



BORDERTOWN PRIMARY SCHOOL NEWSLINK

Inspire, Challenge, Achieve

ISSUE 9 | 1 September
2023

IMPORTANT DATES

School Closure Day
Monday 4th September

Book Fair
5th - 11th September

Athletics State Carnival
Monday 18th September

Parent/Teacher Interviews
Mon 18th- Wed 20th September

Adelaide Choir Concert
Thursday 21st September

Whole School Runathon
Thursday 28th September

**Last Day of Term - Early
Dismissal 2:25pm**
Friday 29th September

10 South Avenue
Bordertown SA 5268
8752 1888

dl.0733info@schools.sa.edu.au
www.bordertownps.sa.edu.au



Government
of South Australia

Department for Education



A NOTE FROM THE PRINCIPAL

Hi Everyone,

What an exciting and busy couple of weeks we have had at B.P.S. Book week is always a special time in schools that provides an opportunity for everyone to celebrate the wonders and importance of reading in our lives.

A big thank you to all of the staff that organised and read stories at our JP Story night. Our library was full of children, soft toys and much laughter. Not to mention the odd penguin and teddy bear.

Friday brought together our preschool, primary school and high school students for our book week parade, which was followed by all of our students listening to stories read by the high school students. This was a great chance to collaborate and share across all the sites.

Lastly we paraded along the footpath to the joy of the hospital residents who were very enthusiastic in their applause of the students in their costumes

.Mrs Shelley Cameron



A NOTE FROM THE DEPUTY PRINCIPAL Choir Excursion

On Thursday, the choir students visited Naracoorte Primary School for a combined schools rehearsal in preparation for their performance at the Adelaide Festival Theatre on September 21st. We were joined by students from Naracoorte, Padthaway, Mundulla and Kingston. Conductors, Cathy Lange and Shylie Harrison, worked with us to refine the repertoire from start to finish. It was a full day of singing, including the bus trip!

PAT Testing

The Progressive Achievement Tests (PAT) are online reading comprehension and mathematics assessments aligned to the Australian Curriculum. The tests are administered once a year and provide teachers with information about the learning strengths and needs of their students. Students from Years 3-6 will be sitting the tests from Weeks 7-10 this term. Year 1/2 students will be sitting their tests early in Term 4.

Reminder!

**SCHOOL CLOSURE DAY
MONDAY 4TH SEPTEMBER**

Maths Chats

This week, Numeracy Project Officer, Tamra Waye, visited our site to teach our staff about Maths Chats, which can be used as part of our Mathematics instructional routine. Daily maths chats are designed as a 10-minute intentional daily chat with students based on the mathematical concepts of counting, quantity, partitioning, subitising, calculations and other mathematical concepts. Each day there are mini-tasks to work through to reinforce and embed number concepts.

Music Innovation Fund

I am delighted to advise that Bordertown Primary School has been successful in receiving funding through the Music Innovation Fund. We have received \$5000 for improving access to quality music education at our site, which we have spent on instruments. We are excited that we will be able to improve our music offering as a result of this grant. The instruments are currently being catalogued so that they can be borrowed by teachers.

Mrs Ebony Capurso

FROM OUR PASTORAL CARE WORKER

‘Supporting Positive Mental Health in our kids’

I've recently watched a short presentation by Dr Kaylene Henderson (Paediatric Psychiatrist) on the topic of "Supporting Positive Mental Health in our kids". She's amazing! Full of practical, common-sense ideas and strategies on how we can best support the mental wellbeing of children. So brilliant in fact was her presentation, I thought I would share some of the key take home messages I got from the presentation with you here:

Mental health in children....what do we really mean by this?

When we talk about mental health in children, we are referring to their *Emotional, Social and Psychological wellbeing*.

It includes:

- How our children see themselves and the world around them
- How they think about things
- How they form habits

Children can either create 'healthy' thinking habits, or habits that put them at risk of mental ill-health. These habits can relate to:

- How our children handle stress
- How they behave
- How they relate to others

There are lots of factors that come together to influence our children's mental health, some of them, known as **Risk Factors**, increase the risk of mental ill-health, while others are **Protective Factors** (and so counteract against risk factors). We need to look at ways of reducing risk factors, whilst increasing protective factors.

Some key Risk Factors include Genetics, Adverse Childhood Experiences, Social Factors, Social Media Influences and chronic Medical Conditions. However these factors are often out of our control and unpreventable and it is useful to acknowledge that we can not make some of these things 'unhappen'.

What Dr Henderson suggests we focus on, are **PROTECTIVE FACTORS**, the things we are more likely to have control over and can effectively build up in children.

So, what are these protective factors that she suggest? Well, there are 5 key areas, and include:

1. Positive Self Esteem: Children with a positive self image and sense of self worth are naturally more likely to have good mental health

2. Good Physical Health: Clear research evidence shows to protect our mental health we need to:

- Get enough sleep
- Eat mostly good healthy foods
- Exercise Regularly

3. Healthy thinking habits: Focus on the positive! If we tend to focus on the negative elements of our day, this can affect the way we feel. Focus on the good!

