

Angle Vale Primary School

Building our bridge to the future



Honesty • Respect • Confidence • Resilience

Issue 5 • 3rd June 2021

Diary Dates

★ **Wednesday 2nd, 9th, 16th, 23rd & 30th June**

Resilience Program Year 6/7s

★ **Monday 7th - Friday 11th June**
Scholastic Book Fair

★ **Monday 7th June**
Governing Council 3:30pm

★ **Thursday 10th June**
Pupil Free Day

★ **Friday 11th June**
Senior Choir Assessment

★ **Monday 14th June**
Queens Birthday Public Holiday

★ **Friday 2nd July**
Last day of Term 2

★ **Monday 19th July**
First day of Term 3

Out of School Hours Care



OSHC phone number:
0450 265 054

Principal's Message

Dear Families,

Riverbanks College

Riverbanks College will be opening in January 2022. Angle Vale Primary School and Riverbanks College share the same school zone therefore it is essential for both Principals to know expected student enrolments for 2022 to plan for staffing. Riverbanks College enrolments are open this term and will close on July 2nd. If you are intending to enrol your children at Riverbanks College please ensure you do so before July 2nd. Contact details are below.

Kylie Braddock, Executive Assistant and Enrolment Officer

Riverbanks College B-12

Ph: 0428 865 874

kylie.braddock424@schools.sa.edu.au

www.riverbankscollege.sa.edu.au

Playground

Please be aware that from 8:30am to 3:30pm the school is responsible for students playing on the playgrounds. Therefore school rules for the playgrounds apply.

Rules are as follows:

- JP playground Reception - Year 2 students only
- Primary playground Year 3 - 7 students only
- R-I playground 8:30am to 3:30pm Reception - Year 1 students only.

If a teacher asks a student to move to the appropriate playground please support the teacher and encourage your child to comply.

Reconciliation Week

National Reconciliation Week was from 27th May until 3rd June. Students spent time over the week learning about reconciliation and participating in a variety of learning activities. More information on reconciliation can be found at <https://www.reconciliation.org.au/>. Reconciliation Australia promotes and facilitates reconciliation by building relationships, respect and trust between the wider Australian community and Aboriginal and Torres Strait Islander people. Their vision of reconciliation is based on five inter-related dimensions: race relations, equality and equity, unity, institutional integrity and historical acceptance.

NAPLAN online

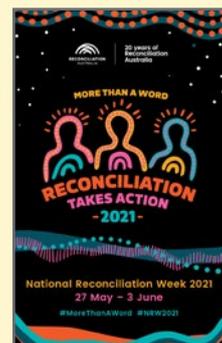
During Weeks 3 and 4 of this term our Year 3, 5, and 7 students took part in NAPLAN online. There were some IT issues however overall the students stated that they felt more comfortable and confident completing the NAPLAN online than the old paper version.

Pupil Free Day

We are having a pupil free day on **Thursday June 10th**. All staff will be attending a workshop via Zoom with Lyn Stone. We will be looking at spelling and spelling rules and how to include this in every day teaching and learning.

Kind regards,

Sharon Rich, Principal



Government of South Australia
Department for Education

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Email: dl.0255.info@schools.sa.edu.au • www.avps.sa.edu.au



Performing Arts & Choir

Next time you're listening to some T-Rex 'I love to Boogie', ask your Year 6/7 child what chords to play! They have been writing lyrics, clapping rhythms and playing xylophones on chord C, F and G. Our next step is to learn some more popular music using these chords and extend onto ukulele and guitar.

All students have been learning to sing 'I am Australian' in Kaurna language and Australian sign language for our Reconciliation Assembly. Year 3/4 students love learning to play the recorder. Junior Primary have been learning about their singing voices and keeping a steady beat.

Live performances are starting to gather momentum now. The combined Junior Choir will sing for the preschool towards the end of Term 2 in two separate

concerts, so that both kindy groups can participate. They have been learning 'Space Oddity', which you can download free on the

Festival of Music app (username 'student', password 'rockstar').



Our Senior Choir, including soloists and choreography leaders, have been practising hard and are starting to sound really fabulous. They will perform at Assembly in Week 6, sing for the preschool children later this term, and keep steadily preparing for their big events at Adelaide Entertainment Centre in September and Northern Festival at Starplex in October.

Lots of exciting stuff happening in Performing Arts - please keep checking Class Dojo for updates!

COME TO OUR BOOK FAIR!

