

## 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: 5 term 2 week 1

5th May 2023

Dear Parents/Caregivers,

Welcome back to term 2

#### **ANZAC Day Dawn Service**

On ANZAC day a group of our Student Representatives (Tyler, Lacey, Damien and Jordan) attended the Dawn Service to pay their respects to those who have served and continue to serve our country. It was a moving and meaningful experience for our students, who were able to reflect on the sacrifices made by our service men and women. Thanks to Mrs Gillespie for her support in organising and leading the students, we are grateful for her commitment to ensuring students can participate in this important event. We would also like to thank the Parents/Carers who supported their children in attending the Dawn Service.

#### **SAPSASA Swimming**

Congratulations to Judd Ivanovic who was selected in the Riverland SAPSASA Swimming team. Judd competed today in Adelaide and we wish him all the best.

#### **SAPSASA Netball**

Next Friday 12th April, Cobdogla and Kingston on Murray Primary School are competing in the Riverland SAPSASA Netball Carnival at Loxton. The students have been practicing at lunch time are looking forward to the event.

#### Hats

In terms 2 and 3, students are still to bring their hat to school, however they will only be required to wear it when the UV rating is high.

#### **Preservice Teacher**

We are pleased to welcome Mr Will Kroehn as a preservice teacher to our school for his first professional experience placement. Mr Kroehn will be working with our students in the year 2 class every Thursday as he completes his initial teacher education program.

#### **Mother's Day Stall**

As we approach Mother's Day, we want to take a moment to celebrate all the mothers, grandmothers and mother figures who have made a difference in the lives of our students. So students can show their appreciation, the Parent Group will have a special Mother's Day Stall setup next Friday morning in the gym. Students can bring money into school and purchase a small gift/s. Thanks to the Parent Group for organising this initiative. We wish all Mothers a very happy and special Mothers Day!

Have a great week.

David Ness Principal



Happy Mothers Day next Sunday to all our wonderful school community Mothers, Grandmothers and Carers

\*Respect

\* Honesty

\*Responsibility

\*Personal Best

## SCHOOL NEWS



## Book Fair - Week 4

Just a quick note to remind students and parents that the Scholastic Book Fair will be coming to School Gym in week 4, starting Monday 22rd May and will run until Thursday 25th May. Books may be purchased between 8:30–9:00am and 3:15–3:45pm on these days. With each purchase students will receive a raffle ticket to go into a draw to win a book. A flyer is going home with students with more details.



## fundraising Pie Drive



Next week a Waikerie Bakery Pie Drive fundraising flyer is going home. \$2 from every pie sold will go towards to the purchase of new playground equipment.

All orders and money need to be in by Monday 5th June. Pick up will be Thursday 22nd June from the gym.

This has been a wonderful fundraiser for our school in the past and bonus is, you get to fill your freezer with yummy pies for winter! Please help us make this fundraiser a success and share with your family and friends.

Thank you Parent and Friends Group

# REMINDERS

## **Upcoming Events**

Friday 12th May - Parents & Friends Mothers Day Stall

Friday 12th May - SAPSASA Netball

Thursday 18th May - Dream Big Excursion, years 3-6

Friday 19th May - Choir Cluster @ Waikerie

Week 4 - BOOK Fair

Wednesday 31st May - School Photo Day





## **Medication Plans/Personal Details**

Please notify us if there have been any medical changes with your child/ren over the holidays.

We also require to be notified in writing if there have been any changes to personal details, eg. address, phone numbers, emergency contacts.

It is important to keep us updated so that we can provide the best care for your child and be able to contact you in case of emergency.

Thank you, Front Office Staff.



#### **SCHOOL PHOTO DAY**

**Wednesday May 31** 

All photo envelopes need to be returned by Friday May 26

All students have been given a school photo envelope/flyer detailing photo package selection.

It is important that each student return their own envelope containing the correct money. (cash or online option available) ALL photo envelopes need to be returned by Friday May 26, even if you are not ordering. Family photos are also an option, please see the front office if you require a family envelope. Any enquiries, please see the team at the front office, thank you.



## Premier's Be Active Challenge 2023



#### 10 Week Challenge Completed sheets due Friday 7th July

This week a log book has been provided to each student. Some class teachers will send this home with students for you to fill in, some will keep them in the classroom. Students will need to record their activity in the log book.

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 at the end of term 2 will be rewarded with a medal!

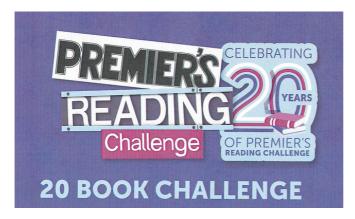
We are aiming for as many students as possible to participate and complete the 10 week challenge. Last year we were one of the High Achieving Schools in the state that completed 10 weeks of the Premier's be active Challenge and were invited to the Premier's Reception and were awarded a certificate and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

Lets get active to achieve this goal again!

