



# Cobdogla Primary School

Providing a Caring & Challenging Environment

Principal – David Ness  
2-12 Dolan Street Cobdogla  
dl.0721.info@schools.sa.edu.au

Governing Council Chairperson – Taylor Swinstead  
8588 7131  
www.cobdoglaps.sa.edu.au

## Principal's Message

Newsletter issue: 4 term 1, week 11 14th April 2023

Dear Parents/Caregivers,

I hope that everyone had a wonderful Easter break and enjoyed spending time with family and friends. We have been delighted to hear about the various adventures and experiences that our students had such as camping and visiting places in the Riverland.

### New Student

Last week we welcomed another new student. Jett has settled in well into the year 2 class. A warm welcome to Jett and his family to our school community.

### Reward Day

On Thursday, students attended Barmera Play Space/Skate Park for Reward Day to acknowledge their outstanding learning and behaviour throughout the term. The Barmera Play Space/Skate Park was a great location for Reward Day and all the students had a fantastic time and enjoyed the activities. Thank you to all families, for your ongoing support in encouraging positive behaviour and academic success.

### Riverland Softball

Three of our students, Brayden, Rory and Khalycia recently represented the Riverland at the State Softball Carnival. It was an excellent opportunity for them to showcase their skills and compete. We are proud of their effort and commitment to the team.

### SAPSASA Hockey

Last Tuesday, we entered a school team in the Riverland District Hockey Carnival. All the students enjoyed the experience. Thanks to Sheree Smart for coaching and supporting our students.

### Life Ed Visit

We recently had a visit from Life Ed to our school and we are pleased to report that it was a huge success. The Life Ed Educator, Emily, was very impressed with our school and had a great time with our students. During her visit, she conducted sessions on various health topics and our students were actively engaged and participated really well. They particularly enjoyed meeting Healthy Harold and learning about healthy habits and decision-making. We received a fantastic comment from one of the students, who said that they wished the Life Ed program could be held here every year. This feedback is a testament to the effectiveness of the program and its relevance to our students. Thank you to the Life Ed team for their informative and engaging sessions. We appreciate their time and effort in providing valuable education on health topics to our students.

### Thank you

As we come to the end of another busy term, we would like to take this opportunity to thank you for your continued support and involvement in our school community. We would also like to acknowledge the hard work and dedication of our students over the past term. It has been a pleasure to see our students engaged in their learning and striving to achieve their personal best. As we head into the break, we want to remind everyone to stay safe and healthy. We encourage our students and families to take time to relax and enjoy some well-deserved rest and quality time together.

We look forward to welcoming everyone back for term 2, Monday 1st May.

Kind regards,  
David Ness  
Principal

**\*Respect**

**\*Honesty**

**\*Responsibility**

**\*Personal Best**

# SCHOOL NEWS



## New Student

Welcome to Jett!  
Jett joined us last week  
and is in the  
year 2 class



**Parent & Friends  
Group  
Mothers Day Stall  
Friday 12th May  
Look out for more  
information early  
next term**

## **WOW!** Sensational Students

Charlie, Cameron, Amalia, Jamison, Carter,  
Damien, Hannah, Connor, Harri,  
Brooke, Cyrus, Cederik, Jack H, Zigana,  
Brock, Asher, Sophie, Chelsea, Rori,  
Josh, Austin

## Happy Haven Cobdogla OSHC

Happy Haven OSHC Cobdogla is a service available to our students, it operates after school from 3:15–6:15.

For more information you can visit the website:

<https://www.happyhaven.sa.edu.au/cobdogla>

Check out their great school holiday program attached to this newsletter.

# REMINDERS

## Upcoming Events

**Tuesday 25th April – ANZAC Dawn Service**

**TERM 2 BEGINS MONDAY 1st MAY**

**Friday 12th May – P&F Mothers Day Stall**

**Wednesday 31st May – School Photo Day**



## Medication Plans

It is important that your child's medication and/or care plan is kept updated so that we are able to give the adequate treatment if required.

If your child needs to have their asthma or health care plan reviewed, the school holidays is a good opportunity to get on top of those updates necessary. Please bring a copy of their plan into the front office if there are any changes.

