

Principal's report from Fiona Haselgrove

Friday 17th May 2024

Tuesday evening, we shared an online seminar event with staff and parents. Dr Justin Coulson, psychologist, parenting expert, and host of the TV series "Parental Guidance" presented on "Resilience" Resilience is a word that is banded around a lot with and often referred to as "the ability to bounce back" from hardship. Justin talked about resilience as "standing strong," and "becoming stronger under stress."

Statistically 57% of young people in year 3/4 recorded good or high levels of resilience and this dropped to 27% by year 12!

Justin shared his thoughts on what is contributing to low resilience in our children:

- Screens and social media – "smart parents give students dumb phones," he does not recommend smart phones for primary aged children.
- "Helicopter" parents – resilience is built when young people have agency and control. If their whole life is structured and managed by parents, it leads to anxiety.
- We do not let young people fail, we need to let them do hard things and not necessarily succeed immediately.

He talked about the myths of building resilience:

- "Toughen up" – young people do not feel heard if they are just told to toughen up and this undermines their feeling of being competent. Young people need a pattern of stress (developmentally appropriate challenges) and nurturing.
- Parents feel like they are responsible for their child's emotions, so we are not allowing them to be uncomfortable and go out of their comfort zone. Young people need to feel uncomfortable and work through their discomfort.
- "competition" builds resilience – competition is results based and focuses on the outcome rather than how the outcome is dealt with. Dealing with the outcome is the important part.

How do we build resilience in young people?

We pre arm them by giving them experiences that builds their values.

- Belonging – when you feel like you matter and are seen and heard. The number one predictor of resilience is knowing you have someone who loves you.
- Build integrity help young people explore values and learn to demonstrate them.

Term 2 Diary Dates

MAY

- Wed 22nd Year 10 Immunisation
Thurs 23rd Duke of Edinburgh Parent Information Session 3.20pm – 4.00pm
Mon 27th Reconciliation Week Assembly 2.15 pm All Welcome
Tues 28th SAPOL visit
Talent Show Auditions
Wed 29th Year 7 Immunisation

JUNE

- Wed 5th Young Environmental Leaders – Murray Bridge (selected 5/6 students)
Thurs 6th Backflips against bullying performance
Mon 10th Kings Birthday Public Holiday
Tues 11th **STUDENT FREE DAY**
Staff Professional Development Training
Year 4 – 6 Camp
Wed 12th to Friday 14th Music Performance
Friday 14th Talent Show – Time TBC
Thurs 20th Canberra Camp Year 7 – 12
Sunday 23rd to Friday 28th

JULY

- Friday 5th Last day of term
School finishes 2.05pm
Buses Depart 2.15pm

- Riskier play – heights, speed, tools, independence. In risky play young people must manage uncertainty.
- Problem solving – working through options to find a way forward.



Examples from the year 7 class of exploring our school values

The three ingredients for building resilience Justin spoke about were:

- Time – decrease structure in young peoples lives and give time for play, exploration, and rest.
- Space – give young people physical and emotional space.
- Freedom – get out of the way at times to allow young people the freedom to choose activity, work through challenge, and fail.



The analogy he gave was walking a balance beam – we can walk alongside with our hands up ready to catch them if they fall but we should not jump up and carry them across.

His final word was on gaming. Research is showing limited gaming is not an issue (provided the content is appropriate). In balance with sleep, physical activity, and family time it can be a positive place to connect with peers and problem solve.

If you would like more information on Justin Coulson and his parenting advice, go to:

[Happy Families – Because happy families don't just happen](#)

We have access to the link for the webinar for 14 days. If you are interested in watching it, please email emma.swan773@schools.sa.edu.au

Year 7 work on the “zones of regulation” – where students identify emotions, understand why they are feeling them and how to move themselves into calmer zones.

Introducing Mr Jacob Wiess, secondary English & Humanities teacher

Jacob joined our staff last week and commenced teaching classes this week. Jacob will be teaching Year 8 English & Humanities and Social Sciences, Year 9/10 English. Next semester he will also be teaching Year 11 & 12 English.

If you see Jacob around at school or in our community, please introduce yourself and make him feel welcome.