## May is National Family Reading Month

Our focus is families reading aloud together. Research shows us that regular reading aloud with family members is a powerful predictor that children will become frequent readers. We also know that the majority of children love it!! Reading together also incorporates invaluable, quality time with your child/ren. Reading is a lifelong skill that is important for all areas of their learning.





How is your Premier's Reading Challenge going? Set yourself a challenge to read a certain amount of books each week to achieve your goal! There will prizes for the first class to complete the challenge!





## ANZAC DAY DAWN SERVICE



On ANZAC Day, SRC students Tyler, Lacey, Damien and Jordan attended the Dawn Service to pay their respects to those who have served and continue to serve our country. It was a moving and meaningful experience for our students, who were able to reflect on the sacrifices made by our service men and women.

Attending the Dawn Service was an early start but it was a great experience to be part of.

Lacey

It was interesting to hear stories of of some of the people that went to war.

Tyler

It was really good to be there bright and early to pay our respects to those that fought for us to have a good country to live in

Jordan

My favourite part was laying the wreath on the Cross of Sacrifice. I was really proud to wear my great grandpas medals who fought in World War 1.

Damien

## Reward Day was so much fun!





# Wellbeing Corner GRATITUDE



Gratitude It is always important, especially in difficult times, to appreciate the things that we may take for granted – like having a place to live, food, clean water, friends, family, even access to technology. Gratitude is pausing to notice and appreciate these things, it's taking a moment to reflect on how fortunate we are when something good happens — whether it's a small thing or a big thing.

Did you know that practicing gratitude for 21 days in a row can re-train the brain to look for positives in the world instead of negatives? By simply being grateful, children and young people can experience a greater sense of optimism, happiness and calm.

Challenge yourself to practice gratitude and see the difference.



## Coping Skills - Resilience



### Each newsletter we will be touching on resilience.

Helping children build the inner strength to cope with adversity and the ups and downs of growing up is one of the best things parents can do. Having the confidence and skills to face, overcome or even be strengthened by hardship is a powerful thing to teach them

#### What is resilience?

"Resilience is the ability to do well in spite of stresses. It is about successfully coping with problems and building strengths that promote wellbeing.

Our resilience comes from a combination of:

- our individual genetic makeup
- the skills, strengths and attitudes we develop
- the support we have from people around us in our family and community.

How resilient we are is not fixed but can grow and change over time. We can show resilience in some situations but not cope so well at other times.

The first step in helping children to cope is to protect them from major stresses where possible. The more adversity children face, the more it is likely to affect their wellbeing. Building strengths for coping benefits all children whether or not they face big issues.

Children need to feel:

#### 'I can make a difference', I can:

- find ways to solve problems
- Talk to others about things that frighten or bother ne
- control myself when needed
- find someone to help me

#### 'I am a worthwhile person'

- loved and loveable
- happy to do things for others and show I care
- respectful of others and myself
- willing to be responsible for what I do

### 'I have people I trust who Love and support me' They:

- show me how to do things right
- want me to learn to do things on my own
- will keep me safe

#### Children also need:

- be safe and fell safe
- to feel they can count on you
- to feel included and appreciated
- to make a contribution
- positive ways of thinking
- a sense of optimism
- · to try new things
- to learn to persist

We cannot always prevent things going wrong for our children but we can help them build strengths for coping.



# Brenton's Blurb

#### HELPING YOUR CHILD DEVELOP GOOD JUDGMENT

Many adults are crippled with indecision when faced with difficult choices. Others, worse yet, make self destructive choices and repeatedly demonstrate poor judgement. But no one is born with good judgment and the ability to make wise decisions. Good judgment and decision making skills develop from experience combined with reflection.

"Judgement develops from experience. Good judgement develops from bad experience.

So our goal as parents is to give children experience in making decisions, and make sure they have the opportunity to reflect on those decisions and learn from them.

We also want to raise children who feel good about themselves, so they can take pleasure in making good decisions, rather than bad ones.

So how can you help your child develop good judgement?

#### 1. Practice, Practice, Practice

Give your child practice making choices even before she begins talking and she will never have a problem making decisions.

#### 2. Be clear about his span of control

Emphasize what he has the right to make decisions about, and what areas you as the parent retain the right to exert control over.

#### 3. Consciously help your child develop good judgement by reflecting with him

Many people never develop good judgement because their experience isn't accompanied by reflection. Help your child make decisions consciously: How will you decide what to draw in free art?"

#### 4. Making the process of decision making

Share how and why you make decisions from the time your child is tiny. "I think I'll bring an umbrella on our walk. It looks like rain."

#### 5. Expect your child to make some bad decisions

He's still learning about himself as well as life. It's just more opportunity for reflection and the development of good judgment, as long as you help him consider afterwards how things could have been different if he had made different choices.

