



Pictured: Room 6 Yoga for Self-Regulation (see article next page)

Upcoming Events:

TERM 3:

Friday 18th of September: Pupil Free Day

Friday 25th September:

Casual clothes - Last day of Term 3

Terrific kids assembly 1:30pm

Early dismissal 2:00pm

TERM 4:

Monday 12th October: First day of Term 4

8 - 15th November: NAIDOC Week

'Always Was, Always Will Be.'

Friday 13th November: Colour Explosion Run

*** Reminder: Colour Explosion registration and fundraising due by the end of Week 5, Term 4**

From the Leadership Team

Dear Parents and Caregivers,

You may be aware of distressing reports about a video circulating on social media platforms which featured in a number of news reports over the last two days.

Please continue to monitor your child's access to Tik Tok, Instagram and Facebook. If children present with signs of distress, staying connected and engaged with them is one of the best ways to support them. Reactions and feelings can vary in response to such events. The eSafety Commissioner is encouraging people who encounter this particular content to report it to the social media platform they've seen it on, or to eSafety at www.esafety.gov.au/report/illegal-harmful-content.

If you or your child have been impacted you can contact:

- **Kids Helpline: 1800 55 1800.** Phone support is there all day, every day. Online support is open from 8am-midnight every day (AEST).
- **eHeadspace: 1800 650 890.** Open 9am-1am daily (AEST).
- **Lifeline: 13 11 14.** Phone support all day, every day. Online support 7pm-4am daily (AEST).
- **Beyond Blue: 1300 22 4636.** Phone support all day, every day. Online support 3pm-midnight every day.

Please also contact us if you have any concerns about your child to discuss additional support measures that can be put in place.

Kind regards,

Tegan Sims, Principal

Uniform Reminder

As the warmer months are approaching we are reminding families that all students need to be in correct school uniform. As per our Uniform Policy we ask children to wear a school shirt with logo/or navy shirt, navy shorts, skirts or pants, summer dress with a navy jacket/jumper. School shoes or sneakers are the best choice for physical activity. Please see the picture of some of our fantastic leaders showing correct uniform.



Our vision: Empowering our community to flourish in their relationships and learning.

2-12 Cowra Avenue, Gilles Plains SA 5086 **Ph** 08 8261 1699 **Fax** 08 8266 2919

E dl.0994_info@schools.sa.edu.au **Web** www.wandanac7.sa.edu.au



Room 6 Yoga for Self-Regulation

Ms Jess and Room 6 have had a fantastic time learning different strategies to self-regulate this week. **Self-regulation** involves controlling one's behavior, emotions, and thoughts in the pursuit of long-term goals. More specifically, **emotional self-regulation** refers to the ability to manage disruptive emotions and impulses, retraining the body and mind to stay calm and being ready to learn. Students have been following meditation videos and doing stretches after recess and lunch breaks.

Self-Regulation



National Child Protection Week

6th -12th September 2020

This year National Child Protection Week will celebrate its 30th year with the theme: **Putting children first...**

'Putting children first' is the aim of bringing abuse and neglect out of the shadows and putting child's wellbeing on the national agenda. Since 1990, the need to put children first has been recognised time and time again as an important pillar for boosting the wellbeing of all children in Australia. Putting children first means prioritising the safety and wellbeing of children. To grow up well, children need to feel safe and loved, have a chance to play and explore, have a say in decisions that affect them, and access to essential things like food, shelter and health care.

Protecting children is

EVERYBODY'S

BUSINESS

Community Notices



SCHOOL HOLIDAY CLINICS

SANFL School holiday clinics are returning, providing a fun, safe and inclusive environment for children at any ability aged 5 – 12.

In small groups (less than 20), kids will participate in activities designed for fun, whilst developing skills and fitness appropriate to their age.

SANFL's priority is the safety of our participants and wider community, therefore all facilitators have been trained to follow COVID-19 safe protocols

VENUES AND DATES
Time: 10am-12:30pm

- 28th September - Norwood FC
- 29th September - West Adelaide FC
- 30th September - South Adelaide FC
- 6th October - Lobethal FC
- 7th October - Strathalbyn FC
- 8th October - Port Pirie Memorial Oval

REGISTER NOW | PLACES ARE LIMITED



SOFTBALL PLAYERS WANTED

Road Runners Softball Club is looking for players to join our Junior and Senior teams with the season commencing mid-October

Training starts Wednesday 9th September 2020

- Juniors from 5:00pm to 6:30pm
- Seniors from 6:30pm to 8:00pm

Training (until October) at Ridley Reserve East
Cnr Ridley Road and Harvey Road, Elizabeth Grove

From October, training held at Tilley Reserve, Surrey Downs

Games are on Saturday's at the Central District Softball Association grounds at Ridley Reserve, Elizabeth Grove

For more information, please contact
Linda Thornton
Email: president@rrunners.com.au
Phone: 0412 829 504



Enfield Little Athletics Club

(Ages 3 - Under 17)

Come and Try Day

20th September 2020
9:15 - 11.30am
It's Free



Saint Albans Reserve, Chester Ave Clearview
See Details www.enfieldlac.com.au
E: enfieldlittleathletics@gmail.com



find us on **facebook**  click like 