



Koolunga Primary School

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Term 2 Week 1
2021



Attendance:

If students are absent from School ...please text or ring the school with an explanation.

**This action supports our Attendance Policy.
Thankyou.**

Congratulations to Taylor – Netball + Oliver Football upon their Hub participation and selection into the SAPSASA training Squad.

Massive thanks to Richard, Bec, Anne and Emma W for their time to construct the benches

KPS Reminders:

Beginning Week 2 ;

Heat up Lunches – Monday

Private Keyboard lessons
Mon and Friday

Cooking with Emma
Koolunga's Kitchen
Wednesday

Playgroup
Fridays

Student hats are optional at
play this Term.

Dear Parents,

Welcome back to Term 2.

KPS Staff trust that that all families enjoyed their holidays break and perhaps had the chance to get away for a few days.

We hope that students are re charged and ready to go.

Welcome Back.

A quick welcome back to the Valentine family with students Mary Ann (Reception) and Kimba (Year 1) returning from their Queensland holiday.

House Keeping to Start the Term;

Term 2 Pupil Free Day.

Last Term the KPS Governing Council approved a Pupil Free day for the **Thursday May 6th**.

On this day there will be no school for students

Student Medications.

For any students requiring medications and or medical plans ...please ensure they are labelled and an updated copy for all pans are provided to the school.

Contact Numbers.

Have you changed your phone number / email / or any other contacts that KPS should know including emergency contacts ...if so , pop into the front office and share those details please.

KPS Bakery Fundraiser.

Just a quick Thank you to Em Smart for co-ordinating the bakery fundraiser for KPS.

After sport, with seeding approaching or a lazy afternooncouldn't you eat a dozen pies or so.

All order forms are due NOW please.

Thank you for your support.



Government of South Australia
Department for Education

Welcome back to \$\$\$\$

KPS has been successful to win the 'Protective Physical Environment Funding Application awarded by the DFE Engagement and Wellbeing office.

The maximum award of \$ 5000 - will be used for purchasing tables to accompany our seating and outdoor area plan. The money and benches will be in the hands of our current SRC Term 2 Team that is Taylor Jones and Molly Lange to choose and purchase.

Happy shopping girls.

Koolunga Kitchen

Term 1 – Week 10.



The Koolunga Kitchen will be back up and running next Wednesday

Respect - Responsibility - Honesty - Teamwork - Care

Managing Stress and Anxiety in Children.

The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

Recognise anxiety triggers

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult experiences are the most common anxiety stressors for kids.

Know how it shows

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

Give kids tools to manage their states

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

Help them understand how anxiety works

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.

In closing

Stress and anxiety have accelerated with the impact of the pandemic. The growing rate of anxiety is no one's fault, however it does mean that parents need to become more knowledgeable about how anxiety works, how it shows and how you can help your children.

TERM 2 2021

<u>Week</u>	Monday Date	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>
1	April 26th	Public Holiday	Term 2 begins			Newsletter = NL
2	May 3rd			Koolunga Kitchen begins with Em Smart		Mobile Library = ML
3	May 10th	GC Mtg at 7pm				NL
4	May 17th					ML
5	May 24th		RAA Road Safety Presentation			NL Parents in to view students books
6	May 31st					ML
7	June 7th					NL
8	June 14th	Public Holiday Queens B day	GC mtg @ 7pm			ML
9	June 21st					NL
10	June 28th					Last day of Term 2.20 Dismissal + Assembly