



# CUMMINS AREA SCHOOL NEWSLETTER

Term 2, Week 1

## BUS DRIVERS

**Warrow**  
Ben McCracken - 0466 618 786

**Mt Hope**  
Kym Griffiths - 0400 667 472

**Karkoo**  
Susan Hughes - 0477 088 043

**Wanilla**  
Mick Carr - 0410 087 406

**Cockaleechee**  
Leon Seaman - 0429 703 030

**Douglas Well**  
Vince Diment - 0427 762 428

**Koppio/Yallunda Flat**  
Helen Robinson - 0428 885 017

**Brimpton Lake**  
Barry Boyce - 0418 762 319

Parents must contact the bus driver at least 24 hours prior to travel being required on an alternate bus.

**UHF channel 10**

## CONTACT US

- A. McFarlane St  
Cummins SA 5631
- P. 8676 2388
- E. DL.0754\_info@schools.sa.edu.au
- W. cumminsas.sa.edu.au



## PRINCIPAL'S MESSAGE

Welcome to Term 2. Term 2 signals a change in the weather, the craziness of winter sports and the commitments that go with it in small communities and busy farm times. This means lots of members of our school community with a lot on their plates and is something that we are always conscious of as we work through the term.



Whilst there aren't as many big sporting events for our school, there are still many opportunities for our students to be involved in interschool sports, STEM competitions and activities such as our Instrumental music programs. It also sees the beginning of camps as we look ahead to our Yr. 10 Careers Trip. This term we have programmed in two Student Free Days. Student Free Days are opportunities for staff to engage in professional learning and each site is allocated access to four throughout the year. We will also be holding a Day of Local Significance (staff and student school closure) on one of the days of the Cleve Field Days. This term we will be holding our Student Free Days on Friday, May 24th and Monday, June 24th. The first day will see us engage in Verbal Intervention and De-Escalation training with our Behaviour Support Coaches from the Port Lincoln Office. The second day will focus on the Statement of Purpose for Public Education and our Inspired Teaching and Learning plan.

One of the big casualties educationally from Covid that impacted our site was the loss of the Science and Engineering challenge, which no longer operates in SA. Keen to find an alternative option to enable our students to access something competitive, experiential, and educational with an engineering focus, we happened across the Hydrogen Car Challenge sponsored by Horizon. Claire Stephens and Jed Woolford are now leading an enthusiastic team of Yr. 10 students through building and developing cars to race against other SA schools this term. This has been a significant learning journey for both staff and students, but we are keen to continue offering this option to Yr.10 students in the future now that we have developed the basics within our site. Thanks to Claire and Jed for their enthusiasm and determination to make this successful. Good luck to our teams as they get into some solid car repairs over the next few weeks.

Our JP students had a fabulous start to the year as they embraced the Positive Behaviour for Learning Strategy and worked incredibly hard to meet a number of goals and rewards throughout the term, including an overall goal for the whole of JP to enjoy. It was empowering to see our young students supporting each other to meet these goals and work towards the common good of their community. Pyjama days were a big hit, as were opportunities to share a hot chocolate or milkshake with Mr. West. Excellent work JP staff and students.

## CAS DATES TO REMEMBER

### TERM 2

#### WEEK 3

Mon 13/5 – Tues 14/5

- Parent/Teacher/Student interviews

Wed 15/5

- School Photo Day

#### WEEK 4

Fri 24/5

- Student Free Day

#### WEEK 9

Mon 24/6

- Student Free Day

#### WEEK 10

Sun 30/6 – Thurs 4/7

- Year 10 Careers Trip

### 2024 TERM DATES

#### Term 1

- Monday, 29 January – Friday, 12 April

#### Term 2

- Monday, 29 April – Friday, 5 July

#### Term 3

- Monday, 22 July – Friday, 27 September

#### Term 4

- Monday, 14 October – Friday, 13 December

We are extremely excited that our planned Canteen upgrade will be going ahead this term, with a start date of May 22nd. This will obviously impact the availability of the canteen for most of this term so just a heads up to prepare for this event. More information around plans / closure dates will be available soon.

We have set our Three Way (Student/Parent/Teacher) interviews for Monday and Tuesday the 13th and 14th of May. These interviews are a crucial part of our Assessment and Reporting Policy, and we encourage all families to attend and connect with their child/ren's teachers. The voice of the student is vital in their learning journey and as such they are included in the conversation. Details about how to book through Daymap will be available with this newsletter and we encourage you to book as soon as possible to snap up spots. Bookings will be open tomorrow (Wednesday) morning and will close on Friday, May 10th at 5.00 pm. If the times available do not work for you and your family, then please contact teachers to make an appropriate time and don't hesitate to contact the office if you are having issues. For Governing Council members, it will be a nice lead into our week three meeting. We look forward to seeing you all over the course of these two evenings.

Please be aware that next Monday and Tuesday we will be transitioning to a new operating system for school finance and administration. Whilst this will not directly impact families, we are aware that there may be intermittent issues with Daymap over these days as the transition occurs.

Have a great week.

Mel

## Student Lunch Passes

Students leaving the school grounds during the lunch break must carry a LUNCH PASS. There are two types of passes.

**1. REGULAR LUNCH PASS:** These will be issued at the beginning of each year on the written request of parents.

These passes are for students returning to their own home for lunch regularly. This pass is not to be used to access local shops to purchase lunch.

They may be issued to cover one or more days each week.

**2. SPECIAL LUNCH PASS:** Students are sometimes required to leave school for particular reasons on isolated occasions e.g. hair cuts, personal shopping, lunch at a friend's, or a birthday party.

For each occasion, the student requires **a written request from parents through Daymap**. Students will not be permitted to phone home during the day to access a lunch pass.

Students in Year 6 or younger must be accompanied by an adult when they leave the school grounds and have the written consent of their parents if the adult signing them out is not their parent.

Students in Year 7/8/9 must have written parental consent and be accompanied by another student the same age or older.

Students in Year 10 – 12 are able to leave the school grounds by themselves provided they have written parental consent. Our preference would be that they don't leave the school grounds alone.