Thank you, Front Office Staff.



## SCHOOL PHOTO DAY

**Term 2**

**Wednesday 31st May**

**Flyers will be sent home early next term**

| FOCUS SCHOOL PORTRAITS   |  | SHOOT KEY: |  |
|--|--|------------|--|
| <b>1 MASTER COLLECTION \$58.00</b>   | 1- 20 x 25cm<br>4- 13 x 18cm<br>2- 13 x 18cm BW<br>4- Wallets<br>6- ID Portraits<br>1- Class 20x25cm |            |  |
| <b>2 PREMIUM \$52.00</b>   | 1- 20 x 25cm<br>1- 13 x 18cm<br>2- 9 x 13cm<br>4- Wallets<br>6- ID Portraits<br>1- Class 20 x 25cm   |            |  |
| <b>3 BEST VALUE PACK \$47.00</b>   | 3- 13 x 18cm<br>1- 13 x 18cm<br>4- 6.5 x 9cm<br>4- Wallets<br>1- Class 20 x 25cm                     |            |  |
| <b>4 STANDARD \$41.00</b>  | 1- 13 x 18cm<br>4- 6.5 x 9cm<br>4- Wallets<br>1- Class 20 x 25cm                                     |            |  |
| <b>5 ECONOMY PACK \$39.00</b>  | 2- 13 x 18cm<br>1- Class 20 x 25cm   |            |  |
| <b>6 PORTRAIT 1 \$39.00</b>  | 1- 20 x 25cm<br>2- 13 x 18cm   |            |  |
| <b>7 GROUP ONLY \$32.00</b>  | 1- Class 20 x 25cm   |            |  |
| <b>8 PAGE BOOKLET \$40.00</b>  | 1- Class 20 x 25cm<br>4- 6.5 x 9cm<br>4- Wallets   |            |  |
| <b>9 PORTRAIT 2 \$27.00</b>  | 2- 13 x 18cm   |            |  |
| <b>10 PORTRAIT STICKER PACK \$12.00</b>  | 1- Sheet of 8 stickers   |            |  |
| <b>EXTRAS</b><br>THESE ARE AVAILABLE ONLY UPON THE PURCHASE OF PACKS 1-6 ABOVE (EXCLUDES PACKS 7-10 & SCHOOL DAYS ALBUM) | <b>NEW!</b><br>METAL FRIDGE MAGNETS x 2 FOR ONLY \$22.00   |            |  |
| <b>KEYRING \$14.00</b>   |  |            |  |
| <b>PLUS FOR ONLY \$18.00 YOU CAN HAVE ONE OF THESE UPON THE PURCHASE OF PACKS 1-6!</b>                                   |  |            |  |

**SCHOOL DAYS ALBUM \$38.00**

INDIVIDUAL POCKETS FOR PRESCHOOL TO YEAR 12 TO STORE & PROTECT SCHOOL PHOTOS, CERTIFICATES & MEMORIES.







## Premier's Be Active Challenge 2023



Next term, all students will be participating in the Premier's Be Active Challenge starting week 1.

A log book will be provided to each student.

The Challenge is to do at least 60 minutes of physical activity on at least 5 days of the week for 10 weeks. There are many ways to be physically active. It doesn't always have to be with sport.

Students will need to record their activity in the log book that their teacher has given them. Class teachers will support students by providing extra PE lessons during the 10 week block which will also include Sporting Schools Sessions for all classes.

All completed PBA sheets need to be handed to class teachers/front office by Friday 7th July so we are able to enter details into the website.