About Jacob

I grew up in the western district around two hours west of Melbourne, in Colac. I won a painting prize at Sovereign Hill when I was nine years old and was awarded a small gold nugget. My school teachers always encouraged me to paint and draw. After finishing secondary school, I pursued some studies in Fine Art at Monash University in Melbourne on a Commonwealth education scholarship. During the degree, I was offered the option of studying one semester in Prato, Italy, which I thought would be interesting. I was privileged enough to get to tour many historical sites including Roman and Renaissance

Art and architecture across northern Italy. These historical periods have always fascinated me. After graduating I worked on some film and television productions, which eventually led me into more traditional cabinet making projects for commercial and industrial fit outs across universities, hospitals and retail spaces. Some buildings I have worked on include Crown Casino (Melb), The MCG, Chadstone Shopping centre, The Herald and Weekly Times, The University of South Australia, Prince Alfred College and many other buildings in Adelaide and Melbourne. In 2023, I completed a Master of Teaching at Adelaide University specialising in English and Humanities and Social Sciences which has brought me to Meningie, my first graduate teaching job.

SRC Talent Show

This term the SRC are hosting an in-house talent show. This means students will have the opportunity to perform their special talent for their peers. You might like to help your child think about what they could perform and rehearse their act. Students can wear a costume and/or use equipment to support their act. Performances can be done by an individual, with a partner or in a group.

National Walk Safely to School Day

On Friday 10th May a group of parents, students, staff and our local Police Officer, Amore met at the Memorial Park and walked along the Pelican Path, Yunti Ngopun Ngami (together we walk). Thank you to those families who supported this event and we look forward to growing this event in 2025.



YEAR 5-8 SPORTING SCHOOLS GOLF EXPERIENCE AT LAKE ALBERT GOLF CLUB



It was a good experience because we have never learnt how to play golf before - Blake



It was fun! Driving was my favourite! - Carter

Dylan taught us how to hit different strokes - Khaliyaa

I liked hitting the long shots - Summer

Dylan was helpful in teaching us how to hit the balls - Ruby Cunneen



Driving was the best one! - Brooklyn



YEAR 5/6

BEERENBERG EXCURSION

The year 5/6 Agriculture class visited Beerenberg Family Farm to investigate how they grow their delicious strawberries. We learnt from their practices and replicated them in our tunnel house at school.



The plastic protects the strawberries and prevents bruising.



Jackson rated the excursion 11/10!!

Kodi rated the excursion 10/10!!



The weather, hail, rain and people stepping on them can bruise the strawberries -

Jasmine



I want to make jam and chocolate dipped strawberries -

Ilesha

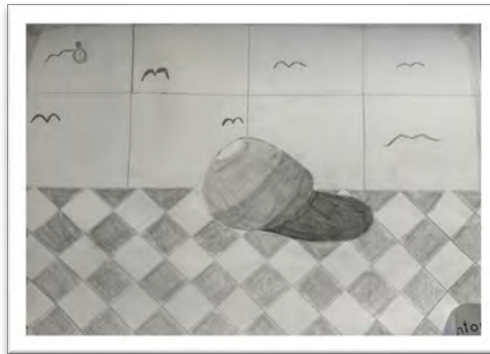
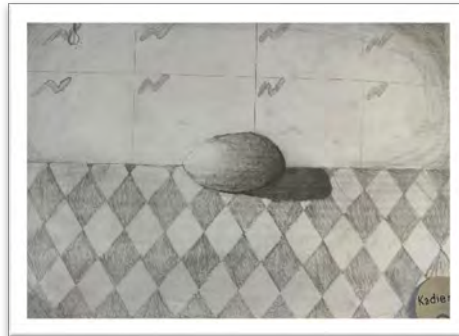
The different types of strawberries are Rainer, Seascape, Camarosa and Ogollala -
Samzon