All students who leave the school at Lunch time must sign out at the computer located at the Front Office. They must sign in on their return. This is an WHS requirement and applies to students with both Permanent and Daily Lunch passes.

# CASUAL SSO'S

for relief or short term cover work wanted at

**CUMMINS AREA SCHOOL**

Cummins Area School is seeking expressions of interest for a pool of casual **Student Support Officers (SSO)** to undertake relief or short term cover work. This role would mainly involve classroom and student support across the school.

#### Successful applicants must:

- hold or be willing to obtain a *Working with Children Check, Responding to Risks of Harm, Abuse and Neglect - Education and Care (RRHAN)* certificate
- hold a *Provide Emergency First Aid Response in Education/Care Setting*

For further information or to register your interest please contact **Lauren Foster** or **Anna Richardson**.

8676 2388

McFarlane Street, Cummins SA  
www.cumminsas.sa.edu.au



## order your school photos now

to order visit: [www.advancedlife.com.au](http://www.advancedlife.com.au)

enter code: **LQ6 3N6 PYT**



scan to order

or collect a cash order envelope from your school office



**advancedlife**  
school photography & print specialists

School photo day has been booked for **Wednesday 15th May (Term 2, Week 3)** and is fast approaching!

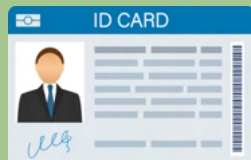
Order envelopes have been distributed between students however, AdvancedLife Photography would prefer if orders were submitted and paid for via the secure online AdvanceOrder web portal.

This portal is specifically set up for the school using the unique 9-digit online ordering code (**LQ6 3N6 PYT**) The code can also be found on your order envelopes, and on the AdvanceAccess dashboard.

**Parents who choose to place their order via the online portal do not need to return the order envelope.** Only families who still wish to pay with cash will need to return the order envelope on the day.

Family photo envelopes are now available for collection at the front office.

**SCHOOL ID CARDS FOR SECONDARY STUDENTS ARE NOW AVAILABLE AT THE FINANCE OFFICE AT A COST OF \$4.00 EACH.**



**PLEASE UPDATE THE FOLLOWING INFORMATION WITH THE FRONT OFFICE IF ANYTHING HAS CHANGED**



**HOME/RESIDENTIAL ADDRESS?**



**MOBILE NUMBERS?**



**EMAIL ADDRESSES?**



**EMERGENCY CONTACTS?**



**FAMILY INFORMATION?**

## Cummins takes home the shield at Interschool 2024

The annual EEPASSA Interschool Athletics Carnival was held at Cleve Oval on Wednesday, 3rd April. The carnival consisted of the seven Area Schools on the Eastern Eyre Peninsula, including Cummins, Cleve, Cowell, Wudinna, Kimba, Tumby Bay and Lock. Our team had an early start to be at Cleve ready for a 9:30am start. A crisp and clear day meant ideal conditions for athletes and spectators alike.

It was great to observe the effort, integrity and excellent sportsmanship of our student competitors and the encouragement from the other Cummins students and parent supporters. In the end, we managed to take out the open shield with 1151 points, narrowly beating Cleve who scored a respectable 1100 points. Our two school sports captains, Bree Shepperd and William Turner humbly accepted the award on behalf of the school.

We had a number of standout performers on the day in both the track and field events. Congratulations to the following athletes who won first place ribbons:

- Della Pedler – Junior girls 100m (A) & 200m (A)
- Jordan Branson – Junior girls 100m (B), 200m (B) & 400m (B)
- Kenzie Hancock – Junior girls 400m (A), 1500m (A) & 800m (A)
- Zora Curtis – Intermediate girls 200m (B)
- Annabelle Shirley – Intermediate girls high jump
- Bella Giddings – Senior girls 100m (A)
- Lily Tiller – Senior girls 100m (B)
- Maya Glover – Senior girls shotput
- Rocco Gale – Sub junior boys 400m (B)

- Jensen Fuller – Junior boys 100m (A)
- Ronan Jutzen – Junior boys 100m (B), 200m (B) & 400m (B)
- Mitch Blacker – Intermediate boys 200m (A), 400m (A) & 800m (A)
- Jack Tonkin – Intermediate boys high jump & discus
- Jy Williams – Intermediate boys shot put
- Clayton Colbert – Senior boys 100m (A), 200m (A), 400m (A) & triple jump
- Bailey Doolan – Senior boys 100m (B) & 200m (B)
- Joel Modra – Senior boys 400m (B) & 800m (A)
- Lachy Hancock – Senior boys 1500m (A)
- William Turner – Senior boys shot put

Sincere thanks to:

- Cleve Area School staff who organised the carnival.
- Parents and students who helped measure for Shot Put and High Jump.
- Staff attending on the day – Bronny Fitzgerald, James Pedler, Tara Puckridge and Kristen Scheffler.
- CAS Sports committee for organising practises in the lead up to the carnival.

A huge congratulations to every single student from Cummins Area School who competed on the day. Your determination, effort, positive encouragement and sportsmanship were excellent.

A big thank you for the support from families in helping to transport the team to and from Cleve.

Thanks,

Mr Tom Charlton



thank you to Kate Hancock for her photography

## LOWER EYRE PENINSULA DISTRICT TRACK AND FIELD CARNIVAL

On Wednesday 10th April, a team of 28 Cummins students aged 10, 11 and 12 years old competed in the annual Athletics Day held at Ravensdale Oval in Port Lincoln.

Once again our students competed with enthusiasm and determination and found some stiff opposition in many events. The 800 metre events saw three of our students gain first ribbons. We tended to do best in the 800 metres, 200 metres, long jump, shot put and discus. There were quite a few excited students who won first, second or third ribbons during the day.