Angle Vale Primary School Library
Week 7 (7th - 11th June)
 Sales before and after school
 (cash, credit card and online payment available)

Easy Recipe: Healthy Chocolate Ice Cream

Ingredients:

- banana - frozen, 3 large
- cacao powder, 45g
- vanilla - essence, 1 teaspoon

Method:

1. Blend the frozen bananas in a food processor until they are the consistency of soft-serve icecream.
2. Add the cacao and vanilla and blend for 10 seconds, or until well combined.
3. Serve immediately, otherwise spoon the mixture into a baking paper lined loaf tin and freeze for 4 hours or until solid.

Nutritional Information:

Per serving

- Energy: 498.75kj
- Total fat: 1.35g
- Saturated fat: 0.725g
- Carbohydrates: 22.8g
- Dietary fibre: 6.3g
- Sodium: 3.25mg

<https://www.diabetesaustralia.com.au/recipe/healthy-chocolate-ice-cream/>



C2 - The Zones of Regulation

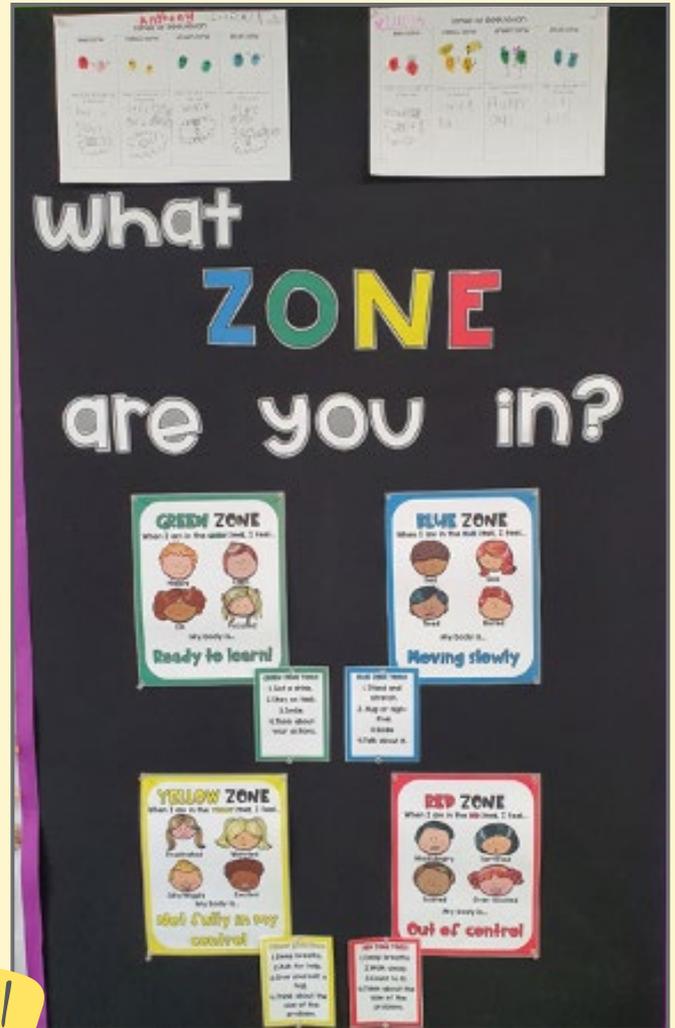
“LIFE IS 10% WHAT HAPPENS TO US AND 90% HOW WE REACT TO IT.” - Charles Swindoll

Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that test our limits from time to time. If we can recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation (or Zones for short).

