



NEWSLETTER

Date: 22 February 2017 No 2/2



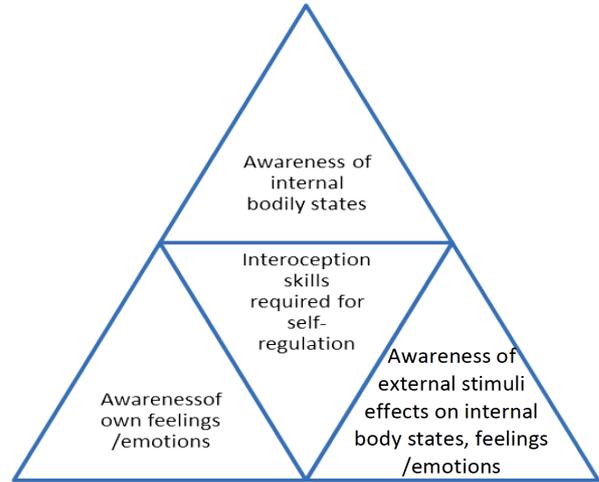
✧ Friendliness ✧ Good Manners ✧ Courage ✧ Compassion ✧ Tolerance ✧ Persistence & Resilience

Interoception - The Unknown Sense

We are all very familiar with our five senses – sight, touch, smell, hearing and taste but most of us are not aware of the sense of INTEROCEPTION.

Take a minute to think about the following and your awareness of these internal feelings.

Is your heart beating fast or slow?
Are you breathing deeply or shallowly?
Do you have to go to the bathroom?
Are your muscles tense or loose?
Are you hot or cold?



Interoception is the act of being aware but of also knowing why and what it means. It is the ability to recognise and listen to the internal signals of your body and mind and the physical reactions that this can cause. *e.g. My tummy hurts. I feel sick, I'm hungry so if I eat something I will feel better, or My heart is beating fast, I am feeling nervous, I can do some breathing to help me tackle this challenge.*

If students are not aware of their internal body feelings and the impact that these can have on how it makes their body feels then they often react in negative ways leading to outbursts, shutting down, running away from a situation or lashing out and getting angry or aggressive.

This year, as part of our school wide wellbeing focus, we are implementing specific teaching around Interoception across the school.

All students in the school will take part in a range of daily Interoception activities designed to strengthen their ability to manage their internal, physical, and emotional states and to learn strategies to help them respond in more positive ways.

We have also set up an Interoception room in the Library area. This is a space that has an adult present until lunchtime each day and can be accessed by students or students may be asked to come to the room if they are becoming upset, angry, or overwhelmed in order to help them calm before they explode and do the wrong thing resulting in a bigger outburst that may lead to them having to come to the office.

DIARY DATES

- Friday 24/2** 9:00am Assembly, Penney Unit
Followed by Morning Tea
- Friday 24/2** Governing Council AGM, 1:00pm
- Tuesday 28/2** Pancake Day, Recess
- Tuesday 28/2** Early Bird Discount for School Fees finishes
- Thursday 2/3** Castle Unit Parent Reading Workshop
9:00–9:50am, Penney Unit
- Friday 3/3** 2:30pm, Afternoon Tea, Conference Room
Penney Unit – with Cherie Love, PCW
- Monday 13/3** Public Holiday – Adelaide Cup

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HACKHAM EAST PRIMARY SCHOOL, COLLINS PARADE, HACKHAM, SA, 5163

PHONE 83823824 FAX 83823054 EMAIL dl.1066.info@schools.sa.edu.au

PRINCIPAL: Bob Thiele, SENIOR LEADER/SCHOOL COUNSELLOR: Scott Megson

DEPUTY PRINCIPAL: Sally Slattery

GOVERNING COUNCIL CHAIRPERSON: Claudia Hanton Email: Governing.Council897@schools.sa.edu.au

Website: www.hackham.sa.edu.au



Government of South Australia

Department for Education and Child Development

Interoception - The Unknown Sense continued

Some students will be identified by teachers and have small group specific Interoception activities with one of the trained adults 2-3 times per week. Parents will be notified of participation in these groups.

