Nature Play

How do we learn that sliding on a carpet gives carpet burns, or if you jump from a top bunk, ride a bike without hands on the handle bars, fall off a skateboard or land incorrectly when taking a mark, you will probably hurt yourself? From the moment a baby takes a risk to let go of the coffee table, takes those first few wobbly steps and falls, it learns that success involves the possibility of failing, falling and getting hurt. But without this the next step is never taken.

If we want children to learn resilience, they have to be challenged to a point where they can struggle, fail and bounce back. This may even mean getting hurt. Taking risks, doing things that one has never done before is key to learning. Learning at an early age that there are consequences for every action is very important. Without these lessons learned early, a teenager might take risks without consideration for the consequences which can be deadly.

Nature Play SA is a government initiative established to increase the time South Australian children spend in unstructured play outdoors and in nature. It is founded on the understanding that unstructured play outdoors (nature play) is fundamental to a full and healthy childhood. On the following page is a list of things that all children should do before they leave Primary School.

More and more, as a society, we have “cotton woolled” children and removed the possibility of injury from children’s play and as such, removed risk and the opportunity to learn. To counteract this, many schools are allowing children to climb trees, build cubbies, play with all manner of natural things such as sticks, branches etc as well as use bikes and skateboards during play time.

The Student Grounds Committee with Mr Megson are planning to visit a number of schools to see how they manage this. We will work with the Governing Council and keep parents and caregivers informed of any changes to current practices.

Have a happy holiday break and now that the weather is warming up, get out into nature with your kids and have some active and challenging fun.

Bob Thiele
Principal

Continued … 2/
JUMP ROPE FOR HEART

Our school will once again be participating in the Jump Rope for Heart on Thursday 29/10 from 1:30pm. All money raised will go to fighting heart disease and stroke through research and health promoting programs.

Sponsorship forms will be sent home this week for students to collect money over the holidays from family and friends. Donations can also be made online www.jumprope.everydayhero.com.au/event/JumpRope2015-HackhamEastSchool-113173. For the safety of students door knocking is not endorsed.

All donations need to be returned to Tracy Rowley, Finance Officer by Friday 30/10.

MR LINDON ALVEY

On Friday 25/9 our school will be raising money for the Cancer Council to honour and celebrate the life of Mr Lindon Alvey. Lindon Alvey was the Acting Deputy Principal at Hackham East Primary for Term 1 & 2, 2015. Sadly Lindon passed away from cancer on 30/8. Lindon taught us a lot about real resilience and positivity in the face of adversity.

Students, staff and parents are encouraged to wear yellow on Friday in his honour and donate a gold coin to support the Cancer Council.

The school will gather on the oval on Friday at 1:20pm for our traditional tree planting celebration as well as releasing yellow balloons as a tribute.

Governing Council & Student Governing Council

HACKHAM EAST KINDERGARTEN

Enrol Now for 2016

** hurry… only a few vacancies available **

Pre-entry will be offered in Term 4, 2015

Please contact us on 8382 6551 or come and visit us at the Kindergarten.

We look forward to seeing you soon.

Find out why at www.natureplaysa.org.au

Nature Play - 51 Things to do Before You're 12

1. Climb a tree
2. Sleep under the stars (even in your backyard)
3. Fall off a bike
4. Learn to swim
5. Build a cubby or a tree house
6. Find a geocache in your area
7. Go beach combing after a storm
8. Cook damper in a campfire
9. Go on a school camp in the bush
10. Catch a wave (start with a small one)
11. Play chasy in the rain
12. Catch a yabby in a dam (or at least have fun trying)
13. Make a water slide with builders plastic and a hose
14. Find a cave
15. Make something with things you find
16. Play in a creek
17. Do something you're scared of
18. Watch kangaroos in the wild
19. Slide down a grass hill on cardboard
20. Yell "cooee!" in a gorge or a valley
21. Camp on a beach
22. Build a sandcastle city
23. Skim a stone
24. Plant something and watch it grow
25. Play Spotlight
26. Ride your bike on a bush trail
27. Visit an island
28. Go for a two day hike
29. Snorkel at the beach or on a reef
30. Ride a flying fox
31. Play under a sprinkler
32. Climb a big rock
33. Play in the bush for a whole day
34. Visit a waterhole
35. Meet kids in a park and invent a game
36. Paddle a kayak
37. Dig for worms in your backyard
38. Catch a crab
39. Learn the Aboriginal names for 5 plants and 5 animals
40. Visit a national park
41. Catch a fish
42. Play on a rope swing
43. Eat bush tucker
44. Make a kite and fly it
45. Jump in a muddy puddle
46. Identify the birds in your backyard
47. Go abseiling
48. Catch a tadpole (and release it)
49. Make a mud pie
50. Find a lake, puddle, pond and use a magnifying glass to spot the creatures in it
51. Play beach cricket
HEPS VACATION CARE PROGRAM

The following program will be available during the September/October school holiday period.

