



BORDERTOWN PRIMARY SCHOOL NEWSLINK

Inspire, Challenge, Achieve

ISSUE 11 | 3 November
2023

IMPORTANT DATES

Pupil Free Day

Monday 13th November

Sports Day

Monday 20th November

Girls Cricket - State Carnival

7th - 9th November

Boys Cricket - State Carnival

14th - 16th November

Tennis - State Carnival

22nd-24th November

Songs at Sunset

Thursday 7th December

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

Dear Families,

Term 4 always starts with a rush of activity and busyness. The staff and students are all preparing for sports day with sprint run offs, relay practice and team games. We are looking forward to our school community joining us on Monday 20th November to cheer on all of the students.

This is a busy time for teachers as they prepare for the end of 2023 with report writing, assessments and end of year activities as well as planning for 2024.

A huge congratulations to our choir and Mrs Ebony Capurso (choir teacher) for their amazing performance in Mount Gambier. Our students were in the front row in the Sir Robert Helpmann Theatre and sang beautifully.



25km/h past a stationary school bus - this
applies to all traffic in both directions

Last Friday our school welcomed Blair Boyer MP - Minister for Education, Training and Skills. Mr Boyer did a tour of the school and met with our Kids Voice Executive. I also had the opportunity to share with him the many great programs on offer at BPS.

Last week we also celebrated World Teachers Day and I would like to take the opportunity to acknowledge and thank all of our wonderful teaching staff who always endeavor to provide excellent teaching and learning programs and go above and beyond to ensure that Bordertown Primary School is the best it can be.

Classes for 2024

Staff will soon commence the process of forming classes for 2024. As parents may have information or considerations that they would like to be taken into account during this process, they may put this in writing and address it to Shelley Cameron by **next Friday 10th November**. Please note that parents are unable to request specific teachers or placement as part of this process.

Our staffing for next year is based on student numbers. Please inform the front office staff of any known changes for next year: either if your children will not be attending Bordertown Primary School or if you are aware of any new families and their children enrolling here next year. Thank you for your assistance with this important task.

Mrs Shelley Cameron



Well done to Cruze, the first of our students to make 150km in the run this year.

Please note the correction of date for Pupil Free Day, which is Monday 13th November. This was previously communicated as being Monday 6th November.

PLEASE UPDATE THE FOLLOWING INFORMATION WITH THE FRONT OFFICE IF ANYTHING HAS CHANGED

				
HOME/RESIDENTIAL ADDRESS?	MOBILE NUMBERS?	EMAIL ADDRESSES?	EMERGENCY CONTACTS?	FAMILY INFORMATION?



A NOTE FROM THE DEPUTY PRINCIPAL

South East Primary Schools' Music Festival

Congratulations to my Year 5/6 Choir students who performed at the Sir Robert Helpmann Theatre last week. It was wonderful to watch you all showcase your singing and choreography for your families. Well done for your bravery performing in the front two rows! Experiences such as choir are so valuable for building confidence, discipline and creativity. We are looking forward to performing at Songs at Sunset for our local community.

Year 5/6 HASS

I was recently visited by Ashi, Della, Imogen and Summer who wanted to share with me their Personal Learning Projects about Asia. I saw lots of cross-curricular thinking, research skills and self-directed learning. Our teachers at BPS work hard to ensure learning is engaging and fosters a wide range of knowledge, skills, behaviours and dispositions.

Maths Challenge

This term, I have been working with some of our keen Year 3-6 mathematicians on problem solving using questions from the Australian Maths Challenge. There has been lots of rich discussions, enthusiasm and persistence demonstrated.

It was really difficult but it's good for my brain. That's why it's called the Maths Challenge.

-Summer (Year 6)

It's really fun and tricky sometimes.

-Lincoln (Year 4)

I think it's going from hard to easy. I'm still trying to solve the first week's problem.

-Ollie (Year 4)

Mrs Ebony Capurso



MONSTERS IN JUMPERS!







