



School Motto - 'Your Caring Neighbourhood School' is underpinned by strong values of respect and honesty. The school community values people's strengths and this ensures that everyone works together to foster a sense of belonging and commitment.'

## Respect~Honesty~Community

Principal: Dan Jarrad  
 Senior Leader: Anne-Marie Shaw  
 Senior Leader: Sonja Blazevic  
 Leader in Learning: Chris Guy

Email address: dl.0897\_info@schools.sa.edu.au

2017 Term 1 Issue 5

### Upcoming Events

3/4— 7/4	Swimming Rooms 14,15,3 & year 5's in Room 1
6/4	<b>Nunga Café</b> 3pm—4pm
13/4	<b>Last day of Term 1</b> Early Dismissal 2pm
1/5	<b>First Day back for</b> Term 2—8.45am
16/5	<b>School Photos</b> Come in school Dress Code

### Dear Parents and Caregivers,

Congratulations to Dan Jarrad on his reappointment as the school principal at EGPS for the next 5 years.



### Our Nature Play Space

EGPS students have been enjoying access to our Nature Play Space all term. It is a really fun space which our students love. They can play in the sand, create, climb and splash - their imagination is the limit.



### Benefits of playing in a Natural Play Space (Nature Play WA)

- Children who play regularly in natural settings are sick less often. Mud, sand, water, leaves, sticks, pine cones and gum nuts can help to stimulate children's immune system as well as their imagination.
- Children who play in natural settings are more resistant to stress; have lower incidence of behavioural disorders, anxiety and depression; and have a higher measure of self-worth.
- Children who play in natural settings play in more diverse, imaginative and creative ways and show improved language and collaboration skills. Single use, repetitive play equipment becomes boring quickly.
- Natural, irregular and challenging spaces help kids learn to recognise, assess and negotiate risk and build confidence and competence.
- Children who play in nature have more positive feelings about each other.
- Bullying behaviour is greatly reduced where children have access to diverse nature-based play environments.

Kind Regards,  
 Sonja Blazevic - Acting School Principal

### School Fees

If you need to apply for School Card or to make a payment plan, please see our friendly Front Office Staff.

Swimming in week 10 for Rooms 14, 15, 3 and Yr 5's in Room 1, will need to be paid for unless fees have been paid or arrangements have been made for a payment plan or school card.

Thank you



# Room 18

Here in Room 18 we have been so busy. We have been learning about how we look after nature as well as learning the sounds we need to read and write and practicing our number skills. We know that all of this hard work is helping to grow our brains. In Week 6 we had a visit from Animals Anonymous and in Week 7 we were busy with swimming! We are all loving our first term of school.



Taniesha and Trevor pat a baby crocodile!



Ethan and Alex J say hello to a small snake



Taniesha, Hopeness, Eva, Alex C and Tiana meet a huge snake!



Mr Matthews has the big snake around his shoulders too!



## Occupational Therapy in Elizabeth Grove Children's Centre



For those who don't know me, my name is Brad and I work in the Children's Centre every Thursday and every 2nd Monday. My role is working with children and families to support positive well-being for both parents and children, with a component of this focussed on child development. As a part of my role I connect with families through the groups run at the centre and through planned or off-the-cuff conversations.

Some of the things that I have been doing this term have included joining in with the Thursday playgroup, where I have got to know, and provide support to, some of the families attending. I have also been running a Circle of Security group within the school community room and working with occasional care being run on Mondays.

In term 2 we are planning to run a 'Little Explorers' group that is a 7 week group for mums, dads and caregivers with babies under 12 months old. We will have prepared a range of different activities that will allow the baby to explore each of their different senses. Please get in touch with the Children's Centre on 8255 7515 if you might be interested.

If you are looking for something to do with your younger children or are thinking you have questions or would like support for your children (under 5), please contact myself or the Children's Centre.

## Fun Idea for Home

Do you remember building cubbies as a kid? Children often love to build hideaways. They love it even more when they do them with you.

When we make the time to do something together, such as build a cubby, we are building a strong connection with our children and filling up their emotional bucket.

Once finished you might even like to leave it up for a while—if it is a smaller cubby or tucked out of the way. Small, dark and quiet places are great places for children to go when they are feeling upset, frustrated or out of control (if creating a quiet space, it is important that children choose to use the space and that it is not a punishment).

If you have done it before you'll know what to do, but if not here are some ideas and steps to get you started.

### 1. Choose a place for a fort:

In a quiet place with less people around and not much foot traffic.



### 2. Choose a frame:

You could use: large boxes, couches, big couch pillows, a table, sturdy chairs, a clothesline, or a tent.

### 3. Make a roof or walls to make it enclosed

You could use: blankets, sheets or towels. They could be attached with big pegs, clips or weighed down with books so they don't fall off.

### 4. Make it comfy and cosy inside:

Add more pillows, blankets, stuffed toys or anything else your child would like inside. Add activities they enjoy such as books, little games and toys. You could also use glow sticks or torches to add to the experience.

Note: As adults, when we get stuck into things like this it can be tricky not to take over and make the best cubby house anyone has ever seen! But it is more important for the children to come up with some ideas so that they can feel a bigger sense of achievement (even if we know ours would have been much better!)



Healthy Homes & Resilient Families  
&  
Dads Plus



**Are offering a free 8 week parenting course for fathers with children aged 0—12 years Starts 29/3/17**

**10:30am—12:30pm Wednesdays  
Held at  
Aboriginal Family Support Services (AFSS)  
39a Anderson Walk Smithfield (opposite  
Smithfield Train Station**

**\*Registrations Essential  
For more information contact  
Tim at AFSS on 8254 1077  
Or  
Darren at Centacare on 8252 2311**

## Back on Track

A men's group for positive change

**Are you hurting or scaring someone you care about?  
Is violence causing problems in your relationship?  
Would you like different ways to deal with your anger?**

If you are thinking about making changes to become a better partner or father you don't have to go it alone. Join us for a 12 week program.

Where: Relationships Australia SA  
13 Elizabeth Way, Elizabeth  
Dates: Wednesdays, starting 22nd Feb. for 12 weeks  
Times: 6:30pm—8:30pm

Please contact David or Mel on 08 8255 3323 to register.



## Parenting after Divorce and Separation

Separation and Divorce can be a stressful and challenging time for parents and children. It can put children at risk for emotional and behavioural problems, poor academic achievement and ongoing relationship problems. Parents also may experience increased depression, anxiety and stress.

It is important that families have access to evidence-based preventative interventions. Researchers at the University of South Australia and the University of Queensland are developing an online intervention to support parents during this transition. They are encouraging parents to have an input into what is important to go in the program and what their needs are.

Interested parents can learn more about the study and complete a brief online survey at <https://exp.psy.uq.edu.au/pads>

## Women Managing Anger

### In their world and relationships

Getting angry is normal and healthy, but acting with anger can damage relationships. This group program is to help women explore and understand their emotions, including anger, in a supportive and caring environment.

When: Tuesdays, 7th March to 18th April 2017 (inclusive) 1:30pm—3:30 pm

Where: Relationships Australia SA  
Shop 8, Salisbury Cinema Complex  
Cnr James and Gawler Street, Salisbury

Cost: No charge (conditions apply)

Registration essential  
An assessment may be required before participation.  
To book call Relationships Australia SA. Elizabeth on 08 8255 3323

Please note that unfortunately we are unable to provide a crèche on this occasion.

