

# Salisbury Downs Primary School



Courage Good Manners Friendliness Compassion Persistence Tolerance



Newsletter No. 8 Term 3 Week 10 Date of Issue: Friday 25th September



## PRINCIPAL'S REPORT

What a wintery end to Term 3! It was really disappointing to have to postpone our Sports Day and Colour Run until Friday Week 2 next term, but hopefully we have some improved weather by then. This also means that students can continue to fundraise for the Colour Run for a few more weeks.

### RECENT HIGHLIGHTS

In a year impacted so heavily by COVID, it has been fantastic that the restrictions have eased enough that our students have been able to enjoy some excursions and events once again. Since our last newsletter there have plenty of exciting events and excursions happening throughout our school. These include the Year 4/5 Rugby Carnival, Aboriginal Cultural Awareness Day, Year 6/7 Aquatics, District SAPSASA Football and Netball for some of our selected students, Zoo Excursions for our Yellow and Green Units and the SAPSASA Interschool Netball and Soccer Carnival for our Blue Unit students. See the following pages for some snaps from some of these events.

Thankyou to the staff and students involved in all of the organisation, supervision and participation in these events.

### PRESERVICE TEACHERS

Each year our school is involved in mentoring Preservice Teachers making their way through their University Course. This term we have been mentoring Preservice Teachers in Y4, Y5, G5, R3, R6 and B1.

They have all acquitted themselves really well and we thank them for their contribution to our school during this time and wish them all the best as they transition into their teaching careers.

### NEW SCHOOL WEBSITE LAUNCHED

After months of work, the long overdue upgrade of our school website is done! Please take a minute to have a look at it —

<https://sdps.sa.edu.au/>

We are really proud of the way it has turned out, with some recent photos and a nice clean, user-friendly menu.

Any feedback regarding the website is welcomed, as we will continue to build it and add to it in the future.

A huge thank you to Miss Lisa and Miss Helen for their input and support in getting the website launched

### 2021

Early next term all families will receive communication from the school (as we do this time every year), asking for confirmation of your child/ren returning to Salisbury Downs in 2021.

This vital information supports us in making decisions about the structure of classes in our school, the placement of students and the number of staff required to support those structures.

When you do receive this communication please return it with urgency.

Once again, I would like to take this opportunity to thank the hard-working staff at Salisbury Downs Primary School, for the education, care and support they provide everyday.

I hope they, and the rest of the community enjoy the 2 week break from school.



## Self-Soothing

I think it is safe to say that as adults there are times where we have been unable to manage our emotions and have ended up doing things that we have regretted.

Children can on occasions act in a similar way, they can be as scared as adults, be as happy, sad, disappointed, saddened or disgusted and will act on emotions rather than thinking.

Therefore we all need to self-regulate to be able to act on our thinking not our emotions when faced with difficult or emotional scenarios.

*Wilson McCaskill (author of Children aren't made of China and our Play is the Way Program)* writes

Self-regulation or Self-soothing requires being able to generate thoughts capable of calming the emotions that are moving us towards inappropriate actions.

Finding those soothing thoughts can take the form of actual words said to oneself, mental images, music, songs or other mental tricks that divert the onward rush of emotions.

Constructing soothing thoughts is not easy at the best of times and for people who are well practised at falling victims to their emotions, finding ways to keep them in check will be significantly harder.

Some ideas for soothing thoughts for children could be

- Doesn't matter what happens, Mum and Dad always love me
- Be brave
- Courage doesn't mean you don't get scared. It means you don't give in
- Imagine being covered in fairy dust
- Think about the holiday you're going on
- Think about people who have much worse problems than you
- Take a few deep breaths and try again.
- 

Self-speak helps children to soothe themselves.

It's important that they can do this because hurt, upset and anxiety are part of living.

Self-speak and soothing thoughts are calming and allows children to deal with pressure, and then deal with difficult emotions as they arise.

I will leave you with a quote from Wilson McCaskill;

*'Our feelings are not a passport to act. They must pass through the checkpoint of thinking before being released as actions'*

Have a wonderful and safe holiday.

Cheryl Taylor  
**Wellbeing Co-ordinator**



**SA Super League Family Fun Day Round 7**

29th November 2020

Salisbury Bowling Club

Free event!

Face painting 12-2pm

Jumping castle 12-4pm

Petting zoo 12-2pm

Come and try bowls 12-4

Everyone welcome

BOWLS SA

SALISBURY BOWLING CLUB SOUTH AUSTRALIA



Dear Parents and Families:

Reading for pleasure unlocks the power of information and imagination and helps children discover who they are. Here's what you can do to help children develop stronger reading skills and a love for reading:

- Set the example. Let children see you read.
- Have a collection of books in your home. Update this collection routinely to keep up with changing tastes and reading skills.
- Support our school's Book Fair. Allow your children to choose their own books to read.