***All students that complete the 10 week challenge and return their sheets by the end of term 2 will be rewarded with a medal!***

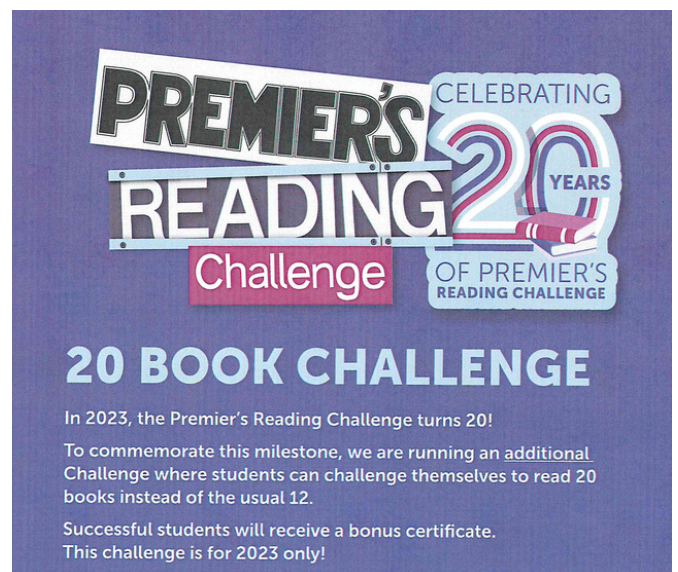
We are aiming for as many students as possible to participate and complete the 10 week challenge. Last year we were one of the High Achieving Schools in the state that completed 10 weeks of the Premier's be active Challenge and were invited to the Premier's Reception and were awarded a certificate and \$1000 to promote physical activity!

Lets get active to achieve this goal again!

## Premier's Reading Challenge

Congratulations to Patrick, who was the first student to complete the Premier's Reading Challenge 20 Book Challenge!

School holidays is a great time to catch up on some reading and work towards your challenge, happy reading!





# SAPSASA Softball

What a great week, Brayden, Khalycia and Rory had last week, representing the Riverland at the SAPSASA State Softball Carnival in Adelaide.

By reports, our students all played well and featured in many winning plays. Such a fabulous learning experience for them all.

Congratulations, Brayden, Khalycia and Rory, we are very proud of you!



# SAPSASA Hockey

We had 12 students compete in the SAPSASA Hockey Carnival in Berri this week. They played 3 games to make it to the finals. They played against Waikerie Lutheran in the final, finishing 5th out of 8.

All students enjoyed themselves, displayed good sportsmanship and great team work. It was a wonderful learning experience. Well done everyone!





# Clean up Australia Day



Our students participated in "Clean up Australia Day" earlier this term during their Friday, Whole School Walk around the Cobby township.

They were very surprised to find so much rubbish. This certainly highlighted to them, how important it is to always use rubbish and recycling bins to keep our area tidy. They were able to identify what needs to go in a rubbish bin and what items can be recycled. They were very proud of themselves for contributing to "Cleaning up Australia".

Clean Up Australia Day is **EVERY DAY!**

Get involved, make a difference...







## YEL at Wilabalangaloo

The YEL students visited Wilabalangaloo to learn about natural landscapes. The students went on the walking trail and learnt about local animal species and healthy habitats. They also had the opportunity to meet Bill the Murray Darling Carpet Python and other native animals, learning about the importance of healthy habitats for local animal species. Thank you to Katie for supporting the students, they had a great day and learnt so much.







# Wellbeing Corner



## Special time together: why it's good for your child

Spending special time together with your child is good for your child's development and wellbeing. That's because it builds your relationship and boosts your child's confidence. Special time with your child is a chance to:

- give your child your full attention and send the message that she's the most important thing to you
- see the world from your child's point of view
- find out more about your child's likes, dislikes, worries and frustrations
- give your child some guidance, talk to her and listen to her.

Time spent with you can help your child feel happier, be more relaxed and build resilience for the teenage years. That's why it's so important to lay the groundwork early on. Setting aside some regular special time for the two of you can help your child to handle the times when he doesn't have your full attention, or the times when you're apart.

## Special time together: why it's good for you

Sharing special time can be great for you too – it's your chance to be a kid again and just have fun. You'll also feel good about being close to your child and staying up to date with what's happening in your child's life.

Special time with your child can happen while you're doing everyday things like folding the laundry. Or you can make time to go for walks together, play board games and so on. Just sharing happy experiences helps to build your relationship with your child.