A day in the life of a Reception



Mrs Hillier's Class

Morning Meeting / Run 9:00am

Paired Reading 9:20am



"I like the run. I like to do fitness." Hilary

"My favourite thing is the run. I run with Ryker and Tadhg, I want to get 100kms." Billy

Recount Writing 9:30am

Fruit / Story Time 9:55am



"In recount writing, I wrote about my holiday and building lego." Jaxon

"I like fruit time. My favourite fruit is grapes. We listen to stories." Jack

Phonics 10:05am

Recess 10:45am



"In phonics I like learning new phonemes." Mackenzie

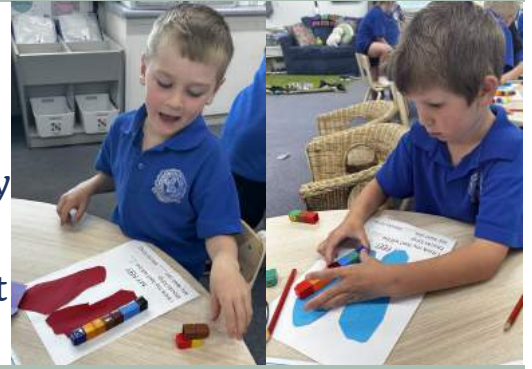
"I like when we write words on the whiteboards." Marissa

"I like tracing the words. I try to stay in the lines." Bailey

Maths 11:10am



“I like Maths it helps me to count up to bigger numbers.” Paisley
“I like drawing the cherry diagrams.” Madison
“I like when we got to cut out our feet.” Micah



Movement Breaks



Book Making 12:00pm

“I like bookmaking. In my book the monsters come from the portal.” Ryker
“I like making new books and doing pictures on the front.” Charlotte
“We get to write about what we want. I wrote about a frog who when he ate too much he got sick.” Lilly

Lunch 12:50pm



Health 1:45pm

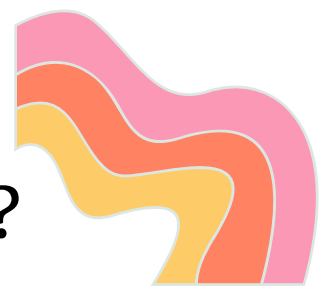


Investigations 2:35pm

Pack up and home time 3:25pm



“It’s a car trap boat. If the cars go into the tube they go into the water.” Tadhg
“I do drawings in Investigations. I draw pictures of rainbows.” Hanxi



Scary Safe or Scary Bad?

Our bodies do incredible things! I'm amazed at the amount of change our bodies can achieve in our first 5 years...developing from an infant who is totally reliant on someone else to sustain life and just 5 years later we have these little beings who are ready to take on the exciting challenge of school! The amount of growing, developing and learning our bodies, physically and emotionally do in that time is astounding!

Our bodies don't always work in our favour! Our body has lots of mechanisms in place that are there to help protect us and keep us safe....but sometimes they can get confused!

At a conference I recently attended, Dr Karen Young talked about anxiety in children and our need to separate children having anxious feelings (which is very normal) from the medical diagnosis of 'Anxiety Disorder'.

Feeling anxious is normal. As adults, there are times we are anxious and we shouldn't have any expectation that our children won't experience the same feelings. What we as adults have though, is lived experiences, so we are able to help tell our brain when the anxious feelings we are having are 'Scary Safe' (we might feel a bit 'scared', but "I'm in control and it will be ok")....or 'Scary Bad' (there's a bear and I need to run).

As the adults in children's lives, we need to help them understand the difference between Scary Safe and Scary Bad. Scary Safe might be those butterfly feelings when using a new piece of play equipment for the first time, or sleeping at a friend's house. Scary Bad is when our brain is telling our body that it is in danger and we need to escape...like in the instance of a fire, or being chased by a tiger.

What our brains (and especially children's brains) don't always do well is distinguish between Scary Safe and Scary Bad. Sometimes our brains are telling us something is Scary Bad, when actually, we are in control, and everything will be ok...this just might be a 'new' experience for us.

So what does our brain do when this happens, and why is it sooooo hard to help children see the difference between Scary Safe or Scary Bad in the heat of the moment?

Inside our brains is a very special little thing called our Amygdala. And its prime job is to protect us from danger. And it's very good at seeking out 'scary'....but it's not good at determining the difference between 'scary safe' and 'scary bad'....so our bodies will react the same way regardless of if we are in real danger or not.

