News from the Principal

CELEBRATING OUR AMALGAMATION

Renmark Primary School invites the families, community, former staff and students to the Official Opening of the Renmark Primary School Amalgamation of Schools. The Hon Susan Close MP, Minister for Education and Child Development will conduct the official opening at our assembly.

Venue: Renmark Primary School
58 Murtho Street, Renmark

11:50am-12.20pm:
Official Assembly in the Hall
(see Front Office for directions)

We look forward to seeing you here.

Lyn Bretag,
Principal

Please come along to help us celebrate a very historic event in our school and community history; the amalgamation of Renmark Primary and Renmark Junior Primary Schools. The Hon Susan Close MP, Minister for Education and Child Development will officially open our school at a special assembly with items from the choir, our aboriginal students and Greek language students.

PUPIL FREE DAYS

Mon. 17th August & Fri. 13th November.
Please be advised that staff will be engaged in professional learning and 2016 site planning.

RECOGNISING OUTSTANDING EDUCATORS

SA Excellence in Public Education Awards
Share Celebrate Reward

Nominations are now open for the 2015 SA Excellence in Public Education Awards.

The Awards recognise and reward the outstanding contributions made by teachers, leaders and support staff from across the state.

Don’t miss your chance to nominate an outstanding education professional within DECD to recognise and reward their dedicated and inspirational contribution to young South Australians.

For more information and to nominate an employee at your school or preschool go to: www.decd.sa.gov.au/awards.

Nominations close 5pm, 3 July 2015
Student Surveys

During the last two weeks of this term, I will be conducting an anti-bullying survey of year 1-7 students. This survey is designed to find out how students are feeling at school, where in our school they feel unsafe, who they feel comfortable talking to if they have a problem and how they feel about student behaviour in the classroom and yard.

Results from the survey will be shared with students, staff, and the school community early next term.

Cyber Safety Use Agreement and School Media Permissions

Thank you to everyone who has completed and handed in Cyber Safety Use Agreement Forms and School Media Permission Forms. This information has been collated and entered onto the student data base. DECD requires all students to have these forms completed so we know who has permission for their photo or work sample to go onto our school website, Facebook page, Wikispace or EDMODO pages.

For most students, the Cyber Safety Use Agreements only need to signed and handed in once. However students moving from year 3 to 4 need a new form completed as their ICT curriculum changes.

School Media Permission forms need to be completed annually.

Responding to Abuse and Neglect Education and Care Training for Volunteers

Any adult wishing to volunteer in an education setting must complete the "Responding to Abuse and Neglect – Education and Care" training.

The next session will be held at Renmark North Primary School, in the library, on Thursday 25th June, 7.00pm – 9.00pm. If you are interested in attending this session, please ring 8595 3274 for bookings.

Wear Red Day!

On Friday 3rd July (last day of term), we will be having a casual day and encouraging all students to wear red!

The Student Representative Council will be also running a $1.00 disco in the hall from 11.00-11.30. All money raised will be donated to the Salvation Army.

We are currently collecting non-perishable items for the Salvation Army. Thank you to those families who have already donated items and placed them in the red bin outside of the School Counsellor’s office.

Cyber Safety Parent Session

A Parent Information Evening is being held at Renmark Primary School on Tuesday 23rd June at 6.00 pm in the library.

Constable Christopher Evans, Crime Preventions Officer, Berri Police Station are running the Cyber Safety session. The information will help to ensure your child’s on line safety.

Please phone 85865737 if you are coming along. We have very few responses so far and will regrettably cancel if there is not enough interest.

Parent Group

Food Safe Handling Training

The Parent Group recently attended a food handling training session over two days and culminated in the preparation and serving of the lasagne special lunch.

ICT News from Simon

Renmark Primary School has recently had a major wireless and wired network infrastructure upgrade. Three mobile trolleys of 30 iPad minis per trolley that classes can borrow, have been purchased. They can be used to quickly access information and the teacher can plan entire lessons around certain educational apps. These iPads are managed by a new Apple server.

There are new 70” interactive touch displays in two classrooms, replacing the aging Interactive Whiteboards. Their displays are far superior to the whiteboards. They are great teaching tools. The students love to interact with these devices. A good example of their use is that a student who has work on their iPad or laptop to share, can hit a button and their work will be displayed on the screen for other students to view. Replacement of our interactive whiteboards will occur gradually over the next few years.

The new Network Infrastructure is very necessary in today’s times. The NBN (High Speed Broadband) is not far away and the new network can utilise the bandwidth with ease. There is endless information on the World Wide Web which we want the students to easily access. There are great educational apps available for student learning and I’ve noticed the students are very engaged in digital learning.
**Skype With Ierissos Primary School In Greece**

During this term many of students have had the opportunity to Skype students in Greece. Due to the time difference being only 6 ½ hours we have held the Skype sessions at 3:00 pm. We held our last session last Friday just before students in Greece begin their long summer vacation. It has been a wonderful opportunity for the students and we look forward to further Skype sessions later in the year.