## Everyday activities to do with your child: ideas

Sometimes you can make special time and have fun as part of your everyday family life. Here are some ideas:

- make a special after-school snack together
- go shopping for food or groceries together and let your child help to make decisions, pay for things and have conversations with shop assistants
- make car trips fun by playing 'I spy', 'spotto' or 'Who can see the next car with a number plate that makes a word?' You could sing along to music together too
- get your child to help prepare tea with you

**School holidays is a great time to spend some special time together, enjoy these special moments.**

*Mrs Gillespie*



# Brenton's Blurb

## **Are you ready to snap? Had enough?**

"What about those days when I'm just in a bad mood, and I know I'm being impatient with my kids? How can I connect when that is the last thing I want to do?" Julie.

We all have irritable days, when we find ourselves reacting to our child with impatience. We know what respect and compassion look like but sometimes we can't find them at that moment. We feel so fed up that connecting is the last thing we feel like doing.

As long as you catch yourself, apologise, and get yourself back on track, the humans who love you will forgive you. In fact, the way you repair those small relationship ruptures will teach your child some essential lessons about life and love.

Julie's question shows that she already knows the answer for those irritable times: Reconnect with your child, so you are more emotionally generous and she's more cooperative. After all, we know that when we get impatient, kids act worse. The hard part of course, is that we can't reconnect until we first move out of that irritable place. Here's how.

### **1. Notice your own impatience**

Notice that you feel irritated, like your child is being a problem. And maybe she is. But instead of using that as permission to be mad, use it as a red flag that you need to stop and shift gears. Remind yourself that when you are feeling good, you respond to her with more emotional generosity.

What if your child is being really difficult, maybe even impossible? You can't change your child directly, but you CAN change your own reaction. The more you can react with understanding, the more likely your child will calm down too.

Remember those are YOUR emotions. Your child may be triggering them, but (as you're always telling your child) each of us has to manage our own emotions.

Things are hard right now. It's not fun, but it is the way it is at the moment. The only choice you have here is whether to make things worse or better. Can you choose love?

### **2. Summon up all the compassion you can for yourself**

Okay, you aren't at your best right now. Maybe you're being grumpy or irritable or whining or snappish. That's not a sign that you're a bad person. It's a sign that you need some help. Your job is to be the grownup in the situation and give yourself that help. (as opposed to taking your upset on someone else)

That starts with giving yourself some nurturing and support. With support, you can handle hard things! Start by speaking kindly and tenderly to yourself, reassuring yourself. Remind yourself that every parent feels this way sometimes.

# Brenton's Blurb continued...

## **3. Just be with yourself for a few moments**

You'll notice annoyance or impatience, but take a deep breath and look past your judgements (why can't he just behave) to the fears behind your anger (what if he's still doing this when he is 20?) If I were a better parent, this wouldn't be happening. Will I ever get my needs met? Then, notice that part of this is that you're running on empty and feeling resentful. This isn't about your child.

Behind our annoyance there is usually fear or grief or hurt or powerlessness. On those challenging days, there is often exhaustion and resentment.

The secret is that once you hold yourself with compassion and let yourself feel those emotions, they start to evaporate.

Just don't take action based on those feelings.

That urgent need to set your child straight right now! Or call your partner to tell them off because you have to handle too much. This means you are in fight mode. Instead, take a deep breath, hug yourself, and allow the more vulnerable feelings underneath to surface.

This is one of the most important steps toward emotional wholeness and healing you can take—just feeling those yucky emotions that come up in the course of your everyday life, instead of fending off those uncomfortable feelings with little addictions like screens, food and shopping.

Many of these feelings are triggered by baggage that goes back to our childhood.

Every time you simply love yourself through an emotion by letting yourself feel it without acting on it, you're dissolving it, emptying it out of your emotional backpack. You are actually retiring your brain.

## **4. Move your body to shift the emotion**

Take ten deep breaths. Shake out your hands, jump up and down. Do a yoga stretch. Run your hands under warm water. Put on music and dance for five minutes. If you find yourself yawning or trembling, that's just the emotion leaving your body.

## **5. Give yourself a hug**

Acknowledge your courage in being willing to face those upsets that were making you irritable. Appreciate all you are and all you do and how hard you try. Acknowledge that this is a hard day, and everyone has them. Now you are ready to go back and reconnect with your child.

