From the Principal

Our first Pupil Free Day will be held on Tuesday 10th March, the day after the Adelaide Cup Public Holiday. Students can enjoy an extra-long weekend whilst all staff attend a Professional Learning Day in Gawler. We will be focusing on Positive Education. Positive Education is defined as education for both traditional skills and for happiness. The high prevalence worldwide of depression among young people, the small rise in life satisfaction, and the synergy between learning and positive emotion all argue that the skills for happiness should be taught in school. There is substantial evidence from well controlled studies that skills that increase resilience, positive emotion, engagement and meaning can be taught to school children. The structure under how it is measured and taught is PERMA.

1. (P) Positive Emotion

For us to experience well-being, we need positive emotion in our lives. Any positive emotion such as peace, gratitude, satisfaction, pleasure, inspiration, hope, curiosity, or love falls into this category – and the message is that it’s really important to enjoy yourself in the here and now, just as long as the other elements of PERMA are in place.

2. (E) Engagement

When we’re truly engaged in a situation, task, or project, we experience a state of flow, time seems to stop, we lose our sense of self, and we concentrate intensely on the present. This feels really good! The more we experience this type of engagement, the more likely we are to experience well-being.

3. (R) Positive Relationships

As humans, we are ‘social beings’, and good relationships are core to our well-being. Time and again, we see that people who have meaningful, positive relationships with others are happier than those who do not. Relationships really do matter!

4. (M) Meaning

Meaning comes from serving a cause bigger than ourselves. Whether this is a specific deity or religion, or a cause that helps humanity in some way, we all need meaning in our lives to have a sense of well-being.

5. (A) Accomplishment/Achievement

Many of us strive to better ourselves in some way, whether we’re seeking to master a skill, achieve a valuable goal, or win in some competitive event. As such, accomplishment is another important thing that contributes to our ability to flourish.

All staff will continue to be trained in Positive Education before it is rolled out to students. We all need to have a positive mindset so that when we are faced with adversity, we have the ability/skills and resilience to move forward. ‘Google’ Positive Psychology or Dr Martin Seligman for more information.

Positive Education fits really well with Play is the Way, which is currently being implemented across the school. Play is the Way aims to …. ‘Develop independent, self-motivated, self-regulating lifelong learners of strong moral character who are empathic, contributing members of their school and wider community and considerate of the world in which they live’. This aligns with the Australian Curriculum. Perhaps you could ask your child/children about Play is the Way and what it means to be ‘Brave’.

During play time our yard is split into three supervised areas: West, East and Grass. Each area has two teachers on duty who wear high visibility vests (fluoro yellow). There is also a teacher on duty in the time out room, library and Mrs Woodland (school counsellor) in the yard supporting lunchtime activities. Students are encouraged to go to the yard duty teacher, timeout teacher or the front office if they have a problem in the yard. Many students come to leadership after recess and lunch to tell us about a problem.
When asked about reporting to the yard duty teacher during play, students tell us they couldn’t find the teacher on duty, their problem was ignored, the teacher was too busy, nothing happened etc. This is not the case. If teachers are told about a problem they will deal with it on the spot. If the problem requires more time to sort, it will be referred to the front office. Obviously there are times when students do not tell teachers they have had a problem but will let parents know. We are more than happy for you to contact the school so we can sort the problem.

The Governing Council Annual General Meeting will be held on Tuesday 17th March at 7.15 pm in the staffroom. We are always looking for new members so if you are interested in nominating for council please return the slip at the end of the newsletter to the front office before the 17th of March.

At the next Whole School Assembly the newly appointed Student Action Team (SAT) members will be inducted into their new role. The SAT is an important avenue for all students to have a say about their school. Although we have a SAT member in each class, the SAT meeting gives voice to all students as information from class meetings is fed back to the SAT meeting and then to leadership if any action is required.

ICT Permission Forms were sent home this week with the oldest child in the family. These forms need to be signed and returned to the school so your child has continued access to computers, internet etc. ICT permission forms signed and returned in 2015 will last for the duration of your child’s enrolment at this site.

The Student Personal Data Sheet was also sent home with the oldest child in the family. Please take the time to check all details particularly, phone numbers and emergency contacts so that we can update student records. Please return this form, along with the ICT Agreement to the office as soon as possible. The first JP, MP and Up class to have all forms returned will receive a prize. Sometimes we need a little incentive to motivate ourselves!

A reminder that the JP Performance ‘My Friends and I’ will be held on Thursday 5th March. Notes have already gone home to families. Please contact the school if you need another one. The cost of the performance is $4 per child. Money and permission slips need to be returned to the office no later than Tuesday 3rd March.

Calling all volunteers. If you are interested in volunteering at the school or would like to continue volunteering in LAP, classroom support etc. join myself and Ann-Marie for a cuppa on Wednesday 4th March at 9am in the staffroom.

Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.

Lynda Fitzpatrick-Brown