the feedback, we will put together a Parent Handbook with more information to support families.



TERM 2 DIARY DATES	
WEEK 4	
WEEK 5	
Mon 16/8	Yr 6/7 Graduation Info Night 7pm
WEEK 6 - BOOK WEEK	
Tue 24/8	Girls Knockout Netball at BPS
Wed 25/8	Choir Rehearsal 7:45am departure
Thur 26/8	Book Week Dress-up day Book Week Assembly
Fri 27/8	Principal's Tour 9:30am
WEEK 7	
WEEK 8	
Mon 6/9	SCHOOL CLOSURE DAY (Day of significance) Still to be confirmed
Tue 7/9	Gov. Council 7:30pm
Wed 8/9	Camp Quality Puppets
Fri 10/9	Choir Performance Entertainment Centre 11:30am onwards
WEEK 9	
Wed 15/9 - 16/9	S1 and S9 Science Expo
Thur 16/9	Kindy Visiting BPS ----- Principal's Tour 9:30am
WEEK 10	
Wed 22/9	SACA Cricket Clinic Rec - Yr 4
Thur 23/9	Daggy Day
Fri 24/9	Early Dismissal 2:15pm



Secondary school enrolment offers

This term enrolment offers for secondary school will be sent to the families of our Year 6 and 7 students. It is important for you to know that not all schools will send out their enrolment offers at the same time, but they will be sent as close as possible to 13 August 2021.

Most families will receive their offer via email. If you think you have not received your enrolment offer from your secondary school, you need to check your junk folder for an email from education.noreply@sa.gov.au.

If you did not provide an email address on your Registration of Interest form, you will receive your enrolment offer in the mail or it will be handed to you by your child.

If your enrolment offer has not arrived by 18 August, please let the front office know and we can follow up with the secondary school on your behalf.

If you need support to accept your enrolment offer, it is best to contact your allocated secondary school and they can step you through the process.

Molly Wright:
How every child can thrive by five

https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five

Thrive By Five

This TED Talk is a treat.
Parenting advice from a 7 year old that is a delight

Mobile Phone Policy

Government Schools in SA have been instructed to update their mobile phone policies to ensure children are not distracted by devices during the school day.

The BPS mobile phone and personal device and ICT Use Agreement policies can be found at: <http://www.bridgeps.sa.edu.au/other-policies/>

The procedures in this policy have been in place for several years. Each morning children leave mobile phones in their Studio tray to be stored at the front office and collected at the end of the day. This policy works alongside the ICT Use Agreement that primary aged children and their families sign regarding the use of ICT devices for learning at school.

Please familiarise yourself with these policies and let us know your questions or concerns:

Email dl.0636.info@schools.sa.edu.au



MINDFUL FAMILY LIFE

Kate McMurray - 0403 890 234

I encourage you to prioritise your self care as much as you can at this time. Before you stop reading as I mentioned self care during a lock down with small children - read on for some suggestions - surely one will resonate!

Get out and walk on the grass barefoot, take moments in the evening to look at the stars with or without your children, make cups of tea (assuming you won't get to finish them!), lie on the floor with your children instead of doing jobs - lower your expectations perhaps!

Read stories, sing songs. Tell stories from when you were little. Older children can ring Grandparents and ask for a story about when they were little.

Ring a friend, cry in the shower, put on crazy music and dance and above all GET OUTSIDE OFTEN!!!

Life is better outside! Have picnics on the verandah or in the yard. Make a mud spot (that should be easy!) and enjoy it! Go for walks and jump around. Ride bikes. Whatever your children do - do it too!

Take a long time to cook simple food with your children and do the dishes together. Make the most beautiful fruit platter mandala to gobble up together. Take time to teach children who are ready to use a knife to chop half a cucumber or half a pear. Or to use a peeler on a carrot.

When you set up art activities - do them with your children - paint your own painting - draw your own drawing. Mould clay or playdough - these are all stress processing and nourishing things to do. Add turmeric to water and do turmeric paintings as a family.

When your little ones settle for a nap, read a book or go outside or snuggle up with a hot cuppa. Don't let the jobs ruin your rest time! Remember that bit about lowering your expectations? Laugh instead! What makes you laugh?

Remember that caffeine, sugar, alcohol and devices make devilish, controlling and unkind friends! Make sure you try to be the boss!

Notice your breath and several times a day make sure you are breathing deeply into your body. Consciously breathe and let your shoulders relax and your body go a bit melty.

Cuddle - children, partners, yourself, a pillow. If things get tricky in the day - take a bath or put your little ones in a bath.

Live an evening by candle light together - make a little magic.

Of course this list is huge and far roaming - if you like - choose one or two that resonate and see how you go. Make up your own ideas of ways to slow down, do less and connect - that is where the goodness is.

Most importantly - reach out if you need help. Talk with friends and family. I am available via phone or email and beyond blue, lifeline and panda also have wonderful resources and oncall support. Call a friend and be honest - vulnerability breeds vulnerability which grows connection and support. Which makes life better.

We are holding hands across the spaces and I look forward to hearing from you or to connecting on the other side of this time.

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Kate McMurray is based in the Adelaide Hills in South Australia and has been a teacher for over 20 years. She has worked in Early Childhood education for over twelve. She has a background in Steiner Education, Community Development, Nature Play and has lived and worked in Aboriginal Communities as well as in South East Asia.