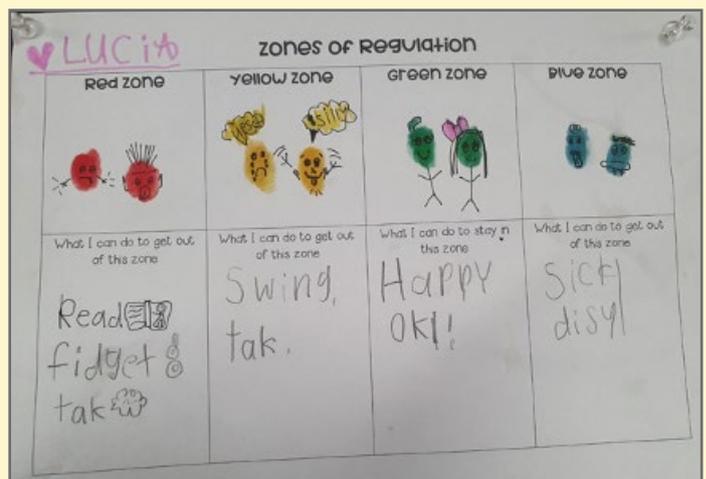
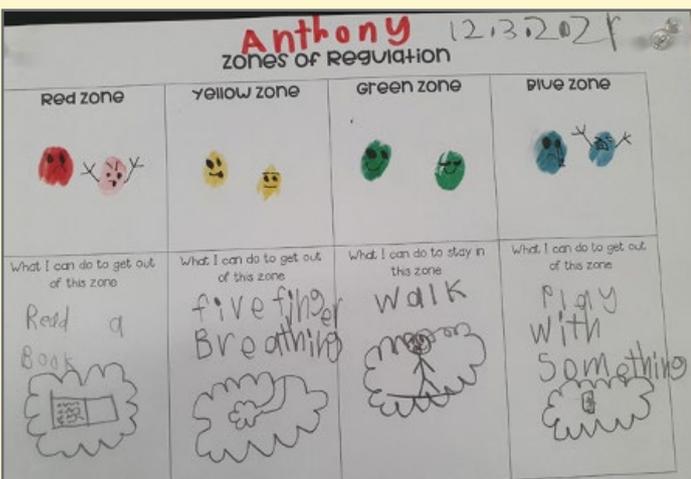
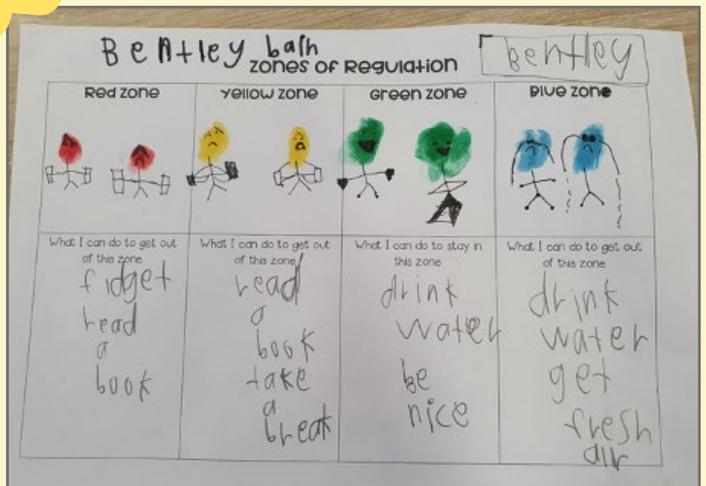
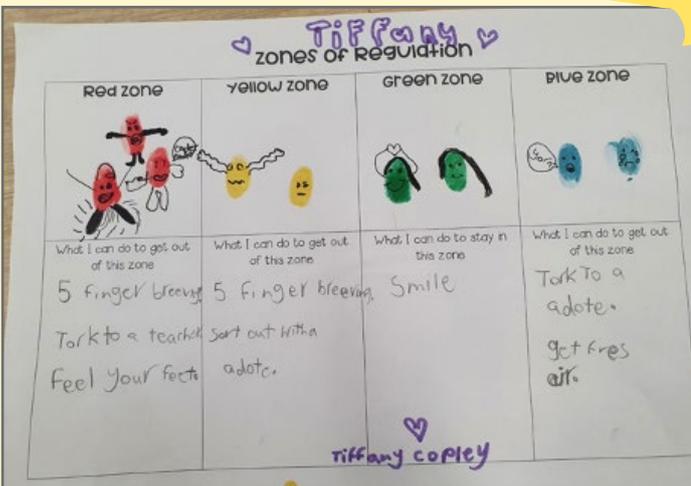
In C2 we have been learning about The Zones of Regulation, but more importantly, we have been learning about our own Zones.

Mrs Richards came in to introduce our class to The Zones. We looked at The Zones and discussed what people might look and feel like when they are in each zone. We then had a chat about different strategies that might help us and support us to manage these zones.

As a class, we have been looking at ways we act and feel when we are in each of the 4 zones. We have discussed and explored different strategies that we could use to move into a zone that will support our learning – usually the **GREEN ZONE**. We understand that strategies that work for us, may not work for others and that is OK!



WELL DONE!



Newsletter



EXTRAORDINARY HOLIDAY ADVENTURES

Bookings now open for Mission II

www.campastralia.com.au/rocketeers

Join Mission II and receive your free mission patch and booklet.



A message from your Coordinator

Hello Families,

Wow, it's Week 6 and we are having so much fun. This week we have been incorporating National Reconciliation Week making Rainbow Serpents, Dot Painting and Woollen Turtles.

We now have Parent Communication Pockets so in the coming weeks if parents can leave notes, or if hats or drink bottles are left here we can put them in the pockets for you.

As from Term 4, parents can put a hat in their pocket for the summer so children always have a hat at OSHC.

Look forward to seeing you all soon.

Regards Nyree,
Camp Australia Director

Activities coming up

- Soccer/dodgeball on the small oval
- Lego Championships
- Domino Challenge

What's on the menu

- Olivia's Famous Pancakes
- Pitta Pocket Pizza
- Witchity Grub Bites

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)