### A number of our competitors won first ribbons including:

- 12 girls Kenzie Hancock – 800 metres, 200 metres, long jump
- 12 boys Tom Shirley – 800 metres
- 11 girls Shaylee Britza – 800 metres, 200 metres, 100 metres
- 11 girls Poppy Blacker – shot put
- 10 boys Beau Paech – shot put

### Second Place ribbons:

- 12 girls Lucy Hazelgrove – discus
- 12 girls Kenzie Hancock – 100 metres
- 12 boys Tom Shirley – 200 metres
- 12 boys Levi Roach – shot put
- 10 girls Stevie Minhard – discus
- 12 girls 4 x 100 metres relay – Kenzie Hancock, Layla Ness, Elkie Dunbar, Lucy Hazelgrove

### Third Place ribbons:

- 12 girls Lucy Hazelgrove – shot put
- 12 boys Tom Shirley – long jump
- 11 girls Mahlia Rogers – discus

- 11 boys Patrick Pedler – discus
- 10 girls Stevie Minhard – shot put

Thankyou to:

- Students for giving 100 % in all their events and encouraging other team members
- Parents and students who helped measure the long jump
- Tara Puckridge, who with Bronny Fitzgerald were the staff who attended and helped with measuring and relays
- Our wonderful group of parents who transported the students to Port Lincoln to compete in the carnival

From the carnival a team of students will be chosen to compete in the Sapsasa Country Track and Field Championships in Adelaide in September.

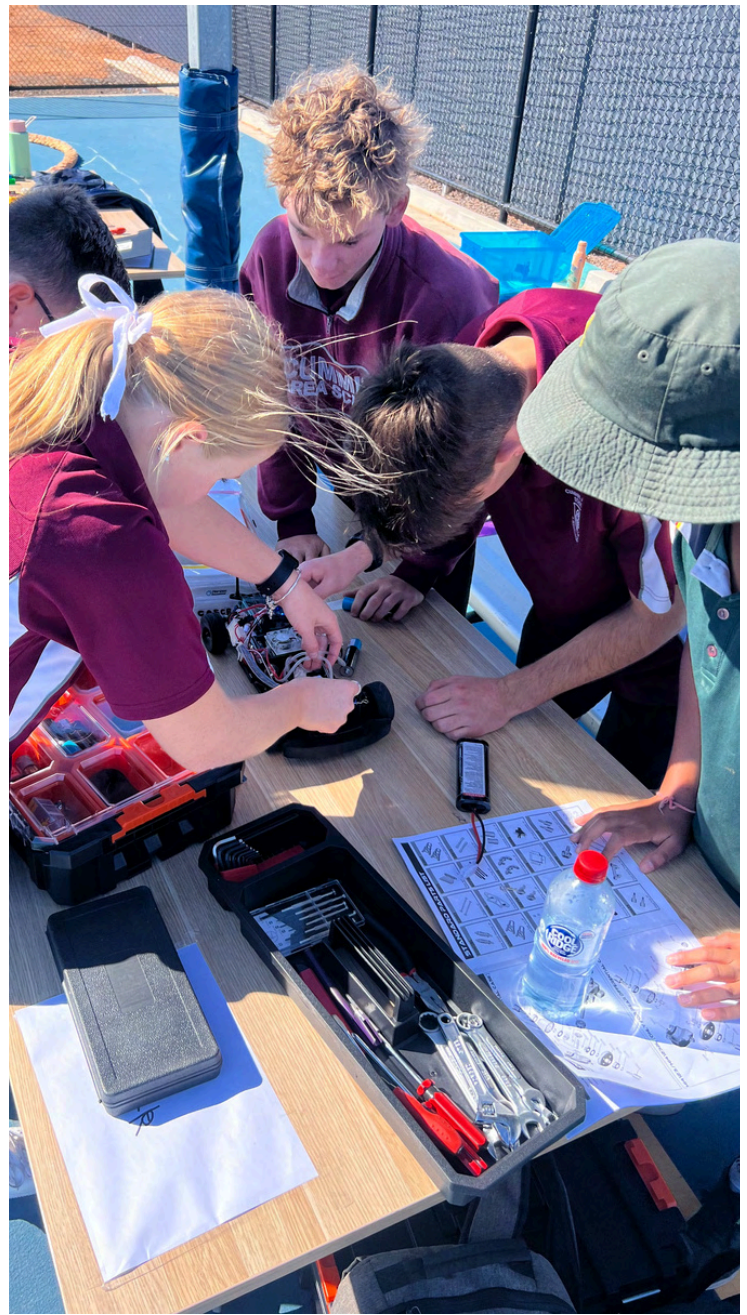
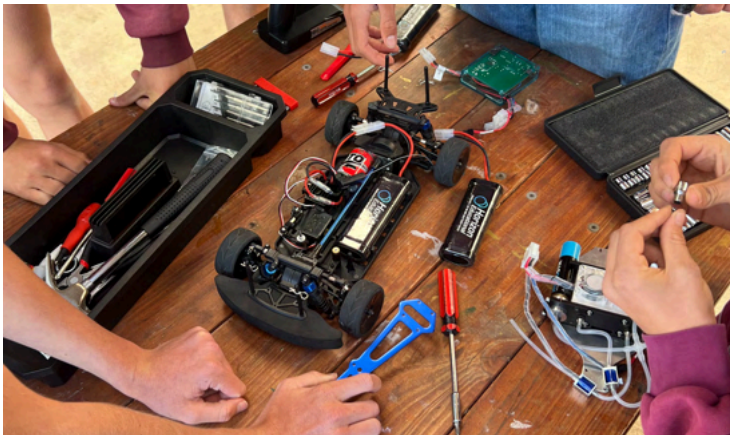


## Racing Hydrogen Powered Cars

Students involved in Year 10 Advanced Technologies have been working collaboratively in teams throughout the term to build and race Hydrogen powered remote controlled cars.

During Thursday week 10, they were provided with the opportunity to attend a test race in Whyalla where they raced against other students from Sunrise Christian School. Students were confronted with varying challenges, including multiple pit stops and many changes to team racing strategy throughout the 2-hour test race.

We thank Trudi Wynn and the students at Sunrise Christian School who provided their time, facilities and healthy competition for the race. Students will be competing in the Official Race in Adelaide on Friday 10th May against many schools across South Australia.





