



O'Sullivan Beach Primary School

Newsletter Term 4, Week 3

Principal's Message

A Heartfelt Thank You to Our Generous Community

At O'Sullivan Beach Primary, we are incredibly grateful for the overwhelming support from our families for our upcoming Colour Fun Run. Thanks to your generosity, we have already raised an impressive \$5,818! This amount will go towards upgrading our library, a space we know our students will benefit from immensely. Seeing our community come together for this event has been inspiring—thank you for making it such a success.

Exciting Upgrades Across Our School

The improvements across our school are shaping up beautifully! With new basketball rings installed and our ramp project nearing completion, O'Sullies is starting to shine. However, I want to acknowledge a slight delay with the ramp. We encountered a steeper bank than expected, requiring adjustments that needed approval. While I initially hoped it would be ready by the end of Week 1, we anticipate only a few days' work left once we receive the green light. My sincerest apologies for the delay—our students remind me daily, and their enthusiasm is wonderful to see!

Year 5/6 Visit to Flinders University

Our Year 5/6 students recently had an incredible experience during their visit to Flinders University. They participated in a range of interactive workshops and presentations that gave them a glimpse into university life, from creative writing sessions to studying fascinating fossils. It was wonderful to see their curiosity and engagement, and we're proud of how they represented O'Sullivan Beach Primary with enthusiasm and respect. This visit truly opened up new perspectives for our students, inspiring them to think about the possibilities that lie ahead!

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Principal

Simon Rowlands

Deputy Principal

Morgan Collett

Governing Council

Chairperson

Susie Adams





O'Sullivan Beach Primary School

Principal's Message cont.

Principal's Tour for New Enrolments

On Thursday, 7th November, I'll be hosting a Principal's Tour at 5 p.m. to welcome prospective families and showcase what makes O'Sullivan Beach Primary special. Please spread the word within your networks as we look to increase our enrolments for 2025. I am excited about the future of our school and am thrilled to have each of you on this journey as we build a thriving, connected school community.

Strengthening Our Community Connections

Looking ahead to 2025, I am deeply committed to expanding our partnerships with families and local organisations. Nobody knows our students better than you, and I believe that strengthening these connections will ensure our approach reflects the needs and aspirations of our entire community. I welcome your involvement and insights as we work to make O'Sullies an inclusive, supportive, and vibrant learning environment for all.

Seasonal Reminder – Snake Safety

As the weather warms, so do our reptilian neighbours. There have been sightings of snakes in the area, so we'll be discussing snake awareness with students. If families could reinforce this message at home, it would help keep everyone alert and safe.

Thank you all for your ongoing support and involvement in our school's journey. I look forward to what we'll accomplish together in the coming year.

Warm regards,

Simon

Coming Up

Term 4

Week 5 -

11 Nov - Whole School Assembly
& Remembrance Day

15 Nov - Colour Run

Week 8

4 Dec - Year 6 Graduation

Week 9

9 Dec - Aquatics

11 Dec - Concert

12 Dec - Early Dismissal 2pm

13 Dec - School Closure Day





Social Emotional Learning (SEL) Update

Building Self-Awareness and Self-Regulation Through Movement

At O'Sullivan Beach Primary School, we are excited to deepen our Social-Emotional Learning (SEL) program with a focus on movement-based mindfulness. This term, students are exploring new ways to connect with themselves and their emotions by developing self-awareness and self-regulation skills through mindful movement activities. By tuning into their bodies, students can better understand how to manage their feelings and make thoughtful decisions.

Why Mindful Movement?

Mindfulness is often associated with quiet moments, but movement offers another powerful way to practice being present. Through movement, students learn to pay attention to how their bodies feel, recognising signals of stress or calmness. This awareness helps them manage their emotions, regulate their behaviour, and respond thoughtfully to different situations.

Benefits of Movement-Based Mindfulness for SEL

These movement-based mindfulness activities are helping students gain a better understanding of how their bodies and minds work together. By becoming aware of their bodily sensations, students can develop self-regulation skills that allow them to manage emotions and respond thoughtfully to challenges. This self-awareness is essential for building resilience, empathy, and confidence—all important for a positive school experience.

Supporting SEL at Home

You can reinforce these practices at home with simple mindful movement exercises. Try doing a few gentle stretches together, paying attention to how each movement feels, or practice a few minutes of deep breathing as a family. These small moments of mindfulness can help children develop a greater sense of calm and control, skills that will benefit them in every part of their lives.

Thank you for supporting our SEL initiatives at O'Sullivan Beach Primary School. We're excited to see our students build these valuable skills and grow in their journey of self-awareness and self-regulation.

Together, let's move mindfully and strengthen our community of resilient learners!



Colour Fun Run

Friday November 15th

**Families and friends welcome
from 1pm**

**Drinks, popcorn, ice blocks available
for purchase**

Garage sale

Books, games, toys and more...

Activities begin 1.40pm

eftpos available minimum spend \$10



WELLBEING CORNER

Year 6 Legacy Project

What is a Legacy Project

A legacy project is a meaningful initiative designed to create a lasting impact on a community or school. For Year 6 students, this project serves as a final experience that encourages them to reflect on their time in primary school while contributing something valuable for future students. By engaging in collaborative planning, creativity, and execution, students have the opportunity to leave behind a tangible mark that embodies their experiences, values, and the spirit of their class.