Remember to ask questions and be supportive, instead of lecturing. That way he discovers for himself what he wishes he had done, instead of getting defensive about what you think he should have done.

#### I'll just finish with some great questions to ask you child.

- Is there some part of you that thought maybe that wasn't a good idea?
- What kept you from listening to that part of yourself?
- I wonder what you could do now to make things better?

Cheers,

**Brenton** 



### COBDOGLA PLAYGROUP

Friday Mornings
9am - 10.30am
Cobdogla Primary School



#### All children 0-5 are welcome to attend

- Playgroup is FREE
- Activities planned to nurture curiosity, enhance creativity, create social connections, early learning development in literacy and numeracy, music and movement and so much more!
- Please bring a hat, water bottle and a piece of fruit
- A welcoming environment for Parents/Carers to connect
   \*tea and coffee facilities available



For more information please contact the school on 8588 7131

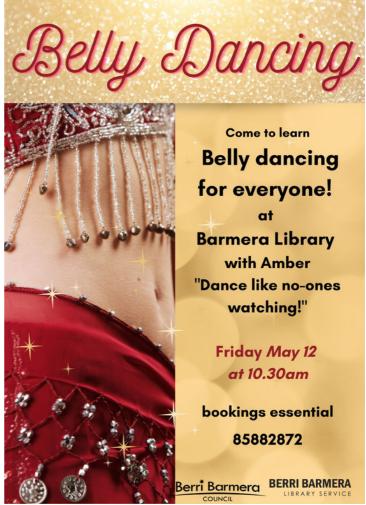




PLAY • EXPLORE • LEARN









SCHOOL

COBDOGLA PRIMARY SCHOOL

START DATE

TUESDAY 25TH OF JULY

**FINISH DATE** 

TUESDAY 12TH OF SEPTEMBER

TIME

3:30 - 4:30

The 8-week program will begin on Tuesday the 25th of July and will run on consecutive Tuesdays until Tuesday the 12th of September.

it will run directly after school on the school oval from 3:30 - 4:30pm.

if you use the sports voucher, the program is free. if you have already used the voucher elsewhere, the program will cost \$100.

You receive a ball, drawstring bag and shinpads after your first session.

If you have any queries or questions contact me, James at
james.wallace@footballsa.com.au or on 0402688994

FOOTBALL IN

To register online visit the link below. select 'Cobdogla Primary' and continue through the process. At the end of the process use the code "SVoucher23" to use the sports voucher to make the program free of cost.

https://registration.playfootball.com.au/common/pages/reg/WelcomeRegPlus.aspx?entityid=77505&save=0

#### TO PAY ONLINE PLEASE VISIT

www.footballsa.com.au/footballinschools

CONTACT: james.wallace@footballsa.com.au

#### What is Football in Schools?

Football in Schools works with the National MiniRoos program to deliver football in a fun, safe and inclusive environment. It consists of weekly sessions that build skills through progressive football exercises and games, with a focus on fundamental movement skills. All participants receive a participant pack and giveaways.

#### **More Information**

0402 688 994 gamedevelopment@footballsa.com.au









0408 988 483 | info@dancesa.com.au



#### What is being consulted on?

Council is seeking input from the community on three proposed jetty concept designs.

This consultation is focused on the community's preference of three design options.

#### Phase One and Phase Two Engagement

Phase One: In January 2023, Council sought input from the community to understand what residents wanted to see as part of the new jetty design, including gathering feedback on the style, shape and possible features to be included.

As part of Phase One engagement, Council received 299 submissions.

This early feedback was used to inform the three new jetty concepts. Key themes were identified specific to usability and accessibility.

Phase Two: Council is now seeking feedback on the three jetty concepts, with a focus on which design is the preferred.

The feedback gathered during the Phase Two engagement period will be used to develop the project into a preferred jetty design which meets the needs and aspirations of the community and allows for Council to proceed with detailed design documentation.

#### What happens with my feedback?

Following the outcome of Phase Two, a report will go to Council for endorsement of the preferred option.

#### How is the project being funded?

Council has allocated funding for the concept design phase, including community consultation. Following endorsement of the preferred concept plan, Council will seek external funding for the construction process.

#### How can I give feedback?

- Online: <u>www.surveymonkey.com/r/</u> <u>LDM3DYS</u>
- Email: bbc@bbc.sa.gov.au
- In person or mail: Berri Barmera Council located at 5 Riverview Drive, Berri
- In person or mail: Berri and Barmera
  Libraries

Phase Two Engagement



April 26th 2023 to May 24th 2023

**View the Concepts** 



Online or The Barmera Markets (Sunday May 7th)

Other opportunities to view the concepts

Berri Barmera Council

or

Berri & Barmera Libraries (during office hours)

Please submit your feedback by Wednesday 24 May 2023, at 5pm



For more information, please visit www.berribarmera.sa.gov.au/jetty-redevelopment



## Tell us your preferred Jetty option