Riley (room 15) “I thought it was amazing to be able to speak to children in Greece”

Emily (room 5) “I liked the singing”

Hannah (room 5) “It was funny sharing things about each other”

Tiana (room 5) “I learnt some new words”

Janis (room 10) “It was fun to talk to children in Greece”

Aimee (room 10) “It was great fun learning that students in Greece can talk very fluently in English”

Ollie (room 16) “It was fun”

**Parent Reminders…**

**Amalgamation Official Opening Assembly**

*Week 9 - Friday June 26th - 11:50am in the hall*

**Football Carnival Yr. 2/3**

This Friday the years 2/3 are having a modified football carnival against all Renmark schools at the footy oval.

**Cyber-Safety Parent Information Session**

*Please RSVP by this Friday 19/6*

Tuesday the 23rd of June at 6pm. In the library.

**Breakfast Club**

Just a reminder that the Breakfast Club will be held every

**School lunch orders**

Are on Fridays – orders need to be in by 9am on Thursdays. Menus and order bags available from the office.

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**Cyber-safety Parent Information Session**

*Tuesday 23rd June*

As the Internet becomes more readily available to our children, the issue of safety and security becomes an increasing priority. Whether accessing the Internet on their computer, tablet or smartphone, our kids need to be protected from the dangers that unrestricted online access can bring.

**Hosted by Renmark Primary School, the evening features Constable Christopher Evans, Crime Preventions Officer, Berri Police Station.**

Constable Christopher Evans will be presenting information on:

- What children are doing online. Popular social networking apps and networking sites, what are they, what are the legal ages to use them and why these rules should be obeyed.
- Cyber bullying—What is it? How does it happen? What does it look like? How can you prevent it and what to do if it occurs.
- Online grooming—What is it? When/how does it occur? What are the warning signs and what to do if you suspect this is happening to your child.
- ‘Sexting’ – the taking and sending of explicit images…what are the REAL consequences. (Primary school students too).
- Potential dangers and safety tips – how to assist the children in your care to stay safe online via parental controls and restriction passcodes.
- Learn the lingo……..be able to converse with your children in the language of cyberspace.

*It's OK to say NO!*

**When: Tuesday 23rd June, 2015**

**Where: Renmark Primary School**

**Time: 6.00 RSVP: Renee.Stilo114@schools.sa.edu.au**
**WHAT’S ON ???**

### Community Notices

**Renmark Out of School Hours Care**
Open out of school hours 6:30am-8:30am & 3:15pm-6:30pm, Pupil free days and School Holidays 6:30am-6:30pm. Please Call: 85 864 481 for bookings.

**National Karate Academies Renmark** - at R-7 Hall on Wednesdays (enter from 19th St. Renmark). Phone Jeff on 0417 938 076.

**Martial Arts Australia Freestyle Karate** - held at Paringa on Mondays & Renmark High School Gym on Wednesdays. Ph. Iris on 0404019977. Info: See notice board.

**Renmark School Dental Clinic** – Phone 8586 6403. Emergency nos. when clinic closed: Berri 8582 1969 or Waikerie 8541 2434. See Dental Clinic notice board for important information regarding clinic services, dates open and emergency details.

**Guitar Mania** – Free Guitar lessons for 5-10 year olds and their parents in Term 3 & 4, Wednesdays, 3.30-4.00pm. Bookings are Essential. See notice board for details or phone Wendy on 85866063.

**Renmark Junior Golf Coaching Clinics** - For children 5-17 years. Friday’s at the Renmark Golf Club, 4.30pm-5.30pm. All equipment supplied.

**Renmark Music & Movement Group** is for babies, toddlers, preschoolers and their carers! It involves children’s songs, nursery rhymes, instruments, a story and more. It is held every Monday & Friday morning during school term, 9:30-10:30am, Renmark Uniting Church Hall, $2 a session per family. BYO water bottle and fruit snack for afterwards. TERM 2 Theme: ANIMALS! No bookings needed - just come along when it suits.
Contact: Laura Strout 0429953495

**Song Birds with Hayley Ramsay** - Songbirds is a singing school in Renmark offering lessons to primary and high school students who love to belt out a tune! For more information, call Hayley on 0417999373 or search for Songbirds on Facebook

**Renmark Hockey Club**
Hook In2 Hockey for children aged 5-10 is free! RHC’s accredited coaches will run Hook In2 Hockey sessions on: Thursdays 3:40-5pm at the Renmark High School COLA.

**Little Miss Riverland 2015**
Aged between 18 mths – 17 yrs. Held on 21st Nov at 3pm at the Renmark Club Ph Meaghan on: 0409995941 for details.

