



KAURNA PLAINS SCHOOL

NEWSLETTER - TERM 2, WEEK 7 2020

STRENGTH THROUGH LEARNING · TAINGIWILTA TIRKANTHI-ARRA



DIARY DATES

Monday 29th June - Friday 3rd July
Parent Teacher Interviews (phone)
Reports sent home this week

Friday 3rd July
Last day of Term 2 - 2pm dismissal

Monday 20th July
First day of Term 3

IMPORTANT:

Due to COVID-19 social distancing requirements, parents/carers aren't allowed into the school grounds. Please drop off and pick up your kids at the breezeway gates.

TERM DATES 2020

Term 2 27 April - 3 July

Term 3 20 July - 25 September

Term 4 12 October - 11 December

NIINA MARNI

I hope everyone enjoyed the long weekend. Friday staff undertook training with *Kylie Richards*, Senior Educator at Department for Education Student Support Services in understanding and learning strategies for dealing with students who have experienced trauma, grief, loss, anger, have learning disabilities and mental health challenges. This learning will further support our site in implementing the Berry Street model and positive re-engagement back into classroom and school.

As the term runs away from us quite quickly parents and caregivers will be receiving notes in regards to Parent Teacher Interviews which will be held over the last week of the term (29th June to the 3rd July). As we are still adhering to the Covid-19 restrictions these interviews will be conducted over the phone. All student reports will be mailed out that week.

Reconciliation Week was fantastic! It was great to see all the students and teachers working together producing outstanding pieces of work and spreading positive and beautiful messages. For the entire week, the Department showcased our school on Instagram and Facebook. This week, students in the secondary classes will make posters and promote facts during recess and lunchtimes to support Black Lives Matter and how these issues also transfer over to our Aboriginal families and community.

If your family is experiencing loss and grief, please visit the Rising Spirits website <http://aboriginalgriefandloss.ahcsa.org.au/about/about-the-rising-spirits-website/>

Angela Walkuski, Principal Kaurna Plains R-12 School

KANGAROO ARTWORK

Earlier this year, our school was approached by Roger Agius from the Department of Planning, Transport and Infrastructure (DPTI) to work with Shane Cook to paint four kangaroo sculptures. The sculptures are to be placed under the Morphett St bridge on North Terrace. Due to Covid-19, the project was put on hold for awhile, however last week we got to complete the work. Students from Uncle Tom's and Aunty Candace's class were involved in helping Shane to paint the kangaroos. They have done an amazing job. The kangaroos will be installed in their new location and when it is all finished, the students will get the opportunity to go see their hard work out in the public. Well done to all students involved.

Natasha Trestrail, Positive Education Leader

COOPERATION ORGANISATION RESPECT KINDNESS ACCEPTANCE



Government of South Australia
Department for Education

83 Ridley Rd, Elizabeth SA 5112 Ph: 8252 4419 Fax: 8252 3482

Email: dl.1792.info@schools.sa.edu.au

www.kaurnaas.sa.edu.au

NUT POLICY

Due to an increase of students with allergies, parents are requested to not send food to school which contains nuts or nut products. This includes sandwich spreads, such as peanut butter or Nutella.

As we currently have students with nut allergies, this is now increasingly vital as any contact with nut products can severely impact their health.

We are an Allergy Aware School.



CORKA KIDS AND DEADLY LEARNERS

Congratulations to the following CORKA Kids and Deadly Learners:

