



Principal:
Karen Knox

Deputy Principal:
Michelle Smith

School Counsellor:
Scott Whitters

Council Chairperson:
Alison Turner

POSHC
(Pimpala Out Of School Hours Care)
Director: Hazel Godfrey
0413 482 521

WEEK 3, TERM 4
Friday, 4th November,
2016

The next assembly will be on
Friday, 25th November, at
1:30pm at the Celebration of
Learning Concert.

note



Download our app
from the App store
or Google Play

Kitchen Garden Volunteers: 0408 637 850
Student Absences: 0412 089 811

WHAT'S INCLUDED?

- **Transition Dates**
 - **Cake Stall Donations**
 - **Celebration of Learning Concert**
 - **Kitchen Garden Program**
 - **Reception Transition Visits**
 - **Christmas Giving**
 - **Parent Opinion Survey**
 - **Rec – Year 5 Swimming**
 - **School Closure Day**
 - **Sports Day**
 - **Sports Day Help**
 - **Year 6/7 Aquatics**
 - **Community News**
- **Back Page: Miss Shillum's Year 6/7 class - Friday Afternoon Buddy Time**
- **Inserts:**
 - **Sports Day Flyer**

DIARY DATES

10 Nov Sports Day
 11 Nov School Closure Day - no assembly
 15/16 Nov Year 6/7 Aquatics
 25 Nov Celebration of Learning Concert
 28 Nov- 9 Dec R-Year 5 Swimming

Feedback: dl.1059.info@schools.sa.edu.au

Pimpala Press

* RESPONSIBILITY * RESPECT * COMMUNICATION *
* EXCELLENCE * FRIENDSHIP *

Over the past week all students have participated in lessons in the Life Education van. The interactive lessons help children to develop relationship skills, positive communication (both face to face and online), problem solving and decision making skills. Students have the opportunity to develop strategies and practice the skills required to live a healthy lifestyle. Students really enjoyed the program and teachers have continued the discussions about healthy lifestyles back into the classrooms. For further information about the program and how you as parents can support their learning, please go to their website lifeeducation.org.au.

The school is abuzz at the moment with the prospect of some important school events coming up. On Thursday 10th November we have the annual Pimpala Sports Day where all students participate in outside games and activities culminating in the whole school participating in the relay. If you live close to the school you will be hearing the practice of the chants this week! Go Morphett! Go Bain! Go Anderson! Go O'Sullivan!

'Pimpala's Got Talent' is another fabulous event for students that is well underway. During recess and lunch students are participating in heats and sharing their talents. We have a number of very talented students and it is great to have a forum such as this for them to perform. There will be more information about Pimpala's Got Talent in following newsletters.

On Friday November 25th we have our first 'Celebration of Learning' concert. Teachers and students are busy preparing for a fusion of performance and sharing what they have learnt throughout the year. Practices are in full swing and we hope you can join us for the main event in the hall.

As you can see we are heading into the busy part of the year with these events and also swimming, aquatics, transition visits, class events and for Year 7s, their Graduation. Please keep your eye on the App and school website for further information.

I look forward to an amazing end of year at Pimpala!

Karen Knox
Principal



Government
of South Australia
Department for Education
and Child Development

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KITCHEN GARDEN PROGRAM

Term 4 for the Stephanie Alexander Kitchen Garden Program is certainly a busy one!

- Weeks 1-3 - Year 1 - Ms Sims & Ms Howlett's classes participated in the program.
- Weeks 4-6 - Reception classes - Mrs Egglestone, Mrs Lang & Mrs Ryles' classes are now participating in the program.
- Week 7 - Happy Valley Elderly Citizens Housing Southern Day Program residents will be visiting us on Tuesday and Thursday. Students will prepare and serve afternoon tea as well as take the residents on a tour of our beautiful kitchen garden.
- Week 8 - Some classes participating in Christmas cooking.
- Week 9 - Volunteers Morning Tea

Year one classes have enthusiastically embraced the kitchen garden program this term. They have engaged in such activities as "Garden Detectives" and harvesting produce from our flourishing vegetable garden for cooking lessons as well as making pots out of newspaper in which we have sown zucchini and dwarf bean seeds.

Classes have had lots of wonderful volunteer helpers to assist in the preparation and cooking of this term's menu.

Spinach, Feta and Garlic Dip
Herb and Cheese Pinwheels
Nacho Flavoured Popcorn
Cheese and Chives Dip
Pizza
Rainbow Fruit Skewers
Creamy Dill Dip
Mini Fruit Cupcakes
Fresh Fruit Lemonade

This is the time of year when we plan and prepare the garden for next year. Primary classes will assist me in composting the remaining crops, preparing soil and planting out summer seedlings ensuring there will be ample produce for when school returns in 2017.

Currently the vegetable garden has an excess of produce such as fresh herbs, silver beet and varieties of kale. Some of this produce I will prepare, cook, freeze and/or preserve for next year.

The remaining produce will be available for families to purchase. This was something we trialled last term for the Year 4/5 families as part of their after school Art Exhibition. It was a truly wonderful and rewarding experience to see so many students visit the garden with their families and friends and harvesting fresh produce to take home to cook. It was hugely successful and the garden raised \$41 which will go towards the purchase of summer vegetable seeds and seedlings.



