



O'Sullivan Beach Primary School

Newsletter Term 3, Week 10

Principal's Message

As we wrap up another term, I'd like to extend a heartfelt thank you to our incredible students, staff, and families for making it such a successful and vibrant one. It's been a busy term filled with learning, excitement, and growth. I'm incredibly proud of our students' dedication across all areas of their learning.

Congratulations to our students in Years 1-6 who have recently completed PAT testing (Progressive Achievement Tests). These standardised assessments are important in measuring student progress in key areas like reading comprehension, mathematics, and vocabulary. The information we gather from these tests helps teachers pinpoint areas where students excel and might need more support. It's all about tailoring our teaching to ensure every child achieves their best. I'm proud that the students have approached these assessments with focus and determination, and we're already seeing some great results.

As we gear up for camp next week, excitement is in the air! Students are eagerly counting down the days. However, with the weather forecast predicting some cold and wet conditions, I kindly ask parents to ensure their children are packed with extra dry clothes and appropriate wet-weather gear. We want to make sure the students are as comfortable as possible so they can enjoy all the fantastic activities we have planned.

I'd also like to take a moment to congratulate our Year 6 students, who will be attending Christies Beach High School in 2025. I had the pleasure of joining them on their first transition visit, where they participated in various activities, including tree planting, art, PE, and an engaging science lesson on variables and experimentation. It was fantastic to see how well they represented our school, showing enthusiasm and respect in everything they did. I'm confident they'll continue to make us proud as they take the next steps in their education journey.

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Principal
Simon Rowlands

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Morgan Collett

Governing Council
Chairperson
Susie Adams





O'Sullivan Beach Primary School

Newsletter Term 3, Week 10

Principal's Message cont.

A special mention to our Year 2/3 students, fondly referred to as the Blueberries by their fantastic teacher, Ms Berrigan, who delighted us with a wonderful assembly performance. Their energy and creativity brought smiles to everyone, and moments like these remind us of the joy and community spirit central to our school.

Looking back over the term, I'm thrilled to report that we've made some exciting progress, particularly in literacy. Our students are showing increased confidence in their reading and writing skills, and it's clear that the hard work from both students and teachers is paying off. We're committed to continuing this positive momentum into the next term. Finally, I wish everyone a safe and relaxing break—term four promises to be another busy and exciting time, with plenty more learning and fun ahead. Again, thank you for your ongoing support—it makes a difference.

Have a great holiday, and see you all next term!

Kind regards,
Simon Rowlands
Principal
O'Sullivan Beach Primary School

Coming Up

Term 3

Week 10

25-27 Sept - Arbury Park

Camp

26 Sept - Zoo Excursion

27 Sept - Early dismissal 2pm

Term 4

Week 1

Week 2 - Life Education
World Teacher's Day

Week 3 - RAA street smart

Week 4 - Whole School
Assembly Yellow class

Week 5 - Remembrance Day
Colour Run



WELL BEING *News*

R U OK? DAY

In week 8, our Lunch Club hosted a special event to celebrate R U OK? DAY. Students engaged in fun and creative activities to promote mental health awareness and foster supportive conversations. Students created badges and art work that represented kindness and connection.



Thank you to everyone who participated and made R U OK? DAY a success! Let's keep the spirit of support alive every day of the year.

R U OK?



PREPARING YOUR CHILD FOR SCHOOL CAMP

HELPFUL TIPS

Talk to your child

Talking to them about attending can help you find out more about their feelings about it. Are they excited by the idea? Do they have any fears? During this conversation you may be able to reduce any anxieties or unnecessary mental obstacles, and reassure them with your own positive school camp experiences.

Reduce the sense of unknown

Much of their nervousness will simply be fear of the unknown. Go through the camp information together, including the activities they will be doing each day. Have a look at the camp's website, to help familiarise themselves with the environment. There are lots of photos and even a virtual tour to support! www.auburypark.sa.edu.au

Practise 'independence' skills at home

Practice independent skills at home. Build your child's confidence in their ability to care for themselves by practicing self-care skills. There are lots of simple skills they can practise to feel more confident about being away from home.

Prepare, make lists, and pack together

When your child brings home the list of clothes and toiletries they need for camp, get them to help you find (or shop for), then label their things. Make it FUN! It's exciting for them to help prepare and pack, it will also help them be aware of all the things that need to come back home again!

Keep positive

Telling your child you believe they're ready for school camp and they'll have a great time helps your child believe it too. Be positive by saying things like "this will be fun, you'll enjoy the challenges". Camp is an opportunity for personal growth, adventure, and fun.

QUICK TIP: Ensure your child gets a good sleep the night before camp. Being well rested and refreshed will help them deal better with any challenges ahead.



Watch this space for exciting Colour Run updates soon.





Social Emotional Learning (SEL)

Update: Exploring Sensory Awareness

At O'Sullivan Beach Primary School, our SEL lessons align with our CARE values—**Care, Achievement, Respect, and Empathy**. Students have been learning to tune into their senses as a way to bring themselves into the present moment, which enhances both mindfulness and learning. By focusing on their senses, students develop sensory awareness, an essential skill for mindfulness practice. Our lessons have been focusing on the senses of hearing and taste as a tool for staying grounded.