Monday 28/9  Mythbusters Day
Tuesday 29/9  Excursion, Old Tailem Bend
Wednesday 30/9  Incursion, Learn to Dance & Disco
Thursday 1/10  Excursion, Polly’s Pirate Pantomime
Friday 2/10  Teddy Bears Picnic at OSHC

Monday 5/10  Public Holiday
Tuesday 6/10  Experimental Painting/Art
Wednesday 7/10  Excursion, Team Trampoline
Thursday 8/10  The Great OSHC Spelling Bee
Friday 9/10  Games Day

Activities are subject to change or cancellation. Afternoon tea is provided. Please bring a healthy recess and lunch each day, unless otherwise specified.

For bookings and enquiries, contact Jacky Smith on 0499228039 or email oshc.director286@schools.sa.edu.au.

SPORTS DAY NEWS

Thank you to parents, caregivers, grandparents, family and friends who came to support the students on Sports Day. It was wonderful to see so many people enjoying the event.

Thank you to all staff and volunteers who assisted in making the day so successful with preparations before and on Sports Day.

Congratulations to the following teams:
Red (380), Yellow (373), Blue (362) and Green (352).

It was great to see the students demonstrating our school values so well on Sports Day.

Bob Thiele
Principal

CHOIR - DONATIONS FOR RAFFLE

Our school Choir will be performing at The Hopgood Theatre, Noarlunga on Wednesday 28/10 from 7:30pm as part of the Southern Metropolitan Music Festival. Each school participating in this event will be supplying a raffle prize of donated items with the money raised going towards the hire of the venue for rehearsal, the concert and expenses associated with the event.

Our school has been asked to provide a raffle prize of wine and chocolates.

If you are able to assist with donating an item for the raffle please leave the donation with staff at the Front Office by Friday 16/10.

Thank you for your support.

Erina Morunga & Melissa Thiele
Performing Arts & Choir

MESSAGE FROM JULIA OSBORN

Wishing parents/caregivers, students and staff a happy and safe holiday period. I look forward to seeing you next term. Please drop in for a chat or coffee. You can find me in the Parent Room, Easton Unit (second door) on a Monday, Wednesday and Friday from 8:30am to 3:00pm.

Julia Osborn
Pastoral Care Worker

LEGEND

All dates in the text are in the format DD/MM/YY.
CANNON NEWS

Thank you to the volunteers who have worked in the Canteen this Term - your help is invaluable and very much appreciated.

Volunteers are always welcome. If you have any time during the week to assist in the Canteen please speak with Coralie Goodman, Canteen Manager.

The Canteen also caters for functions held at our school. If you are available to assist or interested to be available for these events please speak with Coralie Goodman, Canteen Manager.

Thank you to the parents, family and friends who have supported the Canteen during the Term and also on Sports Day.

Coralie Goodman
Canteen Manager

CROSSING MONITORS

Term 4, Week 1 (12/10-16/10)

Morning: Sara Williams
Seb Brook
Blake Chambers

Afternoon: Georgia Usher
Rychelle Butfield
Emily Gill

Term 4, Week 2 (19/10-23/10)

Morning: Daniel Melville
Brayden Kilgariff
James Till

Afternoon: Kyra Muller
Ella Salter
Latysha Jackson

COMMUNITY NEWS

- **Utilities Literacy** A FREE community information workshop about electricity, gas and water to be held on Tuesday 15/9 from 10:30am-12:30pm at Uniting Communities, U3/107 Dyson Rd, Christies Beach. Ph 82025010 to make a booking.

- **Southern Districts Softball Club** Recruiting junior players. Training session on now at Peregrine Park, Flaxmill Rd, Christie Downs each Wednesday from 6:00-7:00pm. Ph Wendy 0411854114 for more information.

- **Child & Adolescent Sleep Clinic** Does your child have a sleep problem. The Child & Adolescent Sleep Clinic in the School of Psychology at Flinders University provides treatment for children and adolescents of all ages. For more information Ph 82017587 or email casc.enquiries@flinders.edu.au.