# CUMMINS SCHOOL COMMUNITY LIBRARY



✉ cummins.library@libraries.sa.gov.au  
🌐 [www.libraries.sa.gov.au/cummins](http://www.libraries.sa.gov.au/cummins)  
☎ 86762476  
📺 Follow us on Facebook or Instagram 📷



## Words Grow Minds

We are delighted to be part of the state-wide implementation of Words Grow Minds, a strategy aimed at increasing awareness of quality interaction during the early childhood years for essential brain development in 0-3 years.

*'This campaign gets straight to the heart of how parents and caregivers can help babies and young children thrive'*  
*Words Grow Minds Campaign for Services.*

Together, with collaboration and connection from local services, including Our Town: Cummins, CAFHS etc., we aim to support parents and families in their intent to provide the very best for their children. We will begin by providing clear, concise information and resources in our programs, plus give more opportunities for visiting health professional access.



**For more information, come along to our first Baby Bounce of the term, Friday May 3 @9.30, plus follow our social media channels for updates and releases.**

## CUMMINS AREA SCHOOL CANTEEN ROSTER TERM 2

|               | MONDAY                        | TUESDAY                        | WEDNESDAY                  | THURSDAY                        | FRIDAY  |
|---------------|-------------------------------|--------------------------------|----------------------------|---------------------------------|---|
| <b>WEEK 1</b> | 29/01/2024<br>Amy Fuss        | 30/04/2024<br>Sherie Watson    | 01/05/2024<br>Sheree Mills | 02/05/2024<br>Ashley Lawrie     | 03/05/2024<br>Leanne Vigar<br>*Sophie Blacker   |
| <b>Week 2</b> | 06/05/2024<br>Tammy Dunbar    | 07/05/2024<br>Gemma Crettenden | 08/05/2024<br>Jenna Hughes | 09/05/2024<br>Madeline Farrelly | 10/05/2024<br>Bernie Crettenden<br>*Sara Doudle |
| <b>Week 3</b> | 13/05/2024<br>Marika Giddings | 14/05/2024<br>Emma Gale        | 15/05/2024                 | 16/05/2024<br>Rachel Dennis     | 17/05/2024<br>Cathy Haarsma<br>Ali Coventry     |

**JUST A REMINDER TO ALL CANTEEN QKR USERS TO PLEASE UPDATE YOUR QKR APP INFORMATION OF NEW CLASS WITH YOUR CHILDREN'S PROFILE SO THAT THEIR LUNCHES CAN BE DELIVERED TO THE CORRECT CLASSROOMS.**

Thank you for volunteering to work at the Canteen. Please note shift times have changed.

Monday and Tuesday will now start at 12:00 pm  
Wednesday and Thursday from 11:30 am to 2:15 pm  
Friday will begin at 11:30 am and finish at 2:00 pm  
Friday \* starting time is 12.00 - 2.15 pm

**Our CAS Canteen now has a great range of various Gluten Free Options available to purchase for lunch. We have Gluten free hot savoury Pies, Pasty's n Sausage Rolls along with Wraps and some of our Weekly Specials are also Gluten free. Check them out on our QKR APP or on our 2023 Price List.**

Cummins Area School Canteen

# Stickybeaks Lunch Bags

Paper lunch bag alternatives



**\$10.50 each**

Our Canteen has available the Stickybeaks Reusable Lunch Wallets/Bags which are great alternative to using the Paper Bags and good for our environment too.

They are available in Pink, Green, Grey, Blue, Red, and Purple and can be easily ordered and paid via our Canteen QKR page under the heading of Lunch Bag, or you can collect and pay at the Finance Office.



## CUMMINS AREA SCHOOL merchandise

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*We have plenty of stock available from the Finance Office for any new 2024 students and replacements for any current students.*

*Please see either Anna Richardson or Cathy Haarsma to purchase any of the school stock.*

|  |                                    |
|--|------------------------------------|
| <b>CAS MAROON HATS</b>   | <b>\$13.00</b>                     |
| <b>CAS MAROON SCHOOL BAG</b>   | <b>SML \$50.00<br/>LGE \$75.00</b> |
| <b>ART SMOCK, MAROON</b>   | <b>\$18.70</b>                     |
| <b>PENCIL CASE, MAROON</b>   | <b>\$6.50</b>                      |
| <b>CAS LIBRARY BAG</b>   | <b>\$10.00</b>                     |
| <b>CASIO FX-82AU PLUS II</b><br><small>(REQUIRED FOR YR 7 - 10 STUDENTS)</small> | <b>\$39.50</b>                     |
| <b>HEADPHONE MOPO M831HP</b>   | <b>\$20.50</b>                     |



# COMMUNITY NEWS



**Week 3 17th May**  
**Week 6 7th June**  
**Week 9 28th June**

Please text if your children are meeting at School Shelter for pickup.  
Collect at Uniting Church Hall at 5.30pm

We are a Kids Club for reception to year 7's  
Full of FUN ,FOOD, & FAITH Based lessons.  
Please feel free to contact Amy Maddern  
0429090276 for more information



**Wk 2, 10th May**

Live Life Loud Road Trip!

**Wk 5, 31st May**

**Wk 8, 21st June**

Youth Group is for year 7-12 All welcome!  
Please Contact: Jordy Wilksch 0428865055  
For more information

## RAISING RESILIENT KIDS: COUNTERING HARMFUL MEDIA INFLUENCE

Care-givers & Community Information Session on navigating a s\*xed up world.



**MELINDA TANKARD REIST**

Author, speaker and Collective Shout Director  
melindatankardreist.com



**DANIEL PRINCIPE**

Speaker and youth advocate

NAVIGATING A S\*XED-UP WORLD: HOW CAN WE HELP OUR YOUNG PEOPLE RESIST HARMFUL MESSAGES AND SEEK RESPECTFUL RELATIONSHIPS?

Children seem to be growing up too fast. It is a challenge to protect them from harmful ideas when they are bombarded with hyperse\*ualised messages from media and popular culture.

