



Salisbury Downs Primary School

Courage Good Manners Friendliness Compassion Persistence Tolerance



Newsletter No. 6 Term 3 Week 3 Date of Issue: Friday 12th August 2022



PRINCIPAL'S REPORT

I am both proud and pleased to be able to write my first article in our newsletter as the appointed Principal of Salisbury Downs Primary School. This is a role I take seriously and always want the best for our community as a whole. I would like to thank everyone for their support during the time I was acting and look forward to a strong relationship into the future.

Gratefulness

Generosity is simple, kind, and readily available. It's about giving 100% even when you don't have to. It's about treating people the way you'd want to be treated by using the Golden Rule.

We as parents and grandparents can teach our children to be generous with their belongings, be willing to go the extra mile and share and give unconditionally to someone else. When we are generous ourselves with our time, our attitudes towards others, our possessions and our money and our encouragement to others, our children will learn from our example. It is sometimes one of the hardest characteristics to develop in our children, as let's face it, it can be hard to be selfless.

Over the last few weeks we have had a lot of generosity shown toward our school. A granddad of two of our student donated 200 soccer balls to the school on behalf of Airtec Corporation. We know how much our children love playing soccer and this means we will be able to look after this part of our sport and play time programs for some time to come. We have also had 800kg of sand donated by Nigel from 4GExpo Hire which was placed in our JP sand pit. The sand was used on the weekend as part of Science Alive and will now be put to good use to replenish the school's sandpit. Our Minister for Education, Blair Boyer and our local federal member, John Fulbrook were so impressed they joined us for a photo shoot on Monday after school. We also had \$100 from Pooraka footy club for the use of our Gym which bought a new meeting table for our administration area and also another Granddad, Tony Watson, gave his time to install new cupboards in our office. This is pay it forward at its best!



Illness

With the current rise in sicknesses throughout the community it is timely to remind everyone to be careful when it comes to the potential spreading of illnesses. At the moment we are dealing with a number of different bugs. There is of course the Covid variations, but also we have been hit by the common cold, influenza and gastro. We always have to think about the impact of these bugs spreading as it can have wide spread problems associated with it. These bugs get spread to many homes, some who have elderly or immune compromised family members, school staff get sick and it is often impossible to find replacements for them and of course adult family members can't go to work and may lose an income because of it. If we give you a phone call because your child has become sick or is showing signs of any illness, could you please assist us by promptly picking them up or use and family member or friend to help out? In comparison with some other school, SDPS is doing well and I believe that it is the way our community acts that has led to this. It is impossible to completely stop coming in to contact with illnesses but if we all work together we can minimize the impact they may have on all of us.





Father's Day is fast approaching and I recently read an article by Maggie Dent titled Being a Dad in the 21st century. Below are some interesting points from the article.

It is a fabulous time to be a father historically, anthropologically and emotionally. The restrictive and limiting social norms around the roles of mothers and fathers have softened, and we are witnessing a wonderful, passionate engagement of fathers to their children.

Parenting has become more of a team effort, where both mums and dads work together to create the best outcomes for their own family.

Many dads are fathering non-biological children and there are many grandfathers who are also being father figures — you are all dads in my eyes.

Fathering in the primary years

Fathering our children as they move through primary school is possibly the easiest of the three stages – baby to toddlerhood, school age and then adolescence. This is a great time to really consolidate deep relationships with your children by consciously creating memories that matter

Having unique dad dates (mum dates matter too) is a hugely important habit to create before puberty starts.

A dad once shared with me his story about his relationship with his daughter. When she was very young he used to take her on long trips in his truck and immersed her in hours and hours of AC/DC music.

As she grew older they continued to love singing along to AC/DC and when he told me this story, he had just recently returned from an AC/DC concert in Sydney with his daughter. What a fabulous story of strong bondedness formed around music.

Developing a strong, warm relationship with your daughter is equally as important as hanging out with your son – who, let's be honest, you probably find much easier to understand much of the time.

The third stage of childhood is the transition from being a child to an adult and this can be a really challenging time for us and our kids. Things can start changing from around 10 years of age and by 12 to 14 you will really know you are in the thick of it. Many parents feel like an alien comes in and steals their beautiful child!

We need to keep in mind that this is an incredibly confusing and stressful time for our kids because they are going through physical changes, hormonal changes, brain changes, cognitive changes and emotional changes all at the same time and so they will be experiencing higher levels of angst and fear.

My top tips for dads who have teens

1. **Lighten up** – make it your mission to help your kids laugh, cringe and roll their eyes at your ridiculous antics because it will defuse some of the tension in your house. Do fun stuff with them
2. **Be kind and generous** – offer to pick your kids up and their friends and randomly take them for ice creams or hot chips just to cheer them up. Ask if they need your help and do this often without words. Silent hugs or gestures of encouragement and support are really appreciated by our troubled teens.
3. **Show affection and support** to their stressed mum during these years because she will be seriously stressing every waking moment she has. Let your kids see what a loving, mature relationship looks like – go on dates, have big hugs in front of your kids and make each other laugh.
4. **Show your kids that you can love them unconditionally** – Reassure them that no matter what poor choice they make you will always be there.

Being a good dad isn't for the faint-hearted. However, the rewards of learning, growing and making better choices around your kids are so worth it.

HAPPY
FATHERS
DAY

FATHER'S DAY STALL

The Student Executive Team will be holding a Father's Day stall.

Various items will be available for sale.

Items will be available for purchase

with prices between \$2.00 and \$7.00.