The Arts

Year 7 Artworks from Term 1 – Unit Focus on Australian Birds

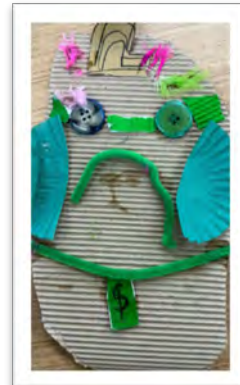
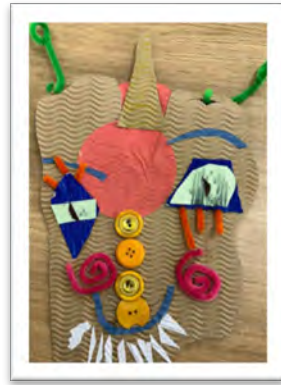
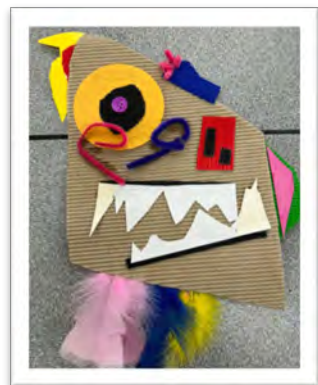
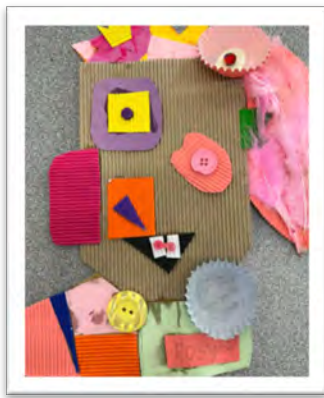
Sketching – Still Life Egg



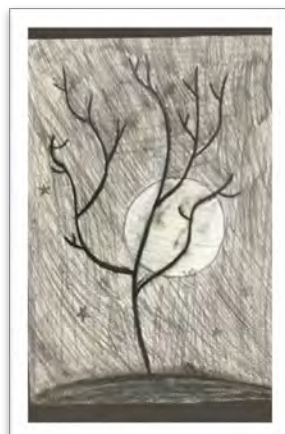
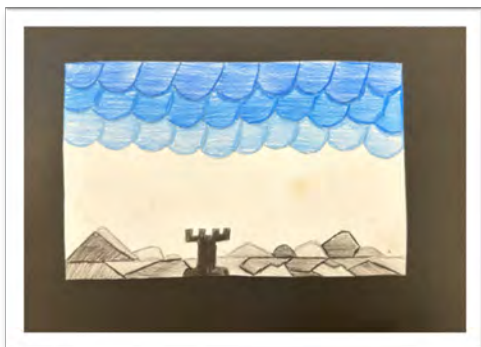
Water Painting – Australian Bird



Year 5 Artworks from Term 1 – Unit Focus on Cubism



Year 8/9/10 Artworks from Term 1 – Unit Focus on Abstract & Semi Abstract



CANBERRA CAMP UPDATE

We have finalised our student numbers for the Canberra Camp and we are excited to be taking 38 students in Week 9 this term. Students will be undertaking an educational tour of the national capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding to our school in the amount of \$270 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

SPORTS VOUCHER 2024

Students in Reception to Year 9 are entitled to redeem 1 sports voucher per calendar year. The Sports Voucher can be used to discount up to \$100 on sport, dance, learn to swim or scouts/guides fees.

The aim is to increase the number of children participating in physical activity by helping to reduce cost as a barrier.

More info at <https://www.sportsvouchers.sa.gov.au/>



FREE HOME INTERNET ACCESS

Students and families who have inadequate or no access to internet at home are eligible to apply for a free internet connection to support learning.

There are 2 options available to eligible families:

- wireless internet access from the Department for Education through the student home internet program
- NBN broadband internet access until December 2025 from the Australian Government through the School Student Broadband Initiative.

You might be eligible if you:

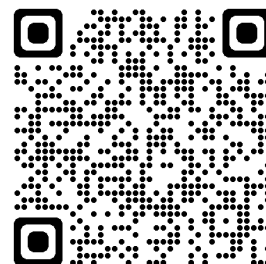
- have a school aged child
- don't have reliable home internet access or have no active NBN broadband connection.

Find out more about what options are available and how parents and carers can apply by visiting the [department's website](#).

New Lunch Order Link & QR Code

Freshies lunch order link and QR Code to order students lunches. Available Wednesdays, Thursdays and Fridays. Delivered to the Front Office.