### Dates to Remember

#### Term 2

**Week 8**
- June 15: Governing Council Meeting, 6pm in the Meeting room
- June 16: Football Carnival for Yr 2/3
- June 17: Yr.7’s Pop Stars 90s – Chaffey Theatre 11:30am

**Week 9**
- June 22: SAPSASA Soccer & Hockey Carnival
- June 26: Amalgamation Official Opening - assembly at 11:50am in the Hall (see invitation on page 1)

**Week 10**
- June 29: Festival Choir cluster practise (Berri T/Hall)
- July 2: SAPSASA District Basketball Carnival

#### Term 3

**Term Dates 2015**
- Term 1: January 27 – April 10
- Term 2: April 27 – July 3
- Term 3: July 20 – September 25
- Term 4: October 12 – December 11

Don’t forget to check out our School website @ [http://www.renmarkr7.sa.edu.au/](http://www.renmarkr7.sa.edu.au/)
10 phrases you hear in resilient families: are you using them?
By Michael Grose

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Here are 10 examples of the language of resilience, the coping skills each reflects and the types of situations in which they are applicable.

1. “Come on, laugh it off”
Strategy: Humour
Good for: Kids who experience disappointment, failure and even loss. Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don’t let this spoil everything”
Strategy: Containing thinking
Good for: Kids who feel overwhelmed; kids who experience rejection; perfectionists.
The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. “Let’s take a break”
Strategy: Distraction
Good for: Kids experiencing stressful situations; kids who think too much; kids with busy lives.
When kids are troubled by events or spend too much time brooding, it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?”
Strategy: Seeking help
Good for: Kids who experience bullying and social problems; handling all types of personal worries.
Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this”
Strategy: Offering hope
Good for: Kids experiencing loss, bullying, change or extreme disappointment.
There are times when parents can do nothing else but keep their children’s chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces, too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person.

6. “What can you learn from this so it doesn’t happen next time?”
Strategy: Positive reframing
Good for: Kids who make mistakes, let others down or experience personal disappointment.
One of the common attributes of optimistic people is their ability to find learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!”
Strategy: Acceptance
Good for: Kids who worry about exams or performing poorly in any endeavour; pessimists.
If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world”
Strategy: Maintaining perspective
Good for: Kids who catastrophise or blow things out of proportion.
While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about …”
Strategy: Flexible thinking
Good for: Kids who catastrophise; experience extreme feelings; who exaggerate.
Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”. “I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. “What can we do about this?”
Strategy: Taking action
Good for: Kids who mope; who experience disappointment; who feel inadequate.
Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your everyday language
Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience.
The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.

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<th>Wednesday 8th</th>
<th>Thursday 9th</th>
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<td><strong>Winter</strong></td>
<td><strong>Under 9</strong></td>
<td><strong>MasterChef</strong></td>
<td><strong>Over 9s</strong></td>
<td><strong>Footy Colours Day</strong></td>
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<td><strong>Craft Day</strong></td>
<td><strong>Funky Monkey</strong></td>
<td>Reading recipes, cooking and taste testing 9+ walking excursion to Woolworths shopping for ingredients. Afternoon tea feast</td>
<td>Mini Putt Putt and Wood fired pizza for lunch Under 9’s Cost $10.00 Leaving at 10.30am returning by 2.00pm</td>
<td><strong>Come dressed in your favourite sporting colours AFL and soccer sessions during the day</strong></td>
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<td><strong>Knitting</strong></td>
<td>Leaving OSHC at 9.30am walking returning 12.30pm. Cost $10.00 Includes lunch and a drink. Please bring sock</td>
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<td>Under 9’s Drive in Day Come make your own box car and watch a special movie on the big screen.</td>
<td><strong>Special Lunch</strong> Hot Dog and Juice Box $5.00</td>
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<td><strong>Sewing</strong></td>
<td><strong>Over 9 Chaffey Theatre Tomorrowland</strong> (PG) Leaving 1.40pm returning 4.00pm</td>
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<td><strong>Op shop visit</strong></td>
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<td><strong>Cooking</strong></td>
<td><strong>Tech From Home day</strong></td>
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<td><strong>Under 9’s Bella Lavender</strong></td>
<td><strong>Loxton Playground</strong></td>
<td><strong>First Aid Training</strong></td>
<td><strong>Chaffey Theatre Inside Out 3D (PG)</strong></td>
<td><strong>Games day Party Day</strong></td>
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<td><strong>Mini Putt Putt and Wood fired pizza for lunch Under 9’s</strong></td>
<td><strong>We are off on the bus today to the Loxton Pioneer playground leaving OSHC at 10.00am returning by 2.30pm BYO lunch</strong></td>
<td><strong>Tom will be running First Aid courses today for Over 9s and under 9s. Come and learn some great new skills.</strong></td>
<td><strong>Leaving OSHC at 1.40pm returning by 4.00pm</strong></td>
<td><strong>Today is Party day come and celebrate the end of Vae with a free party lunch.</strong></td>
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<td><strong>Cost $10.00</strong> Leaving at 10.30am returning by 2.00pm</td>
<td><strong>OVER 9S Drama Workshops with Hayley at OSHC</strong></td>
<td><strong>Special Lunch</strong> Lasagne Salad and Juice Box $5.00</td>
<td><strong>Cost $11.50 + $1.00 if 3D glasses are required</strong></td>
<td><strong>Tech From Home day</strong></td>
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