In the short time we have begun implementing this we have had some very positive examples of students being more aware of their internal body feelings, the impact it has on their physical response and being able to verbalise how they can use an Interoception activity to help them calm or stop them reacting in a negative way.

Some examples include –

- An older student reported that they were getting hot in the face at home when arguing about homework and they used a stretching hands activity to help them stop and calm before they shouted.
- Another student who was getting anxious about a learning activity was able to talk to the teacher about how their heart was racing, they were breathing differently and they stopped to do some focused breathing to help them calm and be able to tackle their learning again.

- A younger child saw that one of their classmates was getting upset and starting to cry because something had been broken and the child said – “try and stretch your fingers, it will help you to calm down”.

Please feel free to ask your child’s teacher for more information about Interoception activities and we will be running some parent workshops to provide information later in the year. Also please pop into the Library and have a look at the wonderful Interoception space that has been set up.

We are excited to see the positive impact that this program will have on helping our students learn how to self-regulate and manage their emotions in more positive ways and ultimately lead to happier and more engaged children in the classroom.

Sally Slattery
Deputy Principal

FUNDRAISING NEWS

We are having our first fundraiser for 2017 where you will have the opportunity to order Billy G’s Cookie Dough, Kytos Hot Cross Buns, Lamingtons and other goodies. A detailed order form will be sent home to families within the next week.

If you have any questions please speak with Jenny Butfield or Aileen Winstanley.

Thank you for your support.

LOST

A local workman has lost a butcher’s boning knife in the local area.

If found, please notify the school. A reward is offered.

Hackham East Primary School OSHC Holiday Program for students aged 3 - 12 years

Monday 17/4	Tuesday 18/4	Wednesday 19/4	Thursday 20/4	Friday 21/4
Public Holiday Easter Monday	RSPCA, Scouts, Bubble Fun, Games & Prizes	Excursion Mystery Trip ?	OSHC Beach 	Excursion Belair National Park
Monday 24/4	Tuesday 25/4	Wednesday 26/4	Thursday 27/4	Friday 28/4
Incurion Wheels Day	Public Holiday Anzac Day	OSHC Cafe	Excursion Megazone	Make Your Own Chalk & Chalkboards to Take Home



- The cost per day is now \$51.00 (before Child Care Benefit), all inclusive.
- Activities are subject to change or cancellation (eg weather, low numbers). Afternoon Tea is provided.
- Please bring a healthy recess and lunch each day.
- For bookings or enquiries, contact Jacky on 0499 228 039 or oshc.director286@schools.sa.edu.au
- Notification of cancellations must be given at least 48 hours before the booked day so as not to incur a fee.

Jacky Smith, OSHC Director

MILK CONSUMPTION & COGNITIVE FUNCTION IN CHILDREN

CSIRO is looking for families to participate in a study investigating the effects of milk drinks on cognitive function, and physical growth and fitness in primary school children.

We would like to hear from you if your child:

- Was born between 1 November 2007 and 1 May 2010
- Is a low dairy consumer
- Is not taking micronutrient supplements
- Has not been diagnosed with a psychological, behavioural or other disorder (eg Autism, ADHD, Specific Learning Disorder) or movement disorders (eg Cerebral Palsy, Tremor, Myoclonus etc)
- Speaks English as their primary language

For further information or to register your child's interest, please visit the following link:

<http://www.surveygizmo.com/s3/3112056/Milk-Kids-4> or Ph 83038906 or 1800850036.

GOVERNING COUNCIL AGM

Parents and caregivers are invited to attend the Governing Council Annual General Meeting on:

**Friday 24 February 2017
at 1:00pm
Conference Room**

Come along and hear the achievements of our school in 2016 and our plans for the future.

If you are unable to attend and would be interested in being a member of the Governing Council or a member of one of the committees please leave your details with staff at the Front Office.

Alternatively you can email Charlotte Squires (Governing.Council897@schools.sa.edu.au).

We look forward to seeing as many parents/caregivers as possible at our AGM.

Bob Thiele
Principal

SCHOOL OPEN DAY/NIGHT INFORMATION

Wirreanda Secondary School

Open Night **Thursday 23 March** from 4:00-7:00pm.
Ph Sue Bogumil 83297200 for more information.