[Home | MAS CANTEEN \(square.site\)](#)



Breakfast Club is proving really popular again this term and we are averaging approximately 45 students per day for breakfast with a busy high of 55 on a couple of days! Kellie Martin and Sarah Chandler man the toaster five days a week 8.15 to 8.45am and we offer fresh fruit, toast with a variety of spreads, cheese, boost bars and occasional fruit cups and other items. Students are also able to make a sandwich and take fruit for their lunch or recess at Breakfast Club. We are kindly supported by Food Bank, Meningie Bakery, Lund family and the Uniting Church. Having a nutritious breakfast sets students up for their days learning.

We have also have some **Young Womens' Packs** with sanitary products and toiletries available and these are sponsored by the Government Program for Combating Period Poverty. Please see Sarah or Kellie if you would like a pack. The school also provided period products in the girls' toilets in the secondary school.



Homework Support Group
Year 5 to 12
 Tuesday, Wednesday & Thursday
 in Meningie Community Library
 3.05pm to 4pm
 See consent form emailed 27/2/24,
 or contact the front office for further information



**SMOKE-FREE
 AND
 VAPE-FREE
 SCHOOL**

Smoking and vaping are banned at this site
 including within 10m of the boundary

Tobacco and E-Cigarette
 Products Act 1987



clearingtheair.sa.gov.au



JOB VACANCY
Contract Cleaner Required
 3 - 3.5 hours per day
 Monday to Friday
 WWCC required
 or prepared to obtain
 Contact Hazel 0448 169 464



**PARENT/CAREGIVER
 INFO SESSION**
THURSDAY, 23RD MAY @ 3.20PM
 You are invited to The Duke of Edinburgh parent info session:
 When: Thursday 23rd May at 3.20pm - 4.00pm
 Where: K13 Classroom at Meningie Area School
 This session aims to provide parents with an understanding of what The Duke of Edinburgh Award is and how you can best support your child to complete their certificate.
 Please RSVP to the front office on 8575 1106 or email dl.0750.info@schools.sa.edu.au by Tuesday 21st May.
 Students are encouraged to come along with parents/caregivers.



Thank you to
Paul Brumfield and his
 team for donating your
 time and services to install
 the new cattle crush at our
 Ag Block.



OFF THE SHELF



Meningie
Area School



at the Meningie School Community Library



Words Grow Minds is backed by the latest research on early childhood development and education. All children need is to be surrounded by a rich language environment – and it doesn't have to be English! It just needs to be fluent speech to learn sounds and words – talk in the language you are most comfortable with.

Valuable input from early childhood education, literacy specialists and health practitioners providing advice with:

- Family resources
- Early Years Directory
- Community events
- accessible support from professionals in child development



ALL WELCOME
TO THE NEXT
BDG
GATHERING
12 JUN 2 - 4 PM

-Kim Edwards-
The Memory Keeper's Daughter

Just one more Chapter

With up to 85% of brain development occurring in the first three years of life, it is important parents and caregivers are equipped with the tools and information to support children to thrive from the very beginning.

**WORDS
GROW
MINDS**

TALK

PLAY

READ

SING



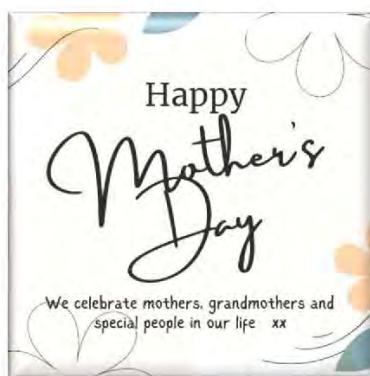
Pop into the library for your Words Grow Minds promo pack and sign up to your local library's borrowing service. Read more about how talking, playing, reading and singing are the best things you can do for a child's development at wordsgrowminds.org.au

For all who seek



Reminder

- > New books for loan
- > Local history reference
- > Chair Yoga Thurs 4-4.30pm
- > Techhelp Thurs 5-5.30pm



Ask the Librarian!!

Books
written by
my favourite
Author

How to use
Libby and
BorrowBox
apps

Extend my
overdues,
please!



ancestry
library edition

