

Newsletter Term 1

15 February, 2024



QUICK ACCESS TO OUR SCHOOL WEBSITE CALENDAR

From the Principal

Important Diary Dates:

Pupil Free Days 2024

Term 1 – Friday 15 March

Term 2 – Friday 17 May

Term 3 – Monday 22 July

Term 4 – Tuesday 26 November

School Closure Day – Monday 25 November

Whole School Photos Day - Wednesday 20 March

Catch Up School Photos Day – Monday 25 March

Thank you!

We thank all parents/carers for attending Wednesday Night's Acquaintance Night. We hope you have more information about your child/ren's classrooms and their teachers.

Please ensure you have signed up to Seesaw with the information provided by teachers. This will provide a valuable platform for teachers to communicate regularly with you, share evidence of your child's learning and also a means for you to connect with them if you have any questions or concerns.

I ask that you understand and respect that teachers, like you, have very busy and demanding lives and have the right to switch off at the end of their work day. If you message or email them out of work hours, please understand that they will respond as soon as they can when back at work.

Introducing our new staff

This week many of you will have met our new staff members at the school Acquaintance Night. Below are the new faces across Seacliff Primary School. Please say hello when you might cross paths with them around the school.



Elle Turner



Rhian Harrison



Ashlee Durdin



Ella Bird



Marcelle Thompson



Karalee Randell



Rosie Nunu

Canteen update



Natasha Deex is our new Canteen Manager.

With past Manager, Mish Wesson moving on to other exciting opportunities, the Governing Council have moved to a managed service model through Metro Canteens. Natasha has been providing lunch service to students and staff since the first week of this term from Wednesdays – Fridays. Student and staff feedback has been



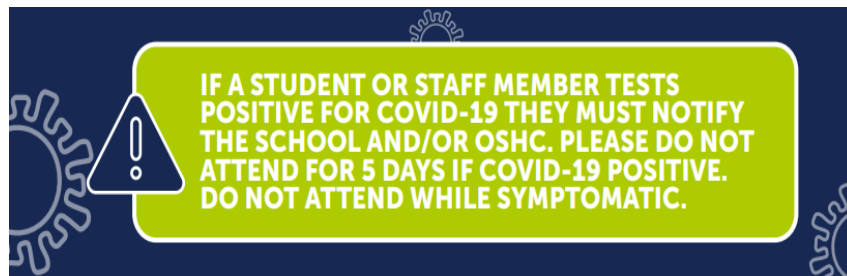
positive, particularly the hotdogs and cookies!

As Fridays are a really busy day with currently over 100 orders, we are looking for some friendly volunteers to help between 11 – 1pm. Please let us know if you are able to support Natasha at this time.

COVID-19 update

Unfortunately, we have recently had some confirmed positive COVID cases at school. Please support us to stop this spreading by keeping your child/ren home if they have any symptoms such as a cough, sore throat, fever, chills, headaches or feeling tired.

If your child does test positive, please let the school/OSHC know and your child is not to attend for 5 days. ***Please note that the day of your child's positive test result is day 0.***



Uniform

Seacliff Primary School staff promote and encourage students to wear correct school uniform. The Governing Council approved the current Uniform Policy in June 2021.

The wearing of a school uniform:

- promotes equality amongst students and a sense of pride in personal appearance
- helps students to identify with the school and feel a sense of belonging
- identifies our students at all times and assists teachers with duty of care in the school yard and when on excursions in the wider community
- ensures that students wear clothing that is safe and practical to wear in the school environment

The Uniform Policy can be found on the [school's website](https://www.seacliff.sa.edu.au).

We are seeking the assistance of all families to support students to comply with this policy.

Particular reminders in regards to the below areas would be appreciated:

- having a NAMED Sun Smart navy-blue school legionnaire, bucket or wide brimmed hat
- tying long hair up
- wearing minimal jewellery
- wearing white, black or navy socks

School Card 2024 online applications



All types of School Card applications are now online.

For families experiencing financial difficulty, school card can assist with payment of the Materials and Services levy that schools rely on to provide much needed resources for the learning program. Online application forms for 2024 School Card are now available at sa.gov.au/education/schoolcard.

Contact: [School Card Team](#), School and Preschool Financial Services, phone 1800 672 758

National Ride2School Day

Over the past 40 years the number of children who are physically active everyday has significantly dropped. In the 1970s, eight out of ten students rode or walked to school but today that number has dropped to just two out of ten.

Ride2School is a nationwide program delivered by Bicycle Network, designed to support schools to encourage, empower and enable more students to get physically active on their journey to school.

National Ride2School Day is Australia's biggest celebration of active travel. It is a day full of fun and colour where students, teachers and parents discover the joy of riding and kick-start healthy habits for the future.

This year National Ride2School Day is on Friday March 22nd so we encourage as many families as possible to join in the fun and ride, skate, scoot or walk to school, to do their part for good health and a cleaner, greener environment.

ACTIVE TRAVEL & THE ENVIRONMENT

Not only is active travel good for your health, it's good for the environment too! Riding, walking, scooting or skating to school means there are fewer cars on the road, which results in a:



Reduction in noise pollution



Reduction in energy use



Reduction in carbon emissions

For every kilometre you actively travel instead of driving, you save 243.8 grams of carbon emissions. But what does that actually mean?

On National Ride2School Day 2023, students across Australia saved 29 tonnes of CO₂ by actively travelling to school – the equivalent of planting 202 trees.

That's only one day. Imagine if we did that every day of the school year. Over a year we'd save more than 5,700 tonnes of CO₂ – the equivalent of planting 40,000 trees!

Occupational Therapy students

Hi everyone! Our names are Alessandra and Alia, we are at Seacliff Primary School for a university project. The project aims to improve the effectiveness of the interoception spaces within the school.

What is Interoception you might ask? Here are some interesting facts:

It is the ability to detect the physical and emotional signals that come from inside your body.

Interoception is the foundation of self-regulation.

Self-regulation is a person's ability to manage and adjust their own behaviour, emotions and energy levels, therefore self-regulation is ESSENTIAL for learning

Interoception ® self-regulation ® LEARNING!



As you can see, interoception and self-regulation are both extremely important for the promotion of learning within the school environment!

We would like to help create the best learning environment for all the students and teachers at SPS, and so we would love to hear any of your thoughts and/or ideas about the project! (or if you have any questions)

Please feel free to contact us or come find us around the school, we would love to have a chat!

Contact us: evaaw002@mymail.unisa.edu.au