Drawing from research and the experiences of young people, Melinda Tankard Reist will explore how the healthy development of young people is impacted by this messaging.

She will help parents to address this toxic culture and provide practical tips on raising happy, healthy and resilient young people who value their dignity and self-worth and aspire to relationships based on respect.

Her colleague, Daniel Principe, will also share on his work with boys, helping them be young men of respect and integrity.

### EVENT DETAILS

#### CEDUNA

WED 1ST MAY  
6PM - 7:30PM  
CROSSWAYS LUTHERAN

#### STREAKY BAY

THURS 2ND MAY  
7PM - 8:30PM  
COMMUNITY COMPLEX

FREE EVENT  
AGE 15+ ONLY

#### TUMBY BAY

FRI 3RD MAY  
7PM - 9PM  
TOWN HALL

For further information call  
Pepita March on 0439 393 080

Alternatively visit websites:  
melindatankardreist.com  
https://www.collectiveshout.org/

Proudly supported by



# ACE

Uniforms

**WWW.ACEUNIFORMS.COM.AU**

**Cummins Area School Uniform Supplier**

Ace Uniforms offer **FREE** shipping to the school for collection at the Front Office.

Alternatively choose "Ship to shipping address" and pay postage fee to have the order go direct to your chosen address.

### PRICE LIST

|                              |         |
|------------------------------|---------|
| <b>SUMMER DRESS</b>          | \$65.00 |
| <b>CAS SCHOOL JUMPER</b>     | \$60.00 |
| <b>CAS POLO SHIRT</b>        | \$34.00 |
| <b>SCHOOL PANTS (BLACK)</b>  | \$40.00 |
| <b>SCHOOL SHORTS (BLACK)</b> | \$22.00 |
| <b>BUCKET HAT</b>            | \$11.00 |

### COMMUNITY NOTICES

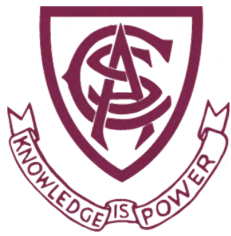
Community Group advertising in the newsletter is available at a minimum cost of \$6.00 (inc. GST) for up to 5 lines. Larger items of 1/4 page size cost \$22 (inc. GST) which is the maximum size for an article or notice.

Payment needs to be made to the finance Office prior to inclusion by Cash or Bank Transfer to our School account. No invoices will be issued for payment – a tax invoice / receipt can be issued upon request.

**BSB – 633 000, ACC – 112 105 770**  
**REF – Newsletter & Entity Name.**

Only Advertisements or notices of community interest or non-commercial value will be published.

**36 NAPOLEON ST, PT LINCOLN**  
**PH: 0421 797 612**



# CUMMINS AREA SCHOOL CANTEEN ROSTER TERM TWO 2024

|           | <b>MONDAY</b>                              | <b>TUESDAY</b>                        | <b>WEDNESDAY</b>                    | <b>THURSDAY</b>                        | <b>FRIDAY</b>   |
|-----------|--|---------------------------------------|-------------------------------------|--|---|
| <b>1</b>  | <b>29/01/2024</b><br>Amy Fuss              | <b>30/04/2024</b><br>Sherie Watson    | <b>01/05/2024</b><br>Sheree Mills   | <b>02/05/2024</b><br>Ashley Lawrie     | <b>03/05/2024</b><br>Leanne Vigar<br>*Sophie Blacker    |
| <b>2</b>  | <b>06/05/2024</b><br>Tammy Dunbar          | <b>07/05/2024</b><br>Gemma Crettenden | <b>08/05/2024</b><br>Jenna Hughes   | <b>09/05/2024</b><br>Madeline Farrelly | <b>10/05/2024</b><br>Bernie Crettenden<br>*Sara Doudle  |
| <b>3</b>  | <b>13/05/2024</b><br>Marika Giddings       | <b>14/05/2024</b><br>Emma Gale        | <b>15/05/2024</b>                   | <b>16/05/2024</b><br>Rachel Dennis     | <b>17/05/2024</b><br>Cathy Haarsma<br>Ali Coventry      |
| <b>4</b>  | <b>20/05/2024</b><br>Alicia Laube          | <b>21/05/2024</b>                     | <b>22/05/2024</b>                   | <b>23/05/2024</b>                      | <b>24/05/2024</b><br>Lucy Pedler<br>*Claire Mickan      |
| <b>5</b>  | <b>27/05/2024</b>                          | <b>28/05/2024</b>                     | <b>29/05/2024</b>                   | <b>30/05/2024</b><br>Hayley Ness       | <b>31/05/2024</b><br>Hannah Mickan<br>*Abby-Lee Minhard |
| <b>6</b>  | <b>03/06/2024</b>                          | <b>04/06/2024</b>                     | <b>05/06/2024</b>                   | <b>06/06/2024</b><br>Tamara Modra      | <b>07/06/2024</b><br>Kathy Modra<br>*Tegan Modra        |
| <b>7</b>  | <b>10/06/2024</b><br><b>PUBLIC HOLIDAY</b> | <b>11/06/2024</b>                     | <b>12/06/2024</b><br>Brooke Pugsley | <b>13/06/2024</b>                      | <b>14/06/2024</b><br>Coral Wagner<br>*Amanda Puckridge  |
| <b>8</b>  | <b>17/06/2024</b>                          | <b>18/06/2024</b>                     | <b>19/06/2024</b><br>Simone Murnane | <b>20/06/2024</b>                      | <b>21/06/2024</b><br>BJ Moroney<br>*Paige Minhard       |
| <b>9</b>  | <b>24/06/2024</b><br>Jess Wedd             | <b>25/06/2024</b>                     | <b>26/06/2024</b>                   | <b>27/06/2024</b>                      | <b>28/06/2024</b><br>Cathy Haarsma<br>*Katrina Phelps   |
| <b>10</b> | <b>01/07/2024</b>                          | <b>02/07/2024</b>                     | <b>03/07/2024</b>                   | <b>04/07/2024</b><br>Kirsty Koch       | <b>05/07/2024</b><br>*Alisha Elliott<br>Tegan Stephens  |