R-1

CORKA: Alison and Billy

Deadly Learners: Charlotte and Ruby-Lee

2-3

CORKA: Shae

Deadly Learners: Nathias and Shontaye

4-5

CORKA: Ethan

Deadly Learners: Sheliqua and Matt

5-6

CORKA: Eli

Deadly Learner: Sarah

7-9

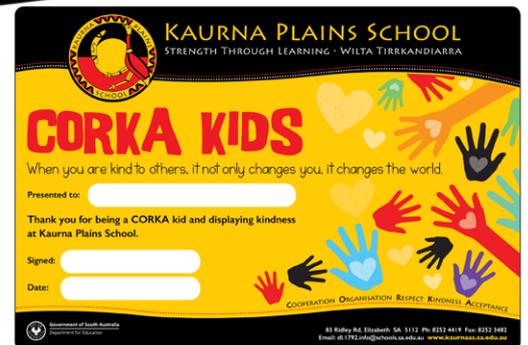
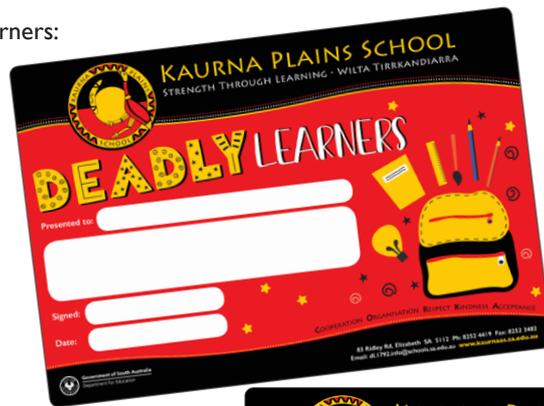
CORKA: Isaiah and Jamaika

Deadly Learners: Harley and Elley

10-12

CORKA: Latisha, Justin and Darnell

Deadly Learners: Elkira



STORY BOX LIBRARY

We are delighted to let you know about an education resource that is available to your child at home as part of our school subscription – **Story Box Library**.

Your child can watch favourite stories, read aloud by fabulous storytellers, at home as well as in the classroom.

To access Story Box Library at home:

- 1) Visit www.storyboxlibrary.com.au
- 2) Choose **Log In** from the top right corner of the screen
- 3) Log in using the username and password provided below
- 4) Enjoy the library of stories on any device with Internet connection

USERNAME: Kaurna Plains

PASSWORD: Kaurna92

Leayshia Gaston, Literacy Leader



RECEPTION TO YEAR 1



Reception – Year 1 Students have had another wonderful few weeks of learning. We have continued to work on our number skills and are learning to skip count to 100 in 10s. Maybe you can ask your children to share their learning with you at home and help them to practise.

During Jolly Phonics the students have been learning to blend together 3 sounds in a particular word family to decode some easy everyday words, for example: c a t, m a t, h a t, b a t. This is also something you might want to practise at home, as well as traditional games like 'Eye spy with my little eye, something beginning with...'

In Kaurua Language we have been sharing Dreaming Stories. We have talked about several important stories from the past and the key role they will always have in supporting us to share our knowledge with everyone and stay connected to our culture.

We also had two birthdays in our class - Kayden and Sha'Naynay both turned 6! It was fun to celebrate these important events together.

Aunty Debbie



YEAR 2-3

The students have been working hard in Maths over the last few weeks. We have been developing our number skills, looking specifically at consolidating our counting from 0 to 20, skip counting in 2s, 3s, 5s and 10s (both forwards and backwards), and learning place value (hundreds, tens and ones).

Matthew Taylor
Year 2/3 Class Teacher



Kruze and Ethan are exploring place value beyond 100.



Latisha is working hard with Uncle Kieran on place value up to 20.

HELLO FROM AUNTY WENDY

All classes had a great time being involved in learning lots about National Sorry Day and National Reconciliation Week.

Activities that students were involved in included hand mural art and learning about the importance of Aboriginal Dreaming Stories. Students learnt about how they connect us to our culture, land and values in life. Some of the stories that we learnt about were *How the Kangaroos got their tails*, *How the Birds got their colours* and *Tiddalick the Frog*.

Aunty Rebecca's and Uncle Matthew's classes have been learning about kangaroo facts and frog facts.

Aunty Debbie's class learnt about the colours in the Aboriginal flag. Black is for the people, yellow is for the sun and red is for the land/Mother Earth.

On Friday Jordan cooked a yummy BBQ for all the students. Ari and Terrel made a fire pit in the wetlands and cooked *Malu* (kangaroo) tails. Yum, yum what a tasty treat!

Aunty Debbie's and Aunty Rebecca's classes also had a very enjoyable time making *playdoh*.

Aunty Wendy



YEAR 4-5

The Year 4/5 class have been investigating narrative writing. We have been exploring ways to make our writing more interesting through using adjectives. Below are some examples of our narratives. We all began our narratives with 'I opened the door and...'

