



*-Achieving Excellence-*

# Seaford K-7 NEWS



Government  
of South Australia  
Department for Education

**Wednesday 5<sup>th</sup> February - Term 1, Week 2, 2020**

Seaford K-7 School, 39 Jane Street, Port Noarlunga South, SA 5167

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## Diary Dates

### FEBRUARY

- 5 Governing Council Meeting 3:20pm
- 14 9.10am Assembly in gym
- 17 Book Club Orders due
- 19 Volunteer Induction for parents/ cares 9:30am  
Newsletter home

## From the Principal

Welcome to Seaford Primary School for 2020 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 this year are as follows:

**Principal:** Belinda Adams

**Deputy Principal:** Nikki Garner

**Senior Leader: Student Wellbeing** Michelle Dohnt

Early Years Unit	Primary Unit	Upper Primary
R Jess Tietgen & Teneille Jolly	1/2 Marg Ray	5/6 Alex Hart
R Jenny Lovering & Teneille Jolly	3/4 Jemma Laxton	5/6 Justin Ratcliff/ Michael Quirke/ Karen Arbon
1/2 Kimberley Wright & Beth Mowat	3/4 Nicole Bracken	Primary Special Yvonne Haddy
Yr 1/2 Naomi Moro	3/4 Bec Burton & Michael Quirke	Japanese
JP Special		
Kristy Fode		

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

- PE Steve Paulovich
- Japanese Tania Folland (Mon, Tues, Wed)
- The Arts Hannes Thimm (Tues, Wed, Thurs, Fri)

### SSO Team (School Support Officers)

- Front Office:** Ann McCleane, Helen Smith, Nikki Dougray
- Student Support:** Rosemary Antonoff, Tamara Burgess, Adele Beens, Karen McKee, Kelly Tracey, Nicola Cook, Benn Crate, Jen Makorba, Kerrie Kelly, Leeanne Kilgallon, Claire Sheen, Matt Cuthbert, Lydia Rutkowski, Emma Soutar & Tahlia Fellows.
- Aboriginal Education Teacher (AET):** Elaine Bladon
- Grounds:** Michael Hazelwood
- PCW:** Steve Brooks

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 are busy starting the new day! Thanks, Belinda

## 2020 School Timetable

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

## School Material & Service Fees

Recently you should have received an invoice for this year's school fees of \$244.00 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 visit [sa.gov.au/education/schoolcard](http://sa.gov.au/education/schoolcard) As an incentive, parents/carers who pay before **Monday 2<sup>nd</sup> March** will go into a draw to win a \$150 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 3<sup>rd</sup> April at 9:10am** and all parents/carers are welcome to attend.

## Volunteers

Volunteers play an integral part in supporting the work of Seaford K-7 and enriching the lives of children at our school. We are always looking to welcome new volunteers into our community.

Information on the process of becoming a volunteer is available from the Front Office. If you would like more information or are looking to become a volunteer please come along to the volunteer site induction meeting with Michelle **at 9.30am on Wednesday 19<sup>th</sup> February or Wednesday 25<sup>th</sup> March in the Front Office.** Looking forward to working with you to support our students. Michelle

## Term Dates 2020

- Term 1** Tuesday January 28<sup>th</sup> – Thursday April 9<sup>th</sup>
- Term 2** April 27<sup>th</sup> - July 3<sup>rd</sup>
- Term 3** July 20<sup>th</sup> - September 25<sup>th</sup>
- Term 4** October 12<sup>th</sup> - December 11<sup>th</sup>

## From Deputy Principal

### The Smith Family: Scholarships

The Smith Family are a fantastic organisation that offer families who can't afford educational expenses a scholarship. Letters went out to reception students and any new students this week. If you missed out please let me know and I'll organise the necessary paperwork.

### Zero Waste

Last term we celebrated Recycling Week and had a focus on reducing our waste. This year we will continue with this so please can food be brought to school in reusable containers. Any waste will go home in the lunchboxes and classrooms will provide compost containers for food waste. Tins are not allowed on site so please transfer the food into reusable containers. Thanks so much for your support with this, there has already been a huge improvement!

### 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](#), behaviour, 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 in class and in groups. 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/>

**Nikki Garner**

**Deputy Principal**

## School Uniform Policy

Our school's dress code aims to give students a sense of pride in their school. It is expected that all children will wear the Seaford K-7 colours of bottle green and gold. (Complimentary colours of dark grey and black for trousers, shorts and pants only are acceptable).