Mitcham Girls High School

Open Day **Monday 8 May** from 9:00-11:00am and 5:00-8:00pm. Principal's address at 9:10am, 5:00pm and 7:00pm.

GIFT DANCE AT MITCHAM

The Gift Dance Program at Mitcham Girls High school offers girls the opportunity to develop their skills and passion for dance performance. Students develop creative, technical and physical understanding and an appreciation of dance as an art form.

Entry is by audition. Auditions for Yr 7 students will be held on **Tuesday 7/3** (9:15am) and Tuesday 16/5 (9:15am). Auditions for Yr 8, 9 & 10 students is by appointment. Visit www.mitchamgirlshs.sa.edu.au or Ph 82728233 for more information.

PASTORAL CARE WORKER NEWS



I will be at Hackham East Primary School each Tuesday and Friday and welcome you to drop in for a chat, tea or coffee. I am located in the Easton Unit, second door on the left.

On Friday afternoons, commencing from 3/3, please join me and other parents for afternoon tea in the Conference Room, Penney Unit before you pick up your child/children (2:30pm onwards).

Cherie Love
Pastoral Care Worker

SPECIAL EARLYBIRD DISCOUNT OFFER – 2017 SCHOOL FEES

Hurry... if you pay your school fees in **FULL** before **Tuesday 28 February** you will receive a 5% discount! That is a saving of \$11.55 per student. Payments can be made by cash, cheque, credit card or EFTPOS. If you would like to pay online our bank account details are: **BSB: 105-136 A/C No: 510448140** and please include your family code &/or child's name. (eg SMIT00 J Smith schlfees)



2017 SCHOOL CARD APPLICATIONS

School card applications must be filled out and submitted **EVERY** year. Spare applications are available at the front office and need to be handed to our Finance Manager, Tracy Rowley as soon as possible.

SCHOOL BANKING – Commonwealth Bank

A reminder that school banking day is on **WEDNESDAYS**. If you would like to open a new account for your child(ren) please see Tracy Rowley for an application form.

CANTEEN NEWS

On **Tuesday 28/2** we will be having a Pancake Day at Recess and order forms have been sent home. If you did not receive an order form please speak with Coralie Goodman, Canteen Manager. Pancakes are \$0.50 each or 3 for \$1.00. Please return all order forms by Monday 27 February. Pancakes are only available with an order form.

Volunteers are needed to assist in the Canteen and for catering events. Several catering events are planned for the Term and this can only be carried out if we have enough helpers. If you have any time available to assist it would be very much appreciated. Please speak with Coralie Goodman or Scott Megson if you are interested in being available to volunteer.

Thank you for supporting the Canteen

Coralie Goodman
Canteen Manager

CROSSING MONITORS

Term 1, Week 5 (27/2-3/3)

Morning: **Latysha Jackson**
Wealthy Abanilla
Nikkita Smith

Afternoon : **Max Connolly**
Dylan Mostyn
Harry Brook

Term 1, Week 6 (6/3-10/3)