We hope you enjoy reading our imaginative narratives:

I opened the door and found out somebody lives behind the door. It was so green behind the door. It was so green and there was sugar grass everywhere, and kangaroos and emus. There were also honey bees. The emu walked along quickly. Then there was a lion roaring loudly. It attacked the emu and the other emus were sad. The lion apologised but the emus looked so delicious. He did not want to eat them so he ran away!

By Ethan, Year 4

I opened the door and I saw another world made out of plants and in that world, I saw Uncle Terrel living in a cave. I also saw human beings flying on bees and house flies. I opened another door and I saw Ari, living in a mushroom house! We walked away from the mushroom house and beasts started chasing us! We all ran back to the mushroom house where we were safe. The beasts waited for us but they got tired and left.

That night though the beasts came back! They were looking for Uncle Terrel and Ari! But Uncle Terrel and Ari had already gone. They had gone so far away that no-one ever heard from them again. We think they lived happily ever after...

By Matt, Year 4

I opened the door and I saw light. Then the light turned off. I saw flowers they smelt so good. It was really hot behind the door. Then I found out the flowers were magical wishing flowers. I picked a flower and I made a wish.

By Adrina, Year 4

Rebekah Eden, 4/5 Class Teacher



YEAR 5 & 6

Niina marni,

The 5/6 class have had a heavy focus on Sorry Day and Reconciliation Week. We have linked both important events to all subject areas and have seen the students thrive.

We have looked at timelines, researched important dates, read and listened to stories, completed information reports, discussed our own stories and completed art activities. The students have had many open and honest discussions that have led to a deep understanding of Sorry Day and Reconciliation Week.

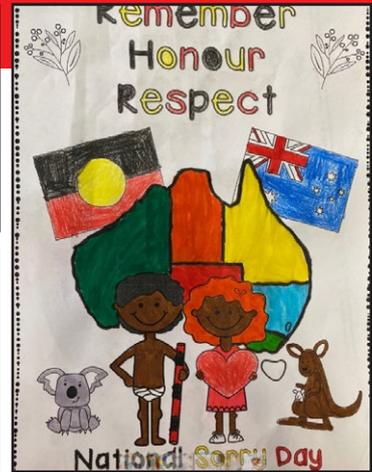
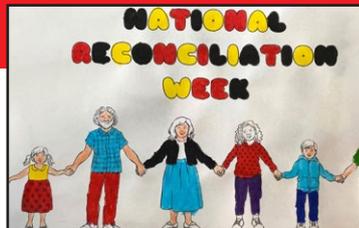
Nat wrote – “National Sorry Day is held on 26th May every year to remember and recognise all those who were affected by the ‘Stolen Generations’, as well as the negative impact of Australian government policies, practices and attitudes towards the Indigenous people of Australia throughout history.”

Shayana recorded – “National Reconciliation Week is celebrated each year from 27th May to 3rd June. It is a time to celebrate and build on positive and respectful relationships and connections between Australians and Aboriginal and Torres Strait Islander people.”

Sarah read – “Reconciliation involves building positive, respectful relationships between all Australians and the Aboriginal and Torres Strait Islander people. It helps to create a positive change and to help Australians learn about their shared histories, cultures and achievements.”

Uncle Tom's 5-6 class

Kaurna miyurna, Kaurna yarta, ngadlu tampintha



YEAR 7 TO 9

The 7-9 class have been participating in a class read aloud. For the remainder of this term and into next term we will be reading the text “Dear Sweet Pea” by Julie Murphy. It is a story about a young girl's tumultuous experience through high school and her parents' separation.

During the read aloud students' monitor for any interesting words – which become our word profile words and make predictions on what they think may come next. Building on just some of the important reading comprehension strategies needed for making meaning of texts.

Students' are also building on from this text during their independent reading time, reading their own selected novels ranging from graphic novels to popular and obscure novels.

We have just started building on our “Class Text” wall beginning with the front cover and some predictions made before we began reading.