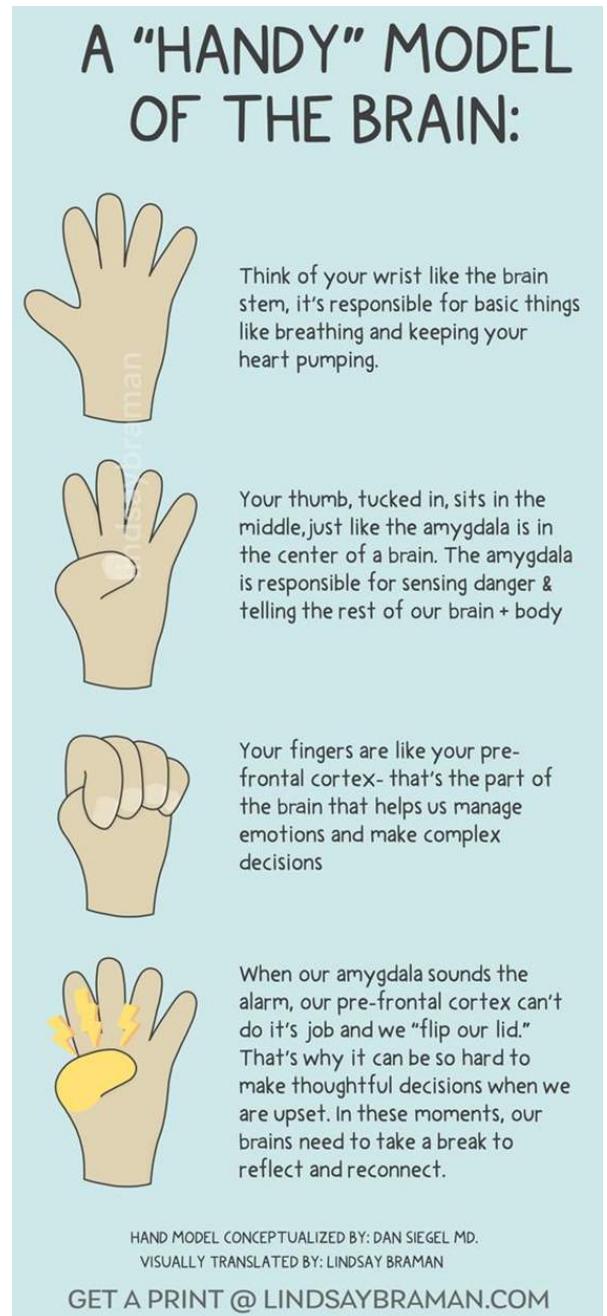
We can use our hand to help demonstrate what happens when our Amygdala is activated. Perhaps you've heard the term 'flip your lid' before? We use it a lot at school, and it's a great analogy to help ourselves and children to understand what is happening inside our brains when we get frightened, scared, angry or sometimes even explosive!

FROM OUR PASTORAL CARE WORKER (continued)

That yellow thumb that you can see in the diagram is our Amygdala, and usually, when all things are going smoothly and we are feeling safe, that is hidden behind our fingers (which can be likened to our Prefrontal Cortex, the part of the brain that does our thinking). So when we are feeling safe and secure, our thinking brain is engaged and we can generally rationalise, make good choices, have great conversations and be engaged in the world around us.

However, when our Amaydala senses danger, wether Scary Safe OR Scary Bad, we **'flip our lid'**. That is, our Amaydala is activated and that thinking part of our brain is no longer engaged. We work purely and simply on feelings and emotions and we tend to use our actions rather than our words. Adrenaline is usually pumped around our body, different hormones are released and we might even start breathing faster as our body attempts to pump more oxygen around our body.

This is GREAT if we are in a Scary Bad situation. This is what enables us to run fast if we are being chased by a tiger, or to have that extra strength to push a door or window open if there is a fire. But this isnt so great if we are in a Scary Safe situation. If its Scary Safe, suddenly we have all this energy that we need to use up, and our thinking brain, that bit that helps us make good decisions, is no longer in control.....we cant rationalise, we cant 'think straight'.



What does **'flipping your lid'** look like in children (here's just a few examples)

- *Becoming 'frozen' when climbing high on a piece of equipment*
- *Being asked to give a talk at school in front of the class and storming out of the classroom*
- *Yelling at family members when they are unable to find their shoes or schoolbag in a hurry in the morning*
- *Hitting a sister or brother when they feel like something personal of their may be taken from them*

This is when we need to use some strategies to help us to reassure our Amaydala that we are in fact ok, that we are in control, that we are safe. That even though we might feel anxious, nothing bad is in fact going to happen. This is exactly why, when our children are in that moment of anxiousness, even though we can see they are safe, they cant make good decisions or choices, because they are physiologically unable to!

In our next newsletter we will look at some of these strategies to help calm our Amaydala and reengage our thinking part of our brain to help start making great decisions again!