Thank you for volunteering to work at the Canteen. We would like to bring to your attention some time changes to volunteer rosters. Please take note of the following:

- Monday and Tuesday will now start at 12:00 pm
- Wednesday and Thursday from 11:30 am to 2:15 pm
- Friday will begin at 11:30 am and finish at 2:00 pm
- Friday \* starting time is 12.00 - 2.15 pm

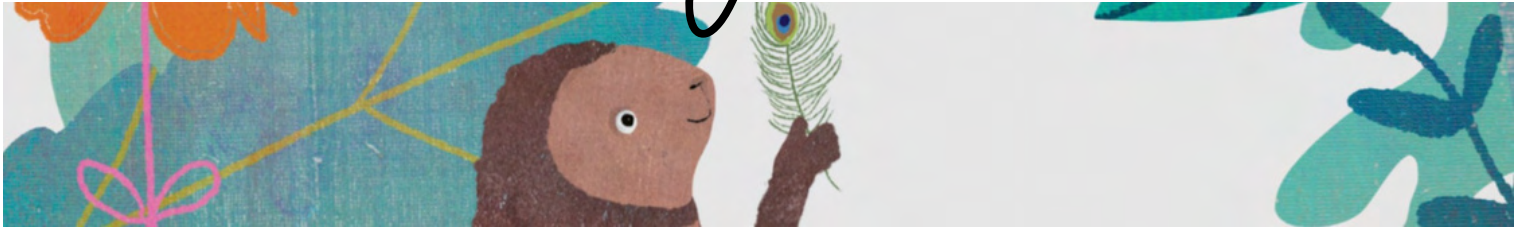
If you are able to work more than one shift per term, please let us know. In the event that you are unable to work on your rostered day, please arrange a replacement or swap on your own. We are grateful for your assistance.

Please be aware that all volunteers are required to have a current Working with Children Check, which is free of charge. Please visit [www.sa.gov.au/.../screening-checks/screening-wwcc](http://www.sa.gov.au/.../screening-checks/screening-wwcc). Additionally, it is recommended that all volunteers complete the **Do Food Safety Assessment course** and forward their certificate to Catherine.Haarsma312@schools.sa.edu.au.

**Contact numbers:** Carrie Speed 0427 765 029 or Sandra Eldridge 0400 800 346

# Wellbeing Corner

with Rachelle



**INFORMATION EVENING - 7 May 2024 5:30-6:30 - 4 EYRE STREET PORT LINCOLN**



## Peaceful Kids

### Mindfulness & Positive Psychology Program

The 'Peaceful Kids' Program is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children.

This program helps children to build their emotional resilience so they are better equipped to deal with the day to day stresses that life brings them.

Brought to you by Positive Future Self & Anne Hueppauff

| Group 1   | Group 2   | Group 3   | Group 4  |
|---|---|---|--|
| Ages 5 and 6 years<br>Second Term 2024<br>Monday 13 May 2024<br>1.15pm - 2.15pm | Ages 7-9 years<br>Second Term 2024<br>Monday 13 May 2024<br>3.40pm - 4.40pm | Ages 13-16 years<br>Peaceful Teens<br>Run on Demand | Ages 10-13 years<br>Second Term 2024<br>Tuesday 14 May 2024<br>3.40pm - 4.40pm |

#### Please note:

- Groups are made up of 5 children or less
- Groups sessions are available for one or two session times, but once groups are set, clients cannot change between groups.
- Pricing will be \$312.50 (inc GST), per child for the 5-week programme for children 5 and 6 years and \$500 for children 7 -13 years as an 8 week programme, billed in 8 weekly (\$62.50) instalments.

**If you would like more info about Peaceful Kids or Peaceful Parents, you can contact Rachelle Dawkins – [Rachelle.Dawkins298@schools.sa.edu.au](mailto:Rachelle.Dawkins298@schools.sa.edu.au)**

# Introducing Carers SA

If you provide assistance to a family member or friend who is frail due to age, has a disability, a drug or alcohol related problem, dementia, experiencing mental illness or a long term medical condition,



**Carers SA is here to support you**



**1 in 8 Australians are carers**

- Almost 2.65 million Australians are carers
- Over 235,000 carers are under the age of 25
- Nationally, unpaid carers provide 1.9 billion hours of care every year, saving the Australian government up to \$77.9 billion annually

**In South Australia there are 245,000 unpaid carers**

This includes up to 30,000 young carers aged between 7-25



## Who are Carers SA?

Carers SA has over 30 years of experience providing support, services and information to unpaid carers.

In April 2020 Carers SA became the lead agency for supporting carers in South Australia and is the Carer Gateway provider in South Australia.

The Carer Gateway is a large part of what we do at Carers SA, and in addition to this service we also advocate for carers and provide other local services available to carers in SA.

Carers SA is a statewide organisation and employs staff who are based across metropolitan Adelaide and rural and remote South Australia.

Carers SA has partnered with Dementia Australia, Skylight Mental Health, Life Without Barriers and NPY Women's Council, to provide essential Carer support and services.

## What is the Carer Gateway?

A long consultation process with carers and the sector resulted in the new Australian Government **Carer Gateway**, launched April 2020.

**Carers SA** is the Carer Gateway provider in South Australia, and provides these Carer Gateway Services:



### Coaching

Coaching can be up to 6 x 1 hr sessions and discussions can be around anything the carer wants to focus on including:

- Health and wellbeing.
- Understanding inclusion and advocacy.
- Exploring the emotions of caring.
- Exploring how the caring role can change over time.
- Navigating the day to day challenges of the caring role.
- Exploring how to build and maintain mutually supportive relationships.
- Work, study and volunteering.
- Exploring the financial implications of the caring role.



### Connect with other carers

Meet with people in similar caring situations and share your stories, knowledge and experience.

- **In-person** – meet local carers, share advice and learn from each other in a safe space.
- **Workshops** – Workshops are available on different topics aimed at connecting, supporting and empowering carers.



### Financial support

Get financial support to assist you in your caring role.