Aunty Candace, 7 - 9 Class Teacher



SENIOR CLASS

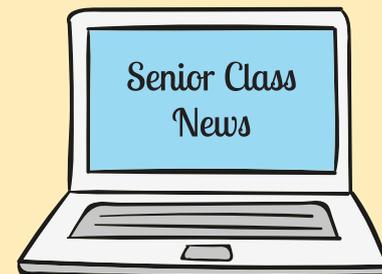
Welcome to Darnell and Kynan who are new in Year 10. We hope you enjoy your time at Kurna Plains School.

Well done to all students who are attending and completing work. Keep going, we are nearly at the end of Semester 1.

A reminder that Semester 2 will begin in Week 9 and there will be changes to your child's timetable. It may seem a little strange to begin Semester 2 at the end of Term 2, but this is because the end of year moderation and resulting period begins in Week 3 of Term 4 and is usually over by the end of Week 7! So we are almost at the halfway point in the SACE year.

Please get in touch with Liz, Jyoti or Antony to make a time to discuss your child's progress.

Elizabeth Burke, Senior Secondary Teacher



KITCHEN GARDEN NEWS

Students have been busy with Aunty Lauren D in the kitchen these past few weeks. We have been making banana bread with lemon myrtle & pumpkin and wattleseed scones.

Harvesting the pumpkins and the lemon myrtle has been fun.

We have dehydrated the lemon myrtle leaves in our dehydrators and made lemon myrtle salt by grinding the dried leaves in a mortar and pestle and then putting through a sieve for using on our homemade potato wedges.

Aunty Deb's class have been planting winter vegetables in the Wetlands near the compost bins and also planting into our big trousers filled with potting mix. We have hung these on the fence near the entrance to the Wetlands. The students have been watering the seeds and seedlings and are eagerly waiting for them to sprout and flower.

Thank you to Uncle Pete for working along with Uncle Tom's class to get the compost bins going again. The next project is to work on the wicking beds so they are ready for some Asian green seedlings.

A big thanks to Uncle Colin for helping us in the garden - it has been very much appreciated.

**Aunty Donna Uncle,
Pete and
Aunty Lauren D**



NUTRITION INFORMATION

We've noticed an increase of **energy and caffeinated drinks** coming onto school grounds again, which are **banned** for our students.

Here is an excerpt from our Energy Drink Policy, which was updated last year:

Kaurna Plains School hereby bans the consumption and possession of energy drinks on school grounds, by Staff and Students. This includes the purchase and supply by other parties, which are then bought onto the grounds. Our School strongly urges family and community members to also adhere to this policy, to reduce the temptation and negative influence on our students.

We appreciate the support from our families in our effort to preserve the health of our students. Our expectation from our students is that they adhere to the policy and understand that there will be consequences for breaching this KPS rule.



get up and grow

Healthy food helps

OUR KIDS GROW STRONG

www.health.gov.au



All kids need breakfast

- Breakfast gives kids energy for the day ahead.
- Missing breakfast can start unhealthy eating habits.
- Kids who don't eat breakfast are more likely to be overweight.



'Everyday foods' include:

- plenty of vegetables, beans and lentils
- fruit
- breads, cereals, rice, pasta, noodles (mostly wholegrain), and other grains like oats and barley
- milk, yoghurt and cheese (mostly reduced fat for kids over 2 years)
- lean meat such as kangaroo, fish, chicken (without skin), eggs, beans and nuts (but not whole nuts for kids under 3 years).

Most bush tucker is very healthy for kids.

Sweet drinks are not needed for good health

Sweet drinks are:

- soft drinks
- flavoured waters
- flavoured milk
- cordial
- sports drinks
- fruit drinks
- fruit juice
- tea.

Do not give baby unhealthy drinks like tea, soft drinks or cordial in a bottle. Tea weakens your baby's blood.

Sweet drinks:

- can lead to tooth decay and weight gain
- fill your kids up so they don't eat healthy meals.

Water is the best healthy drink for our kids



- Kids don't need sweet drinks.
- Make sure kids have plenty of clean water.
- Give kids water with meals and snacks.

Help kids to enjoy eating healthy foods

- Talk to kids about the difference between everyday and sometimes foods.
- Never use food to reward or punish a child - this can lead to unhealthy food habits.



