



*-Achieving Excellence-* **Seaford**  
**K-7 NEWS**



**Wednesday 13th February - Term 1 Week 2**

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### Diary Dates

#### FEBRUARY

- 15 Governing Council Meeting 3:30pm
- 16 9.10am – Assembly in Gym – All welcome
- 28 SAPSASA Swimming Trials at Marion

#### MARCH

- 1 Governing Council AGM 3:30pm
- 9 9.10am – Assembly in Gym – All welcome
- 13 **ADELAIDE CUP PUBLIC HOLIDAY**
- 20 SAPSASA Athletics Carnival
- 21 **HARMONY DAY**
- 22 Governing Council Meeting 3:30pm

### From the Principal

Welcome to Seaford Primary School for 2018, especially to our new receptions and other new students and their families. We are looking forward to a successful year; working together to support your child's learning.

Our staff for 2018 are as follows:

**Principal:** Belinda Adams

**Deputy Principal:** Nikki Garner

**Student Wellbeing Leader:** Michelle Donht (Tues, Wed, Thurs.)

**Senior Leader:** Rick Whitbread (Mon, Fri)

Early Years Unit	Middle Primary Unit	Upper Primary Unit
R/1 Jess Tietgen R/1 Jenny Lovering & Bronwyn Alexander Yr 1/2 Naomi Moro JP Special Anthony Parina	2 Marg Ray 2/3 Stacey Zammit 3/4 Ann McLoughlin & Elaine Bladon Primary Special Yvonne Haddy	4/5 Penny Taylor 5 Abigail N'diaye 6/7 Alex van den Berg  Japanese

#### Specialist Teachers (N.I.T.) Teachers

- PE Steve Paulovich
- Japanese Tania Folland (Mon, Tues, Wed)
- The Arts Rick Whitbread (Tues, Wed, Thurs)

#### SSO Team (School Support Officers)

**Front Office:** Ann McCleane, Helen Smith, Helen Briggs, Cheryl Norman

**Student Support:** Rosemary Antonoff, Tamara Burgess, Adele Beens, Nikki Dougray, Karen McKee, Kelly Tracey, Consuela Castilla, Nicola Cook, Benn Crate, Jay Gardiner, Jen Makorba

#### Aboriginal Community Education Officer (ACEO):

Rebecca Roberts

**Grounds:** Michael Hazelwood

**PCW:** Steve Brooks

**Canteen Manager:** Amanda Mylett (Wed, Thurs, Fri)

The staff at Seaford are looking forward to working with you this year to strengthen ties between school and home to improve the learning outcomes for all our students. Please ensure you communicate with teachers via Class Dojo, diaries, communication books and if you need to make an appointment to meet please be aware that staff meetings are on Tuesday nights. After school is fine to talk however the mornings aren't as we start the new day! Thanks

### New Timetable

This year in terms 1 & 2 we will be trialling a change in our timetable, with lunch being eaten at 11:20am after 3 lessons. The new school timetable is below:

<b>8.30am</b>	<i>Yard supervision begins</i>
<b>8.50</b>	<i>Lessons commence</i>
<b>11:20-11.30</b>	<i>Students eat lunch in classrooms</i>
<b>11:30-12.00</b>	<i>Lunch</i>
<b>12.00 -</b>	<i>Wellbeing/ Interoception in class</i>
<b>12:10</b>	<i>Lessons commence</i>
<b>12.10</b>	<i>Recess</i>
<b>1:50 - 2.10</b>	<i>Lesson commences</i>
<b>2:10</b>	<i>Dismissal</i>
<b>3.00</b>	<i>Yard supervision ends and gates locked</i>
<b>3.15pm</b>	

### Governing Council AGM

Please join us for our Annual General Meeting for our joint Governing Council (a combined council for both preschool and school). It will be held in the school library on **THURSDAY 1<sup>st</sup> MARCH**. If you are interested in being on the Governing Council as a member, meetings are held twice a term and are a great way to be involved, hear what is happening and to have a say. If you would also like to join our Grounds and Facilities and/ or Fundraising Committee there will be more information sent home next week and in the week 4 newsletter.

### School Material & Service Fees

Recently you should have received an invoice for this year's school fees of \$235.00 per child. Payments can be made at the office, over the phone with a credit card or electronically. If you believe you may be eligible for School Card, please collect a form from the office or apply online [www.sa.gov.au/topics/education-and-](http://www.sa.gov.au/topics/education-and-)

[learning/financialhelp-scholarships-and-grants/school-card-scheme](#) As an incentive, parents/carers who pay before **Tuesday 10<sup>th</sup> April** will go into a draw to win a \$100 credit at the school! This money can be used to purchase uniforms, pay for camps and excursions etc. **This will be drawn at our assembly on FRIDAY 13<sup>th</sup> April at 9:10am** and all parents/carers are welcome to attend.