- **Siblings in Focus** A 2 day structured program for 8-12 year old siblings of children with special needs, disabilities and/or chronic illness. Held on Wednesday 7/10 & Friday 9/10 from 10:00am-3:30pm at Family Connections Hackham, 72 Collins Pde, Hackham. Ph Tanya on 81866944 or email tgalbraith@junctionaustralia.org.au. Free program with food provided. Registration essential.

- **Noarlunga Little Athletics** Little Athletics is a great way for kids to have fun and get fit, in a family friendly environment. For children aged 3-16yrs. Held at Christies Beach High School Oval, Christie Downs at 9:00am each Sunday. Ph Garry 0400147662 or visit www.noarlungalace.com.au for more information.

- **Workskill Youth** Successful Transitions provides intensive case management support and mentoring to engage and support vulnerable and disengaged young people to successfully transition into further education, vocational training or secure employment. Ph Ben Rice (Consultant) 04666558182 or email benr@workskilyouth.com.au.

- **State Swim** Seaford Swimming School offers swimming lessons during the September/October school holidays. Ph 8386338 for more information.

- **Art with Leeann** A FREE program using mixed art media to explore your creative side, learn new techniques and create art. Held on Monday 28/9 from 10:30am-12:00noon at Onkaparinga Youth Christie Downs, 13 McKirna Rd, Christie Downs. For students aged 8-18yrs. Ph 81865133 to register or for more information.

- **MIFSA Respite House** A residential group program which provides recovery based respite services to carers and care recipients. The program is available for up to 7 participants who are living with a mental illness and receive regular support from a family member or friend. Ph 83784100 or email respite@mifsa.org for more information.

- **Sausage Sizzle, Swap & Fun Day** Come along for a FREE day of fun for the whole family. A chance to swap your no longer needed children’s, men’s and women’s clothes, toys and kitchen items. Sausage Sizzle Lunch, Face Painting, Waste Nott Recycled Craft and lots more. Donate to swap - items need to be clean, not broken, torn or damaged, inoffensive, non electrical items. Held on Wednesday 7/10 from 11:00am-2:00pm at Hackham West Community Centre. Items can be brought into the Centre from Monday 21/9.

- **1950’s Dance Night** Star Bear, Anglicare SA invite you to come along to the Goodwood Community Centre, 32 Rosa St, Goodwood on Saturday 31/10 from 7:00pm till late. Cost $25.00pp. There will be live music by “Cool Rockin’ Daddy”, Free Dance Lesson, Refreshments, BYO Basket Supper, Prizes for best dressed in 1950’s style. Funds raised support the Star Bear Program - a program for bereaved children.

- **Parkour** FREE Parkour is a contemporary sport involving cardio training, balance, core muscle development and a chance to learn new skills through the art of freedom of movement. Held on Wednesday 7/10 for students 8-18yrs from 1:00-3:00pm at Onkaparinga Youth Christie Downs, 13 McKirna Rd, Christie Downs. Ph 81865133 to register.

- **Skate Scooter Clinic** Learn from the skilled skateboard and scooter riders of the Southern Riders Committee. Suitable for beginner skateboard and scooter riders. Helmet must be worn. Held on Wednesday 7/10 from 2:30-4:30pm at Onkaparinga Youth Christie Downs, 13 McKirna Rd, Christie Downs. Ph 81865133 to register.

- **Explore Tarnanthi** A FREE excursion to explore and meet with artists at the Art Gallery of SA for the opening of Tarnanthi, the inaugural Festival of Contemporary Aboriginal and Torres Strait Islander Art. Held on Friday 9/10 from 10:00am-4:30pm. Suitable for 12-25yr olds. Ph Emma Cadd 0414290747 to register.

- **Our Mob Opening** A FREE excursion to the opening night of Our Mob 2015, showcasing the talent and diversity of artworks from South Australia’s Aboriginal artists. Held on Monday 12/10 from 4:30-10:00pm. For 12-25yr olds. Ph Emma Cadd 0414290747 to register.

- **Circle of Security** A group for parents who like to explore and further develop their relationship with their child. An 8 week program starting on Thursday 22/10 from 12:30-2:30pm, Taikrends Children & Family Centre, 8 Price St, Christies Beach. FREE, crèche available. Ph Anna 81861102 to register, bookings essential.

Flyers with further information relating to the above events are available either on display at the front of the School or at the Front Office.