We are learning:

- To develop sensory awareness through listening.
- To savour positive experiences through taste and place.

Additionally, our lessons incorporate the positive psychology concept of savouring, which encourages students to appreciate positive experiences deeply.

We have been practising the concept of savouring through the following:

- **Savouring a Special Place:** Students are guided to mentally explore and enjoy a place that brings them joy and comfort, showing **Respect** for their emotions and environment.
- **Mindful Eating:** Students practice slowing down and paying close attention to the experience of eating, demonstrating **Care** for their well-being.

Through these practices, students are learning to develop **Empathy** by understanding and appreciating their own and others' positive experiences, and striving for **Achievement** by applying mindfulness in their daily lives.

How You Can Support at Home:

- **Mindful Listening:** Encourage your child to take a moment to sit quietly and notice the sounds around them. Ask them to describe what they hear and how it makes them feel, fostering **Respect** for their surroundings.
- **Mindful Eating:** During meals, invite your child to slow down and describe the taste, texture, and smell of their food. This can be a fun and relaxing way to practise mindfulness together, reinforcing **Care** and **Empathy**.
- **Savouring Special Places:** Talk to your child about a special place they love—whether it's real or imagined—and ask them to share what they enjoy about it. You can guide them through visualising that place as a calming exercise, helping them connect with feelings of **Empathy** and **Respect**.

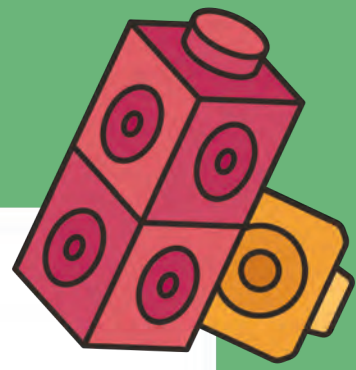
These practices at home can reinforce what students are learning at school, helping them become more present and mindful in their everyday lives, while living out our core values of **Care, Achievement, Respect, and Empathy**.



This term, the students have participated in daily interactive learning experiences helping them become more confident in their literacy and numeracy skills, as well as the world around them.

One of these experiences involved learning about the Australian black Orpington chickens. We were delighted to welcome Mr. Timms to our class, who brought along their adorable baby chicks! The students were thrilled to see the fluffy visitors up close and learn fascinating facts about their care and development. It was a wonderful, hands-on learning experience that everyone thoroughly enjoyed. Thank you, Timms family, for making our day extra special!





MATHS FUN



Last week, Green class explored the concept of 'Friends of 10' through a creative activity involving ladybugs. 'Friends of 10' are pairs of numbers that make 10. To bring this concept to life, students crafted colourful spring themed ladybugs, each with spots that demonstrated different pairs of numbers adding up to 10.

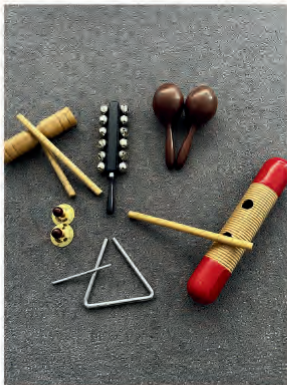


SCIENCE TERM 3

This term in Science, our focus has been on Physical Sciences.

Green

Green class have been learning about light, sound and heat energy. Students used their senses to explore popped and unpopped popcorn and used their observation skills to compare loud and soft sounds using a range of different musical instruments.



Blue

Blue class have been learning about forces and how the strength of a push or pull can affect the movement of an object. Students planned and created boats using foil, to explore how objects can move on land and water.



this is my plan

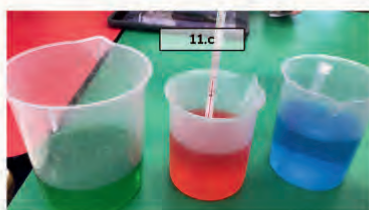
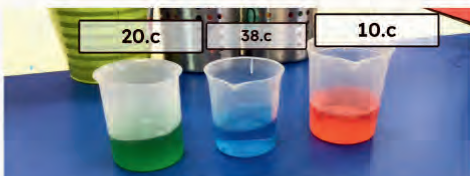


this was my finished boat



Orange

Orange class have been learning about different ways heat can be produced. Students investigated how heat energy can transfer from one object to another and used a thermometer to accurately measure temperature of different liquids.



Yellow

Yellow class have been exploring how light can be reflected, refracted and absorbed using light boxes. Students learnt how to correctly use a light microscope and identified different objects that had been magnified.



this is a mirror and it reflects light



PHYSICAL EDUCATION

THIS WEEK WAS A BLAST!



DURING AN OUTDOOR PHYSICAL EDUCATION CLASS, STUDENTS OF DIFFERENT AGES TOOK PART IN ENGAGING HULA-HOOP ACTIVITIES.