- **Financial support packages:**
  - one-off practical support in the form of equipment or an item to assist you in your caring role.
  - a range of ongoing practical supports, such as planned respite or transport, provided over a twelve-month period.



### Counselling

If you're feeling stressed, anxious, sad or frustrated, a professional counsellor can talk with you about your worries and offer help.

- **In-person** – speak one-on-one with a professional counsellor in your local area.
- **Online counselling** – speak with a counsellor online in the comfort of your own home.



### Emergency Respite

Get assistance in looking after the person you care for if an unplanned event stops you from being able to provide care. For example if you are ill or injured.

To find out how

**Carers SA** can help you

call **1800 422 737**

**Carers SA**  
Australia

**Carer Gateway**  
An Australian Government Initiative

# Parent-Teacher Interviews Parents Guide

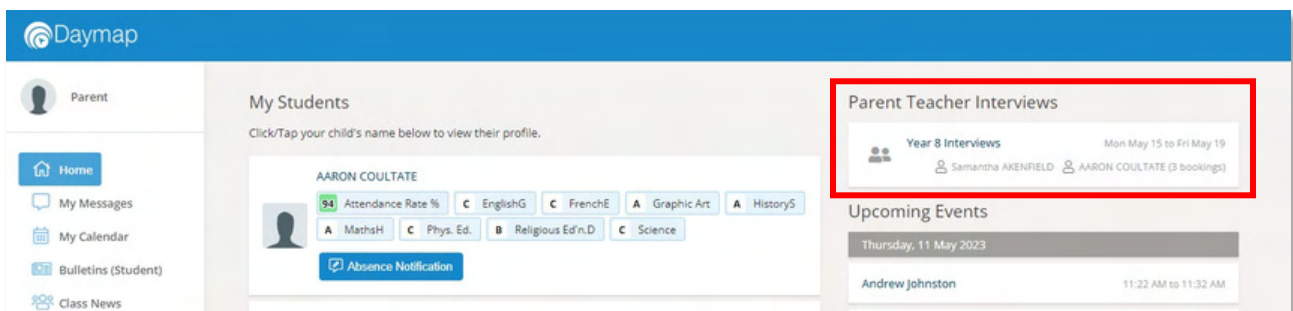


Daymap allows parents to book and manage parent teacher interviews from the Daymap Connect Parent Portal on a desktop browser or the Daymap mobile app.

## On your Computer

### Booking Interviews

An interview event will appear on the right-hand side of the **Home** tab with details of which children it's applicable to. Click on the **interview event** to book interviews with your children's teachers.



If more than one child is involved in the interviews, there will be a student drop-down at the top of the screen to select the child you wish to book interviews for. Select any of the **green coloured boxes** to book an interview with the teacher marked at the top of the column.

**Year 8 Interviews**

For  between Monday, 15 May 2023 and Friday, 19 May 2023

[Agenda](#) [Print](#)

|                      | Mike Laurencey<br>Drama 33 DR3 7W<br>Drama 55 DR5 7B | Michael Mathaus<br>Music 11 MU1 7R | Andrew Johnston<br>Accelerated Students |
|----------------------|--|------------------------------------|---|
| 15:00 PM, Mon 15 May | Available  | Unavailable                        | Available                               |
| 15:15 PM             | Available  | Unavailable                        | Unavailable                             |
| 15:30 PM             | Available  | Unavailable                        | Available                               |
| 15:45 PM             | Available  | Unavailable                        | Parent<br>Samantha AKENFIELD            |
| 15:00 PM, Tue 16 May | Available  | Available                          | Available                               |
| 15:15 PM             | Available  | Available                          | Available                               |
| 15:30 PM             | Available  | Available                          | Available                               |
| 15:45 PM             | Unavailable  | Available                          | Available                               |

If the schools is offering online or in person interviews, select how you would like to meet and then choose **Book**.

**Michael Mathaus**

**Wed 17 May, 3:00 PM to 3:10 PM**

Student: Samantha AKENFIELD

Parent: Parent

Method:

In Person

Online

Phone

[Book](#)

Your bookings will appear in blue.

**Year 8 Interviews**

For Samantha AKENFIELD between Monday, 15 May 2023 and Friday, 19 May 2023

[Agenda](#) [Print](#)

|                      | Mike Laurencey<br>Drama 33 DR3 7W<br>Drama 55 DR5 7B | Michael Mathaus<br>Music 11 MU1 7R | Andrew Johnston<br>Accelerated Students |
|----------------------|--|------------------------------------|---|
| 15:00 PM, Mon 15 May | Parent<br>Samantha AKENFIELD                         | Unavailable                        | Available                               |
| 15:15 PM             | Available  | Unavailable                        | Unavailable                             |
| 15:30 PM             | Available  | Unavailable                        | Available                               |
| 15:45 PM             | Available  | Unavailable                        | Parent<br>Samantha AKENFIELD            |
| 15:00 PM, Tue 16 May | Available  | Available                          | Available                               |
| 15:15 PM             | Available  | Available                          | Available                               |

### Cancelling an Interview

To cancel an interview, click on the booking you need to cancel and then **Cancel Interview**.

**Michael Mathaus**

Music5

**Thu 19 May, 4:15 PM to 4:25 PM**

Student: Samantha AKENFIELD

Parent: Parent AKENFIELD

Method: Online

[Cancel Interview](#)



## Viewing all bookings

Select **Agenda** to view a summary of all bookings.

**Year 8 Interviews**  
 For **Samantha AKENFIELD** between Monday, 15 May 2023 and Friday, 19 May 2023

**Agenda** Print

|                      |  |                                    |   |
|----------------------|--|------------------------------------|---|
|                      | Mike Laurencey<br>Drama 33 DR3 7W<br>Drama 55 DR5 7B | Michael Mathaus<br>Music 11 MU1 7R | Andrew Johnston<br>Accelerated Students |
| 15:00 PM, Mon 15 May | Parent<br>Samantha AKENFIELD                         | Unavailable                        | Available                               |

You can then use the drop-down list to choose a child or select **All** students to see a full list of your bookings. Select **Print** if you wish to print it out.