4. Resilience: This isn't a trait children are born with, but it is something we need to build up in our children through our interactions with them and the experiences they have

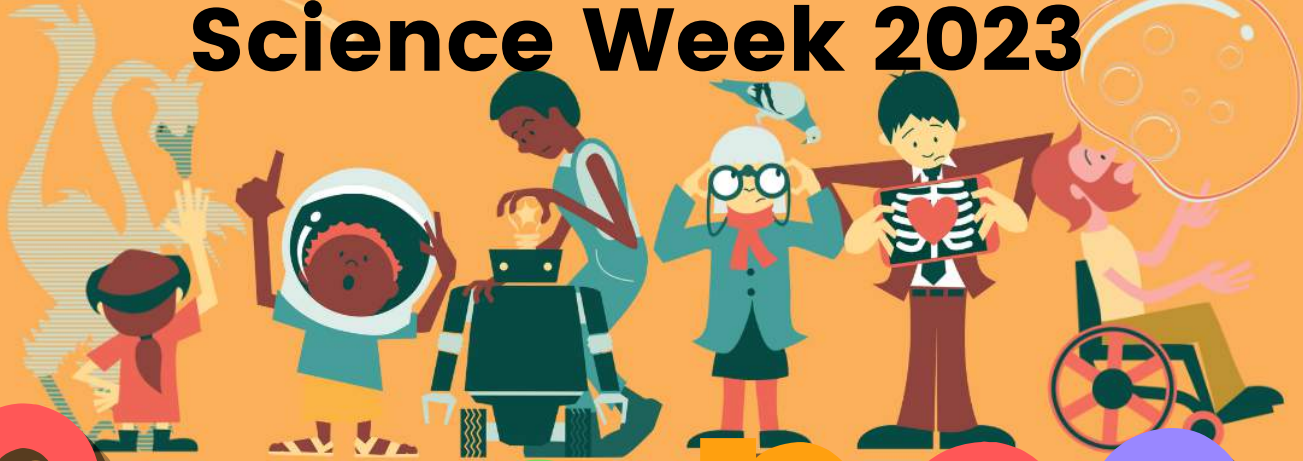
5. A Quality Relationship with a Parent: This factor trumps all the others!!

In our next newsletter, I will further explore point number 5 'A Quality Relationship with a Parent' and the tips and hints Dr Henderson gives to help support this, realising that this will look different for each parent/child relationship, based on expectations, past experiences and our interactions with our children.

I look forward to sharing these with you in a couple of weeks time, until then, if the Wellbeing Team can be of any assistance to your family or child, please don't hesitate to contact us.

Chelsea March

Science Week 2023



Science



TOWERS!

FRICITION CHALLENGE



CATAPULTS!

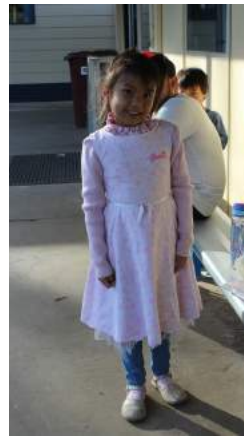
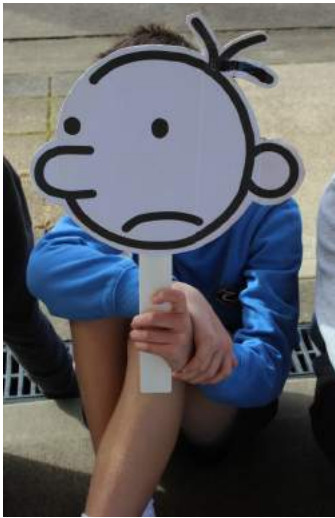


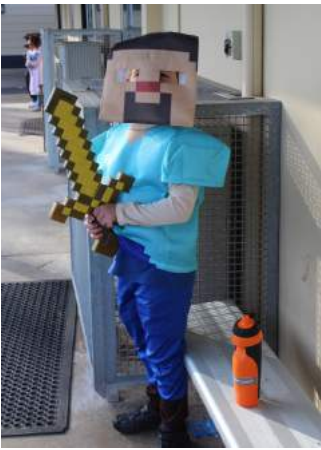
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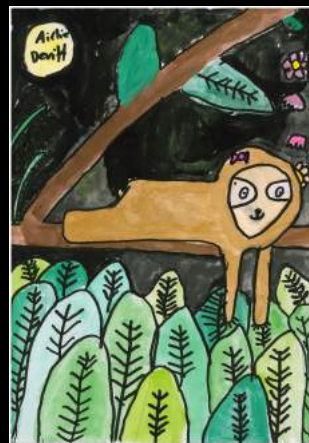
JP Story Night



Book Week Dress Up Day







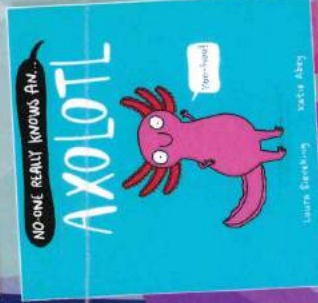
INTO THE JUNGLE





SCHOLASTIC Book Fairs

You're invited to our Scholastic **BOOK FAIR**



Find these books and more at the Fair!

Date **5th - 11th September**

Time **Before and after school**

Place **Library**

EVERY DOLLAR EQUALS RESOURCES FOR OUR SCHOOL



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SKILLS FOR ANY SEASON!

Enrol from Friday September 1st 2023



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