Cards will be available for \$1.00

The stall will be open at Big Lunch on

Thursday 1st September and

Friday 2nd September

Please bring some money and buy someone

special a great gift!

All money raised will go towards aesthetic improvements to our school environment.



Cheryl Taylor

WELLBEING COORDINATOR



UNIFORMS

Getting the uniform right!

Earlier this year Ms Taylor wrote an article about the importance of school uniforms and why we wear one. She highlighted the benefits of a uniform that include, self-esteem, school pride, safety, cost savings and more. When students don't get it right or wear the wrong uniform, it raises many questions around - who is actually responsible?

It is actually all of us that are responsible - parents, teachers and the students themselves but in different ways and for different reasons.

Parents and teachers have a responsibility to understand and embrace the importance of the uniform and to support the schools position on wearing one. A persistent, consistent and insistent approach shared between school and home makes this easier.

Students who are young are dressed in what parents provide them, so getting the uniform right should be easy. As students grow up, we gradually release more responsibility to them, and preparing themselves for school is an area to target. At this stage it then becomes a topic for conversation and an opportunity to discuss why a uniform is important. This helps them understand and embrace the philosophy, both parents and teachers need to guide students in this.

At Salisbury Downs it is the case that 95% of our students get their uniform right daily. Therefore when a student doesn't, it's obvious and they stick out. Emotively speaking, it's like they don't fit in or belong anymore. Sometimes its deliberately rebellious, other times its lack of preparation. Sometimes the circumstances are outside of the child's control and when that is the case we support them.

Let's be honest, black pants aren't a big deal right? Well it kind of is. If you can't get the right pants on in the morning, do we need to discuss some other concerns? How successful will you be at other things during the day if you can't get things right in the morning? Do you not wish to belong to our community – is there something wrong and how can we help with that? Do you desperately need to rebel and pursue individualism so that you feel heard? Do you lack organisational and preparation skills that indicate imminent failure in other areas? Did you forget your lunch too?

Food for thought.

Needless to say we all play a role in getting the uniform right! Successfully completing this daily then becomes a platform for achievement and belonging that enables our students to grow both individually and together.

STUDENTS, WORDS and SOCIAL MEDIA

Last Friday I had a conversation with the Blue unit students in the school about the power of their words.

We focused on an analogy that talks about hurtful words being like nails. When you say something hurtful to someone, it's like nails being driven into wood. When you take the nail out the wood is still damaged and it leaves a hole. You can do extra work to try and fill the hole or cover it up, but it is always there.

We took it a step further and I asked the students if they could put the nail into a piece of glass? The students correctly identified that if they tried, the glass would break because it's fragile. I asked them if they knew if someone was more like the glass, before they used hurtful words? Were they potentially so fragile that these words may break them?

As adults, you should be familiar with the concept that words are powerful and can do damage. This has been the case for as long as humans have had words and it is something we need to consistently and thoughtfully discuss with our children.

What is new for children and adults is that we now have social media platforms that allow us to use our hurtful words without the scrutiny of face to face contact. The words can be delivered anonymously and amplified to reach greater audiences, and the damage can be magnified tremendously.

We know that we cannot just get people to stop using social media, but we can encourage them to use it responsibly with the knowledge that words can do significant damage to others. It is impossible to 'unsay' or 'unhurt', once the action has been completed. Therefore we need to stop and think before we do it.

Travis Renshaw
Acting Deputy Principal

ANGLE VALE NETBALL CLUB



ANGLE VALE
SUMMER SEASON 2022/23

WE ARE LOOKING FOR PLAYERS OF ALL AGES TO JOIN OUR CLUB

TRIAL NIGHTS
WEDNESDAY 7TH & 14TH OF SEPTEMBER
JUNIORS 5.30PM TO 6.45PM
SENIORS 7PM TO 8.30PM

GAMES ARE PLAYED AT ARGANA PARK ON WEDNESDAY NIGHTS FOR SENIORS AND FRIDAY NIGHT FOR JUNIORS
TRAINING IS AT THE ANGLE VALE COURTS OFF FRADD ROAD

ANY QUESTIONS PLEASE CONTACT TANYA HOPKINS AT
anglevalenc@gmail.com



ROYAL LIFE SAVING SOUTH AUSTRALIA

Holiday Swim



SWIM AND SMILE
Part of the Royal Life Saving Program

THE ROYAL LIFE SAVING SWIM & SURVIVE PROGRAM YOU KNOW AND LOVE!

COMING THIS DECEMBER & JANUARY!

BRING YOUR LOGBOOKS AND GET READY FOR A WEEK OF FUN!

ENROLMENTS OPEN AUGUST 22nd
WWW.HOLIDAYSWIM.COM.AU




Traffic signs and lines are in place around our school to provide a safe environment for everyone and to maintain safe traffic flow during busy school pick up and drop off times.
PLEASE ADHERE TO ALL SIGNAGE



Just a reminder...

Gates open at 8:30, learning begins at 8:40am and finishes at 3:00pm.

NEW RECEPTION

After some long delays, we are very excited to finally be working in this new space. If you haven't already, please come in to visit and say hello to Tracey and Tanya

Coming Events

SAPSASA ATHLETICS CARNIVAL - FRIDAY 12th AUGUST
BOOK WEEK DRESSUP DAY - THURSDAY 25th AUGUST
SAPSASA GIRLS FOOTY/BOYS SOCCER - FRIDAY 26th AUGUST
FATHERS DAY STALL - THUR 1st & FRI 2nd SEPTEMBER
GOVERNING COUNCIL MEETING - MONDAY 5th SEPTEMBER



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