**Year 8 Interviews**  
 For **All students** between Monday, 15 May 2023 and Friday, 19 May 2023

**Booking** Print

Monday, 15 May 2023

**3:00 PM** Mike Laurencey  
 Mon 15 May, 3:00 PM to 3:10 PM  
 Parent (for **Samantha AKENFIELD**)  
 In Person (at Study Hall)

Tuesday, 16 May 2023

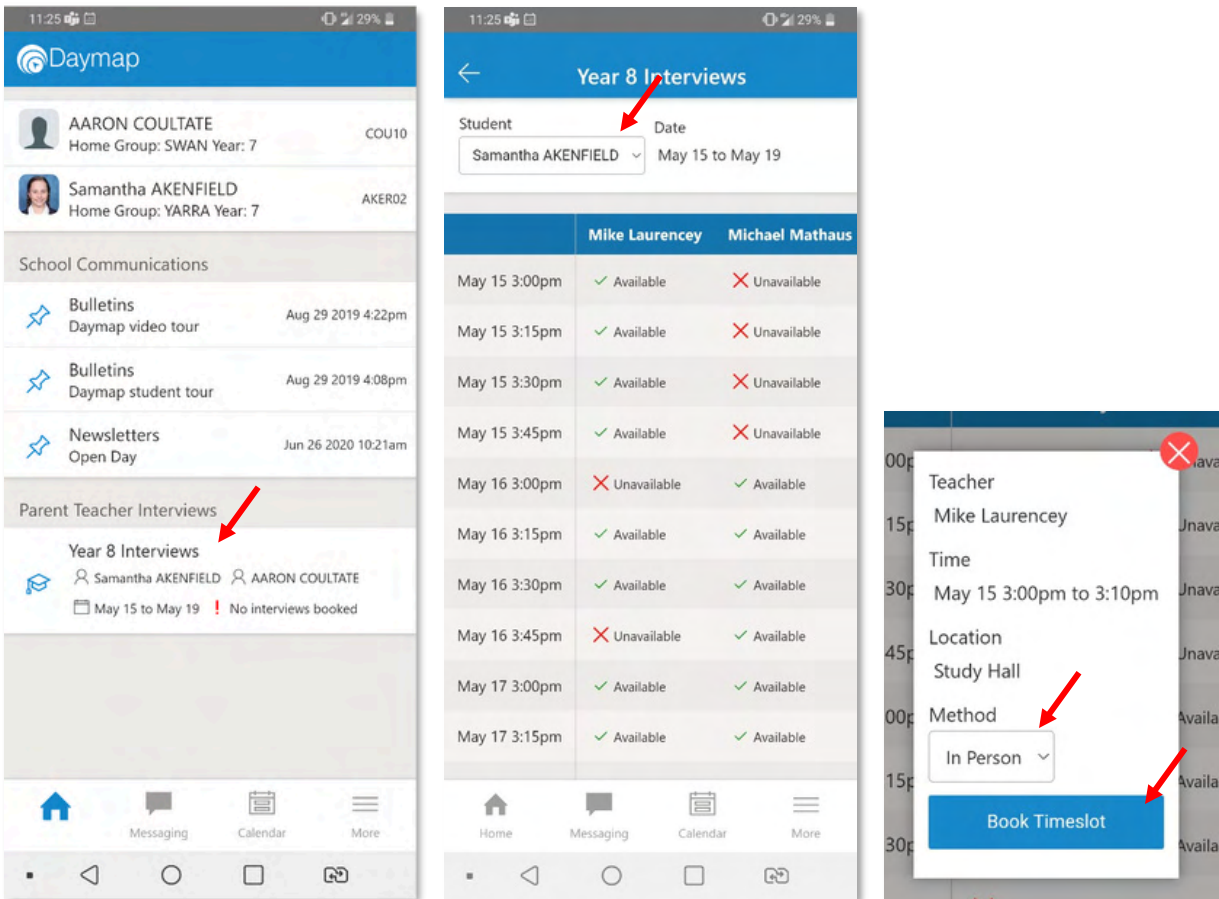
**3:00 PM** Mike Laurencey  
 Tue 16 May, 3:00 PM to 3:10 PM  
 Parent (for **Samantha FOX**)  
 In Person (at Study Hall)

## Using the Daymap Mobile App

### Booking Interviews

Parent Teacher Interviews can be accessed at the bottom of the **Home** tab in the mobile app; clicking here will take you to the bookings page.

If you have more than one child at the school, there will be a student drop-down at the top of the screen for you to select which child you are making bookings for.



To make a booking, select a spot that shows as available. This will bring up a pop-up where you can see the details, select your method of interview if relevant and **Book Timeslot**.

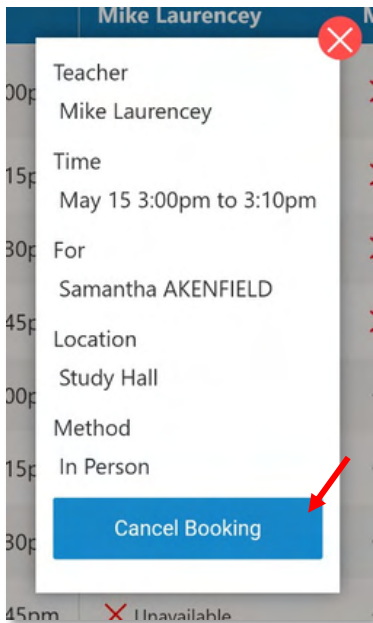
Your booked timeslot will appear with your name and your child's name against it.

|               | Mike Laurencey            | Michael Ma |
|---------------|---------------------------|------------|
| May 15 3:00pm | Samantha AKENFIELD Parent | Unavailabl |
| May 15 3:15pm | Available                 | Unavailabl |



## Cancelling an Interview

To cancel an interview, click on the booked time slot and select **Cancel Booking**.



## Viewing all Interview Bookings

A full list of your booked time slots will be in your **Calendar** tab on the Mobile App.