The younger students focused on basic tasks like spinning hula-hoops around their waists and jumping through hoops on the ground to improve coordination and motor skills.



The older students worked on more challenging activities, such as obstacle courses and building hula huts to promote teamwork and communication.

The oldest students were encouraged to tackle more challenging obstacle courses.

EACH ACTIVITY WAS DESIGNED TO SUIT THE STUDENTS' ABILITIES AND ENCOURAGE ACTIVE INVOLVEMENT AND INDIVIDUAL DEVELOPMENT.

Kaurna Shield

This shield was taken from a Red Gum along the Christie Creek by Paul Dixon, and was presented to O'Sullivan Beach School on 6th September 2004 during Cultural Week



Our Community

At this time we would like to reflect on our communities contribution to our school over its many years.

This September marks the 20th anniversary of the Kaurna shield which we display proudly on our hallway wall.

The shield was made by local Kaurna man Paul Dixon SR, whom sadly passed in 2012.

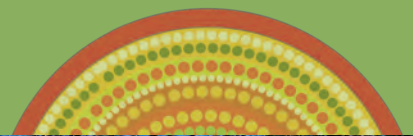
Paul worked throughout the south teaching and guiding people with cultural knowledge.

Pauls legacy still lives on through his family and through our community.



'The Shield Symbolises Protection'

The scarring of the tree took approximately three hours. The shield was then taken to Paul's home, where he smoothed it down and dried it out. During the drying process A.E.W. Jason Morison, put an ochre bandaid on the tree. The scar on the tree will remain visible for many hundreds of years to come.



Thanks to Paul Dixon JR for giving us permission to share a small part of his fathers story.



Community News and School Reminders



Watch this
space for
exciting
updates
soon.

Community Health Onkaparinga (CHO)

COMMUNITY LUNCH

A free community lunch gathering at
23 William Road, Christies Beach

Eat, Connect and Be
Fulfilled

8th & 22th August
12 & 26th September
2024

11.30 TILL 1

Everyone welcome!
For more information:

✉ laurenswood@gmail.com



Lost Property



Reminder to check the lost property,
all unclaimed lost property at the end of term will be sent to the op-shop.



Women are Strong...



Women do Survive

Do you sometimes feel like you are walking on eggshells?

If you feel alone, uncertain or confused by your partner or ex-partners behaviour towards you, and feel it might be abusive, this 8 week support group offers insight in a safe and confidential space.

Together we will explore:

- Being a person for yourself rather than a person for someone else
- How to reconnect with our personal strengths
- The effects of abusive or hurtful relationships
- How to manage overwhelming emotions
- Women's role in the family and society
- Developing strategies for personal safety

When: Wednesdays 9.30—11.30am, 16, 23, 30 Oct, 6, 13, 20, 27 Nov & 4 Dec 2024

Where: Christies Beach area — location will be provided upon registration

Cost: Free, **NO CRECHE AVAILABLE**

For more information or to register

please call The Yellow Gate on 1300 564 164 or email admin@theyellowgate.org.au

Onkaparinga Collaborative Approach

for the Prevention of Domestic Violence and Aboriginal & Torres Strait Islander Family Violence

A number of agencies involved in this collaborative partnership are funded by the Government Department of Social Services. These services are all members of the OCA (Onkaparinga Collaborative Approach)



FREE

Light
Refreshments
Provided

FRIENDS Resilience Program

FOR ALL CHILDREN AGED 7-12

The FRIENDS Resilience Program is a 10-week early intervention/prevention program for children. It uses an evidence-based, FUN approach to support children to:

- Develop peer learning and build support networks and positive role models
- Develop life skills to effectively cope with difficult and/or anxiety provoking situations
- Normalise the emotional state of anxiety
- Build resilience and problem-solving abilities
- Promote self-confidence and empower children and families

BOOKINGS

Please call Nicci at Hackham Community Centre on 8392 3080 or email nkilner@junctionaustralia.org.au

LOCATIONS

ALDINGA

3:30 - 5:00pm on Wednesdays (weekly)
Aldinga Payinthe College
150 Quinliven Road, Aldinga

SEAFORD

3:30-5:00pm on Thursdays (weekly)
Seaford Community Centre
Beechwood Grove, Seaford

HACKHAM

3:30-5:00pm on Fridays (weekly)
Hackham Community Centre
72 Collins Parade, Hackham

***Program runs during school term**



Communities for Children is funded by the Australian Government Department of Social Services. Visit www.dss.gov.au for more information

Come along and meet other women in your community, to connect and chat in a safe space.

MULTICULTURAL WOMEN'S GROUP

O'Sullivan Beach Children's Centre
51a Galloway Road
Tuesdays (during the school term)
12:45-2:15pm
For more details ring 8382 2850



Christies Beach SLSC Nippers

Come and Try Sessions starting 2nd of November.



Open to children age 5-13. Learn lifesaving skills in a fun and safe environment.

Christies Beach is more than a club. We are a family, where everyone belongs.

Email join@christiesbeachslsc.com.au for more info