Wednesday the 9th of November will be 'Market Day', a day when the garden will be open from 8.30am - 9:30am and 2:30pm-3.30pm for parents/ grandparents/ caregivers to pop in and visit and help themselves to produce for a gold coin donation.

Michele Ormsby-Smith
Stephanie Alexander Kitchen Garden Program
Coordinator
0408637850

RECEPTION TRANSITION VISITS

We welcome our 2017 Reception students for their transition visits for the next 3 weeks on Wednesday, 9th November, Tuesday, 15th November and Tuesday, 22nd November, during Weeks 4, 5 and 6 from 9:00am - 11:45am.

CELEBRATION OF LEARNING CONCERT

All classes are busily preparing for the inaugural Celebration of Learning Concert on Friday, 25th November at 1:30pm. Please put this date and time in your diary so you can enjoy this wonderful display of talent. We are looking forward to our students showcasing what they have learned during the year with a variety of performances.

YEAR 6/7 AQUATICS

During Week 5, the Year 6/7s will attend the annual Aquatics Program from Tuesday 15th to Wednesday 16th November. All students in Years 6 and 7 are expected to undertake the program.

Please ensure all Health Care Plans are up to date and that medications are within their use-by date.

RECEPTION - YEAR 5 SWIMMING

Reception to Year 5 students will participate in swimming lessons at the Noarlunga Leisure Centre during Weeks 7 or 8 of this term.

All students in Reception to Year 5 are expected to undertake this program. The cost is \$37 and **Payment is due by Wednesday, 18th November.**

Please ensure all Health Care Plans are up to date and that medications are within their use by date.

PARENT OPINION SURVEY

Thank you for your response to our Parent Opinion Survey. We appreciate all of your comments and feedback. This information is used to plan for future improvements.

SPORTS DAY

Which team will you be cheering for on **Sports Day, Thursday, 10th November?** Anderson (Blue), Bain (Green), Morphett (Red) or O'Sullivan (Yellow)?

We have planned some great events for all classes to participate in with students required to be in class at 8.50am, and then assembling under the COLA at 8:55am ready for all the events to begin.



The activities are programmed to continue until the end of the school day at 3:10pm. Come along and support your child/ren on this fun day.

There will be a cake stall, BBQ, and coffee vans.



SPORTS DAY HELP

As in previous years, we will have a BBQ stall and a Cake Stall on Sports Day and we need your help to cook and serve. We have prepared a roster so if you are available – even for just half an hour, can you please let the Front Office know.



CAKE STALL DONATIONS

We would really appreciate donations of cakes for the cake stall. We know there are many budding cooks out there – the Stephanie Alexander program would have made sure of that, so please donate items for the cake stall (eg cakes, cup-cakes, brownies, slices etc).

Can you also please ensure you list the ingredients on the items.

Please note: pursuant to our Nut Aware Policy we are unable to sell items which contain nuts.



SCHOOL CLOSURE DAY

There will be a School Closure Day on Friday 11th November.

POSHC will not be available. POSHC staff will be undertaking training and development.



CHRISTMAS GIVING

As in past years, Pimpala will be co-ordinating donations of canned and non-perishable food and presents for a local church to distribute to needy families. These items are used to make hampers for the less fortunate in our community.

Let's make it a great time for everyone this Christmas by bringing something to help struggling families. Please bring items including canned food, packet food or unwrapped new presents and toys to the Front Office.

It would be very helpful if we could get as many donations as possible as quickly as possible so the church can plan their hampers and distribute the food and goodies with plenty of lead time before Christmas. All donations are greatly appreciated. Thank you so much for your help.



ANXIETY

Do you or anyone you know suffer from Anxiety? Here are some great resources which may assist.

Reach Out is Australia's leading online mental health organisation for young people, providing practical support to help them get through everything from everyday issues to tough times. It also has helpful information for parents.

<http://au.reachout.com/tough-times/mental-health-issues>

Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives. Helps deal with anxiety and is levelled from 7 years of age to adult.

<http://smilingmind.com.au/>

Women's and Children's Health Network information and news on practical health issues for parents and young people

Kid's Health (6-12 year olds)

<http://www.cyh.com/SubDefault.aspx?p=255>

Parenting and Child Health

<http://www.cyh.com/SubDefault.aspx?p=98>

Parent hotline 1300 364 100

headspace has produced fact sheets and other resources designed for young people, family and friends of and professionals who work with young people

<https://headspace.org.au/resource-library/>



COMMUNITY NEWS

Woodcroft Library is having a party to celebrate the launch of the SUMMER READING CLUB and you are invited! Time: 2-3pm, Date: Sunday 4 December, Place: Woodcroft Library - 175 Bains Road, Morphett Vale. Participants must be library members and willing to register for SRC. For school aged children.



We've driven our rate down, so you can trade up

Need a roomier car for the family? Our very low car loan rate applies to loans from just \$5,000 and is available on vehicles under 2 years old.

By driving our car loan rate down we've made it easier for you to trade up!

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Member name
Credit Company 6012 7675
Southern area
Book a table 6702 7675
or visit [creditunionisa.com.au](http://www.creditunionisa.com.au)

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