## School Canteen

As a reminder the canteen is **only open on Wednesday, Thursday and Friday** this term and as lunch and recess times have changed, the trading hours of the canteen have changed too. As **eating time is now 11.20am** lunch orders need to be in by 9.05am. please. As recess is now at 1.50pm, we are trialling closing the canteen at this time. **The only over the counter sales will be at 11.30am.**

## Sun Smart Policy

In Term 1, 3 & 4 all children are required to **wear a hat** outside to be sun smart. Please ensure your child has a green school hat each day as our policy is "No hat, No play". If you need to purchase one they are available at the front office at a cost of \$10.

## From Deputy Principal

### INTEROCEPTION

When you think of [sensory processing](#), you probably think of hearing, sight, smell, taste, and touch, right? And, most of you also know about two other important sensory systems – the vestibular system, and the proprioceptive system.

But what if we told you that there is yet another sensory system that can have a huge impact on kids' [self-regulation](#), behavior, and overall functioning?

Interoception is probably the least familiar sensory system to most of us, but knowing the basics about this aspect of sensory processing can give us a more complete understanding of a child's behaviors and ability to function and how we can best support them.

### What is Interoception?

Interoception refers to our perception of what is going on inside our bodies and is responsible for feelings of hunger, thirst, sickness, pain, having to go to the bathroom, tiredness, temperature, itch, and other internal sensations.

What's even more interesting about interoception is that it goes deeper than physical sensations because – as with all of our sensory systems – when our brains receive these internal signals, we interpret, attend to, and analyze them. So interoception is also associated with our sense of well-being, mood, and emotional regulation. A helpful way to think about it is that interoception is how we answer the question, "Am I okay?" If those internal signals tell us that yes, we are okay (we're not in pain, we're not hungry, we don't have an urgent need to use the restroom...), then we go about our daily activities with a general sense of well-being and ease. However, if we ask ourselves this question and we're answered with a different set of signals (heart palpitations, nausea, a headache) – we respond in an entirely different way. We may feel anxious, upset, or even a sense of panic.

### What does it look like when a child has issues with interoceptive processing?

Picking apart the exact causes of kids' sensory-related behaviors can be extremely complex. And throwing interoception into the mix definitely adds yet another layer of complexity. But consideration of this sensory system can be invaluable as we work with children who struggle with aspects of development like potty training, feeding, attention, and more.

At Seaford K-7 we have realized that students need to be explicitly taught about interoception and so have a time in the daily timetable to address this. Students will be taught strategies so they can start to understand the signals their body is sending them, what that means to them and then what they can do to support themselves so they can learn to their full potential.

Taken from: <https://theinspiredtreehouse.com/what-is-interoception/>

## Family Contact Information

Please provide any updated contact information to the front office asap. This includes any changes to your phone numbers, address or your child's emergency contacts details too.

## Car Parking

The School and Kindy car park, for safety reasons, **are not for families to use for parking (unless there is a specific reason that has been discussed with staff eg disability)**. This is a real safety issue for children with families driving in and out as children and even adults are not always visible when cars are backing. It is often extremely busy and therefore **NOT A SAFE PLACE** for children and cars.

## SAPSASA 2018 – Term 1

**Hi everyone and welcome back for 2018,**

I just wanted to quickly touch base about SAPSASA just so everyone can start thinking about getting organised in the event that their child is selected to represent the school.

**PLEASE REMEMBER YOUR CHILD MUST BE TURNING 10 OR OLDER THIS YEAR TO PARTICIPATE IN ANY SAPSASA EVENTS.**

**TRANSPORT TO AND FROM ALL EVENTS MUST BE ORGANISED BY PARENTS/CAREGIVERS.**

The following events are taking place in term 1:

**DISTRICT SWIMMING TRIALS (FORMS RETURNED BY FRIDAY 16<sup>th</sup> OF FEBRUARY)**

- **When:** Monday 26<sup>th</sup> of February WEEK 5 9am-2:15pm
- **Where:** Marion OUTDOOR Swimming Centre
- **Criteria:** Your child must be able to swim one lap of the pool without stopping (50m) in their chosen stroke.

**NOTE:** As there are traditionally a low amount of participants in this event it will be PARENT/CAREGIVER responsibility to transport

their child to the venue, stay with them for the duration of the event and transport them home, as I will not be attending. **Please contact me for a form if your child is interested in participating**

**SAPSASA ATHLETICS DAY (FORMS HANDED OUT CLOSER TO THE DATE TO SELECTED PARTICIPANTS)**

- **When:** Tuesday 20<sup>th</sup> of March WEEK 8 (time TBA)
- **Where:** Tatachilla Lutheran College
- **Criteria:** I will be using PE lessons to record data in all the events, to help me make my selections for boys and girls in each age group. **Selection will also be dependent on behaviour in the classroom, yard and PE.**

**SAPSASA CROSS COUNTRY (FORMS HANDED OUT CLOSER TO THE DATE TO SELECTED PARTICIPANTS)**

- **When:** Thursday 5<sup>th</sup> of April WEEK 10 (time TBA)
- **Where:** Noarlunga Downs Primary
- **Criteria:** I will be holding trials at a lunchtime closer to the date. Students must be able to run at least 3 laps of the oval without stopping, as they will be required to run 23kms on the day. **Selection will also be dependent on behaviour in the classroom, yard and PE.**