*Cheers*

*Brenton*



# EASTER

*Art*

*with Mrs Jones*





# Happy Haven OSHC

## School Holiday Program








### COBDOGLA VACATION CARE – AUTUMN 2023

| MONDAY 17 <sup>TH</sup> APRIL<br>EXCURSION<br>Chaffey Theatre  | TUESDAY 18 <sup>TH</sup> APRIL<br>Pyjama Party   | WEDNESDAY 19 <sup>TH</sup> APRIL<br>EXCURSION<br>Renmark Paringa Community Museum  | THURSDAY 20 <sup>TH</sup> APRIL<br>EXCURSION<br>Renmark North OSHC for James' Travelling Magic Show's Workshop  | FRIDAY 21 <sup>ST</sup> APRIL<br>Sustainable Superheroes  |
|--|--|--|---|---|
| <p>Arrive By: 9:00am<br/>Return By: 1:00pm</p>  <p>Today, children can spend the day relaxing in the comfort of the Chaffey Theatre. Make sure to pack lots of yummy snacks to enjoy while you are watching the film, "Argonuts".</p>  |  <p>Let's enjoy a day chilling out at OSHC with hot popcorn! Wear your pyjamas, bring a pillow, sleeping bag, your favourite movie, and some yummy snacks as we have some extra chill out time with a few games in-between.</p>  | <p>Arrive By: 9:30am<br/>Return By: 3:00pm</p>  <p>Children will get the opportunity to explore the unique Renmark Paringa Community Museum. There are a range of different exhibits for the children to interact with! They are sure to come away with a wealth of new knowledge and curiosity.</p> <p><b>*Don't forget to bring a SunSmart hat, a packed lunch and water bottle.*</b></p> | <p>Arrive By: 1:00pm<br/>Return By: 4:30pm</p> <p>Today, the children will be heading to Renmark North OSHC to learn the secrets of magic with James' Travelling Magic Show's Workshop! The children will walk away from this workshop with new magic skills and a goody bag to enjoy at home!</p>  <p>Check out their website:<br/><a href="http://jamestravellingmagicshow.com.au/">http://jamestravellingmagicshow.com.au/</a></p> | <p>Today is all about celebrating our Earth for Earth Day on the 22<sup>nd</sup> of April. Come along for a day of sustainable fun! Today, we'll be becoming Sustainable Superheroes. We'll be making some zero-waste goodies, creating some crafts with recycled and sustainable materials, and using our newfound sustainable awareness to play some action-packed games. We can't wait to see you there!</p>  |



### COBDOGLA VACATION CARE – AUTUMN 2023

| MONDAY 24 <sup>TH</sup> APRIL<br>ANZAC Day  | TUESDAY 25 <sup>TH</sup> APRIL<br>CLOSED  | WEDNESDAY 26 <sup>TH</sup> APRIL<br>INCURSION<br>Rhythmic Drumming<br>Riverland   | THURSDAY 27 <sup>TH</sup> APRIL<br>When I Grow Up   | FRIDAY 28 <sup>TH</sup> APRIL<br>EXCURSION<br>Wilabalangaloo Reserve  |
|---|---|---|---|---|
| <p>Join us here at OSHC in remembering the Australian and New Zealand Troops that gave their lives to protect our country. We will be honouring them by making red poppies crafts and medals, and cooking ANZAC biscuits.</p>  |  | <p>Arrive By: 8:30am</p>  <p>Today we will have a chance to learn about rhythmic drumming from Mick Scordo. We will get a chance to beat some drums and follow along with Mick to create a rhythm.</p> | <p>Today, come dressed up as what you want to be when you grow up. Throughout the day, there will be a variety of science activities, arts and crafts, and cooking to enjoy. Families/caregivers are invited to come along and talk to the children about their careers.</p>  | <p>Arrive By: 9:00am<br/>Return: 2:30pm</p>  <p>Today, we will be heading to Wilabalangaloo Reserve. Here we can enjoy a packed picnic lunch, kick the ball around and take a short walk.</p> <p><b>*Don't forget to bring a SunSmart hat, a packed lunch and water bottle.*</b></p> |