Morning: **Cooper Rannanaho**
Logan Addison Black
Zaccery Nankervis

Afternoon : **Marissa Weymouth**
Patrick Connolly
Charlie Watkins

COMMUNITY NEWS

- **Siblings In Focus** After hours school social groups for 5-12yr old siblings of children with special needs, disabilities and/or chronic illness. Free. Held at Junction Australia Family Connections, 72 Collins Parade, Hackham each fortnight, starting Wk 1. Ph Tanya 81866944 or 0439800785 to book.
- **Our Time** A fortnightly coffee and chat session for grandparents raising their grandchildren to come together with others who understand the challenges and joys of raising grandchildren. Held Tuesdays (7/3, 21/3, 4/4) at Hackham West Children's Centre Unit, 50 Glynville Drive, Hackham West from 12:00-2:00pm. Free. Ph Alex Finoggenoff 0434343840 for more information.
- **Energize & Unwind** A walking group led by Huong to energise your body (kids in prams welcome). Coffee and chat with Tara (approx. 9:45) to talk about parenting, looking after yourself or your child's development. Held each Monday. Meet at Hackham West Children's Centre, Glynville Drive, Hackham West. Ph 83826161 for more information.
- **Infant Massage** Free infant massage classes for babies under 6 months with Karen (certified Infant Massage Instructor) teaching the First Touch Program. Ph Cathy 83923000 for more information or to register.
- **Rhythms For Life** A music program for U5yr olds and their carer. Interactive with nature themes. Play music, dance and sing together. Held Tuesdays 10:00-11:00am during school term at Seaford Meadows Scout Hall, Railway Rd, Seaford Meadows. \$30 for 4 sessions. Ph Cathy White 0439548509 for more information or to book.
- **The Mysterious World of Teens** Are you the parent of a teen or pre-teen? Come and join us or watch our live webcast. Presented by Kirrilie Smout, Adelaide psychologist working with children, teens and their parents. Held on Wednesday 22/3 from 7:00-9:00pm at Riverbank Room, Adelaide Convention Centre, North Tce, Adelaide. Register to attend in person or view the live webcast at <http://parentingsa.eventbrite.com.au> or Ph 83031660. Free.
- **Child Safe Environments Training Our Community Response to Child Abuse and Neglect** For all people working with children and young people (paid or unpaid). Certificate of Completion will be given at the end of training. Held on Tuesday 7/3 from 9:00am-5:00pm at AnglicareSA-Training Rm 2, 111 Beach Rd, Christies Beach. Free. Bookings essential Ph 83923194 or email holly.vanvliet@anglicaresa.com.au. Light lunch provided.
- **Butterflies Group** Butterflies is a safe confidential support group for women who wish to explore the effects of violence and abuse on their lives and become aware of the various supports and services in the community. Held each Tuesday 10:00am-12:00pm. Ph Cathy 0439548509 for more information.
- **Move to Live** Free information session about Diabetic Feet and what Podiatry and Exercise Physiology can do to keep your feet in tip-top shape. Held on Tuesday 21/2 from 6:00-7:00pm at 1-2/58 Cliff Ave, Pt Noarlunga South. Ph Meredith or Airlie 70780357 or 0419945436 to register or for more information.
- **Lego Design Group** Held at Aldinga Children Centre, Evans St, Aldinga on 4/3, 18/3 & 1/4 from 10:30am-12:00pm for children aged 5-12yrs with Autism Spectrum Disorder (siblings welcome). Ph Meg 0422407855 to register or for more information.
- **Dads Tuning in to Kids** A 6 session parenting program for dads of children 2-8yrs. Also available to male caregivers, including step dads, foster dads, uncles and grandfathers. Held at Woodcroft Heights Children's Centre, 25 Investigator Dr, Woodcroft from 6:00-9:00pm starting on 28/2. Ph Bonnie or Sara 83818005 to register.
- **Fast Your Way to Wellness** Join us for morning tea and a talk by Lee Holmes. Held on Friday 24/2 from 11:00am-12:30pm at Woodcroft Library, 175 Bains Rd, Morphett Vale.
- **NDIS Made Easy** A parent group meeting to be held on Tuesday 7/3 at 7:00pm and Thursday 9/3 at 10:00am. Meetings to be held at South Australian Learning Centre, 12-16 King George Avenue, Brighton. Ph Danelle King 84226244 to register. Limited places available.
- **Introduction to Positive Behaviour Support** This workshop is for educators, parents and carers to build their confidence in working with children on the autism spectrum and supporting the development of social skills with their peers. Held on Thursday 9/3 at Hotel Grand Chancellor Adelaide on Hindley, 65 Hindley St, Adelaide from 9:30am-3:30pm. Cost \$75.00 Ph 88688504 to register.
- **National Indigenous Youth Parliament 2017** Shout out to young Aboriginal and Torres Strait Islander people aged 16-25. If you are interested in coming to Canberra, meeting Australia's leaders, learning about democracy and having your say on important issues apply for NIYP. Ph 1300103183, visit www.aec.gov.au/indigenous for more information.

Flyers with further information relating to the above events are available from the Front Office.