Just a reminder that knockout sports will begin in Term 2. Stay tuned for notices about the events as they get closer. Feel free to let me know if you can volunteer to help out on the day as we get closer to the events. I will keep you updated on Class Dojo and in Newsletters as information develops. **Thanks, Steve Paulovich**

**Coles Sport for Schools Program 2018**

**Hi everyone,**

I am in the process of registering our school for the Coles Sports for Schools 2018 program. Here's how the program works:

- For every \$10 spent at Coles during the program, customers receive one Sports for Schools voucher
- Vouchers are then taken to school and will be placed in the collection bins provided
- Every voucher received will go towards a tally to help us order sports equipment at the end of the program

This is great opportunity to allow our school to get extra sports equipment free of charge! So if anyone shops at Coles please keep this in mind! For more information visit <https://www.coles.com.au/sfs>

**Thanks, Steve Paulovich**

**From Michelle**

**Welcome back to a new year at Seaford K-7!**

It has been wonderful walking through classes and seeing students who are engaging in their new learning spaces and gaining a stronger sense of belonging every day. It is a busy and tiring time for all of our little people and I want to acknowledge the time and effort that you, our parents/carers and families, put in to getting your children

to school. Also that tricky time when you pick them up and the Big Feelings they show when they get home after their long and at times overwhelming days here with us.

You may have also noticed that over these first two weeks our Teachers are taking a slightly different approach to creating their class environments and this is what we have dubbed our 'Getting off to a Good Start' and includes lots of learning about how best to learn, move around the class and school and treat each other here at Seaford. One of the programs we will be introducing to children is called Bucket Filling and it is about how we can lift each other up by noticing everyone's contribution to the learning space and the positive impact we can have on each other (please see a family bucket filling poster that showcases this). If you have some lovely examples of how your family fills each other's buckets please send them into your child/s class for sharing!

We have always valued parent/family/carer contribution and we will continue to make this a priority. You can assist with this by linking into your classes 'Class Dojo' as this will be one of the main forms of communication with your teacher/s. Allowing them to keep you in the-loop and vice versa!

Thank you again, give yourself a pat on the back and allow yourself as well as your child/ren some space to breathe over these next few weeks during the settling in period, even our older students will need to get back into the swing of things!

I am on site Tuesday, Wednesday & Thursday and contactable via email at Michelle.Dohnt901@schools.sa.edu.au

Kind regards,  
**Michelle Student Wellbeing Leader**



**Attendance is Everybody's Business**

Attendance at school every day is so important for all students' education. We ask that you keep contacting the school to inform us of any absences of your child/children

as every day counts! Here at Seaford K-7 we have many avenues for you to inform the school of absences. These include;

- diary notes □ Class Dojo
- email
- phone
- text message **0427016460**

When sending text message please include student name, date, reason and class

Our **staff** is committed to having students in class and will contact you when we notice students are absent and we have not heard from you. It is DECD policy that students attend school and further work is done in the support of families to help students spend as few days off as possible. This is to ensure that students can access the curriculum and maintain consistency with their learning. What more can you do...

- If you are planning a family holiday or there has been a family crisis and you know your child/children will be taking several days off then you will need to fill out an **Exemption Form** that can be found at our front office. This must be filled out by a parent/carer and approved by our Principal, Belinda Adams.
- Keep us in the loop, any days absent must be accounted for so please let us know via the methods mentioned above for any absences for your child/children. This cannot be done by a child, it *must be* provided by the **parent/carer**.

We will continue to work together on student attendance.

## Term Dates 2018

<b>Term 1</b>	<b>January 29<sup>th</sup>- April 13<sup>th</sup></b>
<b>Term 2</b>	<b>April 30<sup>th</sup> - July 6<sup>th</sup></b>
<b>Term 3</b>	<b>July 23<sup>rd</sup> -September 28<sup>th</sup></b>
<b>Term 4</b>	<b>October 15<sup>th</sup>-December 14<sup>th</sup></b>

## Community News



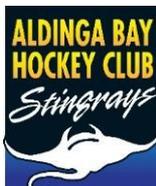
**Seaford Rangers Football Club**  
(Soccer) still has vacancies for the 2018 season in the following age groups:

**u7 - born  
2011/2012      u9 -  
born 2009/2010  
u15 - born  
2003/2004**

Please contact us ASAP for further information;  
Debs Huxford Junior Coordinator 0414 224 930  
Please email [seafordrangersjuniors@hotmail.com](mailto:seafordrangersjuniors@hotmail.com)



**come and Try Hockey at  
Aldinga Bay Hockey  
Club!  
Open Day Saturday 10<sup>th</sup>  
February**



\*Free Sausage Sizzle\* **Time:** 10am-2pm  
**Where:** At Aldinga Bay Hockey Club at  
Aldinga Sporting Complex on Port Road

New members welcome in all grades (Under 10's,  
Under 13's, Under 16's, and Seniors)  
For more information, check out our Facebook page or  
call Jacqui on 0419 831 549.