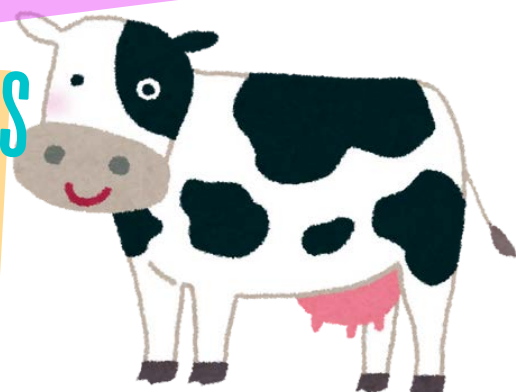
Behind the Project

The Year 6 Legacy Project empowers students to take ownership of their learning and encourages them to think critically about the contributions they can make to their school community. Through working on an art project that captures their individuality students also build essential skills such as teamwork, leadership, and problem-solving. These experiences not only foster a sense of accomplishment but also instill pride in their school, making them feel more connected to their peers and their environment. As they prepare to transition into high school, this project acts as a bridge, helping them cultivate resilience and confidence in their abilities. The Legacy Project offers Year 6 students a unique chance to reflect on their journey and the lessons learned throughout their primary education.

The Project

This art project is all about capturing the years past, allowing each student who participates to express themselves and leave their mark on a sculpture. This legacy project will be placed on the school grounds for current and future students to admire, as well as for the community to observe. If the Year 6 students return in the future, they will have the opportunity to walk down memory lane and reflect on their experiences. The project not only celebrates their journey but also creates a lasting symbol of their time at school, fostering a sense of connection and pride within the community.

CAN'T WAIT
to see
WHAT THE STUDENTS
get up to
WITH THIS
PROJECT



What a Busy Term

Year 6 Graduation

Wednesday 4th December
Ceremony in the library
at 5pm

Aquatics

Year 6

Monday 9th
December

Whole School Concert

Wednesday 11th December

5.30pm start

Thursday 12th December - Last Day of Term - 2pm Early Dismissal

Friday 13th December - School Closure day - No School



In HASS (Humanities and Social Sciences) students in **Orange 3/4** are learning about laws and rules. Orange had a special visitor from SAPOL on Wednesday afternoon, a police officer who provided an educational session and spoke to us about the role of police in the community. Students learned about the different things that police do, including law enforcement and responding to emergencies. Students asked lots of questions and were very interested in the officer's equipment and vehicle. This experience will help anchor our work in HASS and students understanding of the reasons we have rules and laws and the differences between the two. In Week 6, we look forward to a further visit and educational session from the SAPOL Community Engagement Team, where Orange and Yellow class will learn how to keep safe online.



ZOO



Camp



UNIVERSITY EXPERIENCE DAY



The Smith
Family

Learn today, change tomorrow.



Welcome

On Thursday 24th of October, Ms Parker's class joined Lonsdale Heights Primary School for an excursion at Flinders University. The Smith Family provided 'The University Experience Day' to give students the opportunity to visit the university campus to encourage post-school planning and tertiary aspiration.



Creative Writing



Countdown



Bones Box

"I loved seeing the a
Thylacoleo canifex
skull- Tyrese



Subway Lunch



ENQUIRE
NOW

O'SULLIVAN BEACH PRIMARY SCHOOL

Reception to Year 6

2025 ENROLMENTS OPEN

JOIN US FOR A PRINCIPAL'S TOUR

Thursday 7th November 2024 at 5pm

REGISTER YOUR INTEREST NOW



Call us on 8382 5888



Email us at dl.1060.info@schools.sa.edu.au

CO-OPERATION | ACHIEVEMENT | RESPECT | EMPATHY



GAMING TOURNAMENT

ONKAPARINGA LIBRARIES

AGES 9-14



Win a Mario Kart competition at your library, then go on to compete in the finale at Seaford Library.

PRACTICE SESSIONS



Hub Library
Saturday 2 November, 10am-1pm
Sunday 3 November, 2-5pm

Noarlunga Library
Wednesday 6 November, 3.30-5.30pm

COMPETITION SESSIONS

Winners from each of these sessions must be available to participate in the final tournament at Seaford on 19 December.

Noarlunga Library
Saturday 9 November, 12-2pm

Seaford Library
Saturday 9 November, 10.30am-12.30pm

Hub Library
Sunday 17 November, 2.30-4.30pm

FINAL TOURNAMENT

Seaford Library
Thursday 19 December, 2-5pm

Cheer on the winners from each library to see who will become the grand champion! Enjoy lots of other fun activities on the day too, including PlayStation, Switch, board games, AR, VR and giant games.

Willunga Library
Sunday 17 November, 2.30-4.30pm

Woodcroft Library
Tuesday 19 November, 3.30-5.30pm

Aldinga Library
Saturday 23 November, 10.30am-12.30pm

SUPPORT

ANGLICARESA

From Strength To Strength Group



A free 6 week group for women who have experienced relationship trauma in the past and now want to:

- Increase their personal growth and build resilience
- Improve their conflict management and assertiveness skills
- Develop healthy coping skills and make positive choices
- Have healthier future relationships
- Make hopes and dreams become reality through goal planning
- Live a happier and more fulfilling life

The group will be held in the Christies Beach area on Thursdays between 9.30 and 12pm starting 31 October 2024

To find out if this is the right program for you please contact Nicky/Jaymi at AnglicareSA on 8186 8900 or email: ntanner@anglicaresa.com.au



HOLIDAY SWIM

ENROLMENTS OPEN NOW
Swim SURVIVE GET IN QUICK! **Holiday Swim**

WWW.HOLIDAYSWIM.COM.AU

Community Health Onkaparinga (CHO)

COMMUNITY LUNCH

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

Eat, Connect and Be
Fulfilled

**10th, 24th October
and 14th, 28th
November 2024**

11.30 TILL 1

Everyone welcome!

For more information:

✉ laurenspttswood@gmail.com