Chelsea March



SEEKING DONATIONS

We are seeking donations of empty water boxes, chicken wire or old DVD/CDs for upcoming art projects. These donations are greatly appreciated and can be delivered to the front office.



Fruit juice

cups
&

icy poles



Fruit juice
cups
\$1

Quelch icy
pole

Full - 60 cents
Half - 30 cents

Fridays of
term 4 2023



Sports Day Morning Tea Donations



We are seeking single serve, precut pieces (in a single use container) to be delivered to the Breakfast Club Kitchen on the morning of Sports Day between 8:30-9am.

Donations of morning tea will be sold to families at recess time and all funds raised will contribute to the playground upgrades.

Please return the slip below to the front office if you are able to help.



(Please circle)

Volunteers	8-9am	9-10am	10-11am
Donations	Cake/cupcakes	Biscuits	Slice
Family Name	_____		



VACSWIM is South Australia's most renowned summer holiday program giving your kids confidence in and around water!



VACSWIM

WATER AWARENESS • WATER SAFETY • WATER CONFIDENCE • WATER SKILLS • WATER FUN!

SKILLS FOR ANY SEASON!

Enrol from Friday September 1st 2023



BORDERTOWN BLOCK 1: 18th-22nd DECEMBER

vacswimsa.com.au



facebook.com/
vacswimsa



instagram.com/
vacswimsa

WHAT IS THE VACSWIM COMMUNITY POOL RESCUE?

Ages 13 to 15 years

Learn basic water rescues and CPR skills

Must be a competent swimmer (400m in 13 minutes)

NON-ACCREDITED

There will be an opportunity at a later date for a one day training with VACSWIM to become accredited (with an additional cost of \$60)

For more info visit: <https://www.vacswimsa.com.au/class-types/13-and-over> OR rubyschwarz9@gmail.com



From the Community, By the Community, For the Community

We would like to thank our fantastic community for donating generously to our Community Op Shop and our amazing group of volunteers who spend many hours dedicating their time to sort through the bags and boxes of donations we receive.

Thinking of donating??

Here is some things to remember when donating items:

- Please make sure **ALL ITEMS ARE CLEAN BEFORE DONATING.**
- Please don't donate any chipped, broken, torn or dirty items as these are not sellable.
- No Electricals or Large Furniture.
- Due to safety requirements, we don't accept Bike Helmets or Porta Cots.
- Baby equipment (such as highchairs) must meet Australian Standards. Prams, Strollers and Car Seats must be less than 10 years old.
- No Magazines or Encyclopedias.
- No Mattresses
- No VHS or Tape Cassettes.

If unsure.... please speak to our staff in the shop.
Please drive thru to the shed to drop off your donations.
Thanks for your support.

How to order on Book Club



1. Your child will bring home a Book Club catalogue from school

2. Discuss with, and help your child pick the books they would like to read

3. Order online via the Scholastic Australia LOOP website or app and the school will take care of the rest! (LOOP orders are electronically linked to your school in an easy, secure online process)

4. The books are delivered to your child's classroom.



LOOP is the easy way for families to order and pay for Book Club.

Log in, or create a new account at scholastic.com.au/loop

1. If you are new to Book Club, follow the Wizard to set up your profile
2. Click the ORDER tab, and select your school and child's class
3. Add your child's first name and last initial (so the school knows who the book is for)
4. Enter the product item number shown on the Book Club catalogue
5. Make payment via credit card.



BORDERTOWN SPRING FESTIVAL & SHOW
Saturday 11th & Sunday 12th November 2023
 146th Annual Show

The Sky's the limit
 Gates Open 9:30am

Show Day Gate Entry Fees
 Family: \$35*
 *2 Adults & their 2 Children Under 14 yrs
 Single: \$15
 Concession \$8

Show Rides & Games **Trade & Market Stalls**

Purchase your membership online:

<https://showday.online/show/bordertown>

All day Entertainment & more...

Bordertown Vehicle Restorers Club Motor Show

Free Face Painting **4x4 & Ute Muster**

Saturday Horse Challenge

Sunday Heavy Horse, & Horses in Action Programs

Young Judges, Grain, Sheep & Wool

Young Farmers Challenge **Live Performers**

Showbags

Fashion Parade at 2pm

Exhibit Competitions **RFDS Simulator**

All day SA Skydiving tandem jumps

Speed Shear starts 5pm



bordertownshow.org.au Secretary 0436458628