The theme of our Scholastic Book Fair is Arctic Adventure, where we hope you will find snow much to read!

It's a fun reading event that brings the books kids want to read right into our school. It's a wonderful selection of engaging and affordable books for every reading level. Please make plans to visit our Book Fair and be involved in shaping your child's reading habits.

Book Fair dates:	Wednesday 21st October 2020	3.00 – 3.30pm
And Sales times:	Thursday 22nd October 2020	8.30 – 9.00 am & 3.00 – 3.30 pm
	Friday 23rd October 2020	8.30 – 9.00 am & 3.00 – 3.30 pm
	Monday 26th October 2020	8.30 – 9.00 am

We look forward to seeing you and your family at our Book Fair! Remember, all purchases benefit our school.

Sincerely,

Mr. Mathews  
Principal

SCHOLASTIC Book Fairs



**JUDO SOUTH AUSTRALIA**

Salisbury Downs Primary School  
39 Paramount Road  
Salisbury Downs, SA 5108

31 August 2020

Dear Sir or Madam:

On August 29<sup>th</sup>, Aoife [redacted] represented Salisbury Downs Primary School at the third annual JudoSA School Championships.

Aoife competed in the Boys and Girls 8-10 Years Under 55 Kilogram division, where she won a silver medal.

She competed with spirit and showed respect and humility in her performance- she was a credit to your school.

Aoife practices Judo at the South Australian Judo Academy in Valley View.

Kindest Regards



Steve Brown  
Tournament Director  
South Australian School Judo Championships

Judo Federation of Australia (SA) Inc.  
M: 0402 859 905

Munno Para Little Athletics Centre teaches children the fundamental movements of all sports: running, jumping, throwing and walking. No matter what your skill level or abilities may be, we welcome all children to come and have a go! Little Athletics is all about family, fun & fitness and making sure you can be your best!

**CENTRE DETAILS**

**Location:** Kooranowa Reserve, Vincent Rd, Smithfield Plains SA

**Trainings:** Thursday 5:30-6:30pm

**Meets:** Sundays, 9:00am - 12:00pm

**Ages:** 3-17 years.

**FREE COME AND TRY FAMILY FUN DAY!**

**Sunday 27th of September 2020**

Join us at Kooranowa Reserve, Vincent Road at 9:00am to see what MPLAC is all about!

[club@munnoparalac.org.au](mailto:club@munnoparalac.org.au)

0447 926 228





# SAPSASA NETBALL .....



# ..... NOT SAPSASA NETBALL!



GRELOW  
UNIT  
WENT TO  
THE ZOO



THE ZOO  
WENT TO  
THE ZOO



**SAPSASA SOCCER**



# YEAR 6/7



# AQUATICS



# ABORIGINAL CULTURE DAY

**Salisbury Downs Primary School**

**Playgroup**



**Play. Learn. Connect.**

**Friday's 9.00-10.15am**  
(During school term)

**In the Orange Room**

Why we love Playgroup

For Children, PLAYGROUP:

- Provides an environment for social interaction.
- Provides an opportunity for children to play and learn.
- Assists in language development and communication.
- Provides a space for children to participate in and enjoy new activities.
- Provides access to a variety of toys and equipment.
- Provides a safe and happy place for children.

For Adults, PLAYGROUP:

- Gives parents the opportunity to play and interact with their child.
- Provides a great space for social interaction.
- Provides a routine that allows families to gather and interact.

**Ages 0-5**

For more information call 8258 7560

**BASEBALL PLAYERS WANTED**

THE GOLDEN GROVE DODGERS BASEBALL CLUB IS RECRUITING ADDITIONAL BASEBALL PLAYERS FOR THE SUMMER SEASON

FIELDING FOR U17, U15, U13 AND U11 TEAMS

Please Contact Bob Neiswander  
GGDC Junior Coordinator  
on 0402 068 738  
ozwander42@gmail.com

# Swimming Week 2020

## Reception - Year 5

SWIMMING HAPPENS IN WEEK 4 OF TERM 4 FOR OUR STUDENTS IN RECEPTION TO YEAR 7!

Notes with details will be sent home soon!



### Coming Events

FRIDAY 25TH SEPTEMBER—**2 O'CLOCK FINISH**—END OF TERM

PUPIL FREE DAY—MONDAY 12TH OCTOBER—DAY 1  
TERM 4



Salisbury Downs Primary School  
@SalisburyDownsPrimary



Find us on  
**Facebook**