# April is Autism Month

Showing support for Autism SA's  
vision for an inclusive society

## Facts about autism



estimated Australians are autistic

### 205,200

estimated Australians are  
diagnosed as autistic



more than  $\frac{3}{4}$  of Australians on the  
spectrum are young  
(between the ages of 5 – 24)

### 38%



of Australians  
on the spectrum participate in the  
workforce (compared with 83.2%  
of people with no disability)



### 12,900,000

estimated parents/ carers,  
siblings grandchildren touched by  
autism daily

### 29%



of people on the  
spectrum have skills that are  
considered exceptional

### 70%

of autistic people also have one  
co-occurring condition, 40% have  
two or more

For more information about autism please visit  
The Spectrum website, [www.thespectrum.org.au](http://www.thespectrum.org.au)

For more information about supports and services at Autism SA,  
scan the QR code or visit [autismsa.org.au](http://autismsa.org.au)



#### SOURCES

Heylene, G., Aspestagh, L., Dierckx, J. et al. J Autism Dev Disord (2018) 48: 2272. Australian National Survey of Mental Health and Wellbeing (2007) ABS.  
Disability, Ageing and Carers, Australia: Summary of Findings (2015) ABS. DSM-5

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ASA\_AM\_INFOPOSTER\_23



# COMMUNITY NEWS



## REGISTRATIONS ARE NOW OPEN for netsetgo for 2023

***The Program will begin Term 2, Week 1  
Wednesday 3rd May***

***NetSet - Born 2015, 2016, 2017, 2018  
5:15pm - 6:00pm***

***Go (U9's) - Born 2014  
5:15pm - 6:00pm\****

*\*Our U9's are also invited to train with our U11 teams each week from 6:00pm-6:30pm and will also have the opportunity to be involved in some games against other Riverland towns throughout the season.*



Please Register for netsetgo on Play HQ via the link provided on our Facebook Page. Children must be attending school to register.



**@barmeranetballclub**



**barmeranetballclub@gmail.com**

# COMMUNITY NEWS



**Net Set GO!**

**Thursdays 4pm**

Commencing 4 May 2023 | 13 sessions



## **Who can participate?**

5 - 10 year olds, girls and  
boys, no previous  
experience required

## **Cost**

\$100 per participant  
(includes shirt and ball)  
Sports Vouchers accepted

## **Registration Link**

<https://www.playhq.com/netball-australia/register/89f33b>

*For more info contact the club - cobbynetball@outlook.com*

# COMMUNITY NEWS

## New Age Stem Club

At the Berri Library

Join us for Art and Science activities

Focusing on Stem odd weeks throughout the term  
even weeks Art & Craft



**Thursdays – 2.45pm – 3.45pm**

These sessions are FREE

and are suitable for ages

STEM 6-12 years

Art & Craft 2-5 years

No booking required

Children will require assistance of  
a parent or carer

During school terms only

Contact the Berri Library for more information

Kay Ave, Berri

(08) 85952666





# COMMUNITY NEWS



At the

Berri Library

Come along and create a masterpiece

**Friday 10.00am**

During school terms only

**Open to all children between 2 - 4 years**

Children must be accompanied by a parent or carer

No booking required

It's free

Contact the Berri Library

For more information

Kay Ave, Berri

(08) 85952666



# COMMUNITY NEWS



## JOIN THE FUN!

### BARMERA-MONASH FC

**Barmera Oval**

**Fridays 4.30-5.30pm**

**Dillon Millard 0439 688 038**

**Centre starts: May 5**

**[play.afl/auskick](https://play.afl/auskick)**



# Autumn April **SCHOOL HOLIDAYS**

Tuesday 18 April



**Decorative Bird  
Houses**  
2pm

Friday 21 April



**Lego  
Wrecking Balls**  
2pm

Monday 24 April



**Whacky Candle  
Moulding**  
10am

Wednesday 26 April



\$5 pp  
**Spectacular Kids  
Cake  
Decorating**  
10am  
payment on  
booking

All Holidays



**Making Fireflies**

All day  
craft

Details

Bookings required for  
events except fireflies

**8588 28 72**

Barmera Library  
Barwell Ave Barmera



**Berri  
Barmera**  
COUNCIL

**BERRI BARMERA**  
LIBRARY SERVICE