Sometimes foods

'Sometimes foods' are high in fat, sugar and salt and are not needed. They can lead to tooth decay and weight gain and leave less room for healthy foods. Limit sometimes foods to kids. Tell kids they can only have sometimes foods on one day of the week, and in small amounts.

'Sometimes foods' are:

- chocolate, lollies, biscuits and chips
- pastries, pies and sausage rolls
- fried foods like chicken and hot chips
- takeaway and junk food
- cakes and ice cream
- juice, soft drinks, cordial and other sweet drinks.

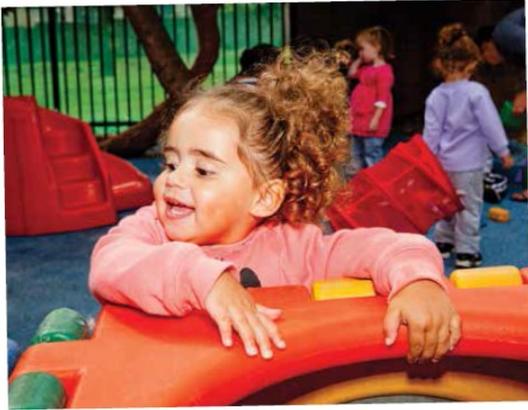
There is no need to add sugar, salt, honey, butter or margarine to food for babies and kids.



NUTRITION INFORMATION (CONTINUED)

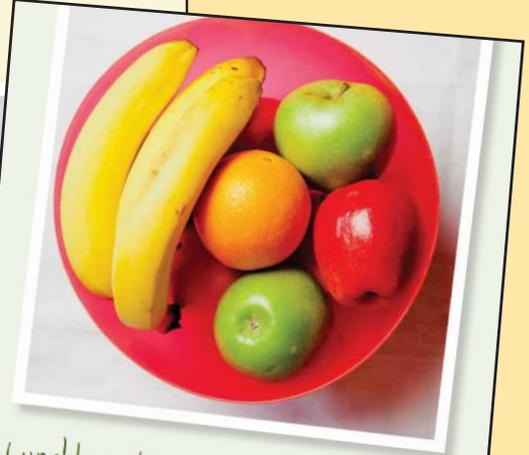
Regular mealtimes give kids energy

- Kids have small stomachs - they need small meals and healthy snacks.
- Kids need 3 meals and 2 healthy snacks a day.
- Kids who eat all the time never learn how it feels to be hungry.



Ideas for healthy snacks

- Wholegrain bread and cereals.
- Chopped up fruit and vegies.
- Yoghurt.
- Raisin toast.
- Cheese cut into sticks.



Lunchbox ideas

- Fresh fruit.
- Boiled eggs.
- Wholemeal sandwiches, pita wrap or bread roll with:
 - mashed egg and lettuce
 - chicken with cheese and grated carrot
 - cheese
 - lean cold meat, lettuce and tomato
 - mashed banana
 - tuna, corn and lettuce.

Celebration food

- Try to have healthy food for all celebrations.
- If you have 'sometimes foods' like cakes and ice cream, try to limit the serve size.
- Try offering a plate of fruit to have with sometimes foods.

Fussy eaters

- Kids can be fussy eaters when they are sick or tired.
- Kids may refuse to eat if they have too much food on their plate or if they have filled up on drinks or snacks before meals.
- Limit drinks or snacks between meals.
- Set a limit of 30 minutes for a meal.
- Take away the uneaten food and never force a child to eat.
- Re-offer foods that have been refused - it may take up to 10 times before it is accepted.
- Allow the child to decide how much they want to eat.

Food allergies

- Food allergies can make kids very sick.
- The most common foods that kids under 5 are allergic to are: cow's milk, soy, eggs, peanuts, tree nuts, wheat, sesame, fish and shellfish.

Food allergies can cause:

- hives and rashes
- swelling of the lips, tongue or mouth
- vomiting
- diarrhoea
- trouble breathing, which can cause loss of consciousness, injury or even death.

ALLERGY
AWARENESS
BEING AWARE CAN SAVE LIVES