### Clothing which is unacceptable:

Midriff tops and tank tops

Ripped clothing (patches acceptable)

Miniskirts and brief shorts – (acceptable shorts should reach mid-thigh)

Thongs, slippers and party shoes

Makeup and nail polish.

Necklaces (unless for religious/special reasons after negotiation with Principal) and chokers

Bracelets, wrist bands, anklets and rings

Earrings – studs and sleepers are acceptable **No stretchers, nose or eyebrow rings**

Peaked caps or beanies (unless the child has an ear infection & there is a parent/carer note)

Flared pants

Denim jeans and shorts

Brightly coloured hair (that draws attention unnecessarily)

Black tops and jackets

Uniforms can be purchased from the front office or alternatively, appropriately coloured clothing may be purchased from stores such as Big W, Target, K Mart, Best and Less etc.

## 2020 Senior's Tops

A senior's jumper is also an option for the 2020 graduates. The jumper is bottle green with a white front panel with SENIOR printed on the panel. The design from the polo will be printed on the back. The cost of the jumper is \$56.00

Orders and payment for the senior tops need to be made online. Please follow the link below to our uniform supplier to place your order. **Please note orders and payments are not processed by the school.**

<https://www.jssportsonline.com.au/collections/seaford-k-7-school>

Orders will be accepted until **Sunday 9<sup>th</sup> February 2020**. Expected delivery will be the last week of term. This is your last opportunity to order a senior top.

## Sun Smart Policy

In Terms 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 \$10.00.

## Premier's Reading Challenge



The Premier's Reading Challenge is a literacy engagement program that was introduced by the Premier in 2004 to:

- Encourage students to read more books and enjoy reading
- Improve literacy levels.

The Challenge requires students to read 12 books between the beginning of the school year and early September.

Reception to Year 7 students select at least 8 books from the booklists on the Premier's Reading Challenge and 4 books of their own choice.

All information about the Premier's Reading Challenge can be found at [www.prc.sa.edu.au](http://www.prc.sa.edu.au)

## Scholastic Book Club

An advertisement for the Scholastic Book Club. It features the text 'The EASIEST way for parents to order and pay for Book Club!' in large, bold letters. Below this, it says 'Linked Online Ordering &amp; Payment platform' and 'It's easy to order and pay online for your child's Book Club order using your credit card. Your order will electronically be linked to your school when you order and pay by LOOP.' At the bottom, it says 'Also available as an app:' and shows icons for the App Store and Google Play.

Book Club is a fun and convenient way of bringing the best in children's literature into your school, whilst also helping to bridge the important class-to-home reading gap. Term 1 2020 Issue 1 has been handed out and online orders are due by 17<sup>th</sup> February 2020.

Regards, Helen Briggs

## From Steve – Christian Pastoral Care Worker

I would like to welcome you all back to a new school year, the first week is over and I see our new students getting used to all the new things that school brings. My role here is the pastoral care of students, staff and families. I am at the school four days a week. On Monday and Tuesday mornings you will find me in Breakfast club getting us off to a good start for the school day and having some fun. On the other days Michelle is in charge. Your children are welcome to come in and enjoy breakfast with us. On Wednesday I come in at recess time and Fridays you will find me out in the yard near my office welcoming our families. If I can assist you or if you have some questions please feel free to contact me and I will try my best to help.

I hope you all have a great 2020.

Regards Steve Brooks P.C.W.

## 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.

## 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** are 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 Department for Education 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.

We ask all parents/caregivers to ensure that their children arrive at school and are in class at 8:50am. **Children are not expected to arrive at school before 8:30am** as supervision of children is not provided until this time. Children are supervised from 8:30am until 3:15pm.

## Family Contact Information & General Consent Form

Please return the family contact information and general consent sheets sent out this week to the front office asap. This may include any changes to your phone numbers, address, health, personal details or your child's emergency contacts details too.

## Community News

Hosting an exchange student can be a truly rewarding experience for the whole family

[Welcome a new family member into your home](#)

**HOST FAMILIES NEEDED FOR 2020**

We have a wonderful group of students arriving in May, July & August for 3, 5 or 10 months and are excitedly waiting to hear news of their host family in Australia.

If your family can offer a friendly, supportive and caring home environment, contact us today 1300 135 331 or [info@studentexchange.org.au](mailto:info@studentexchange.org.au)

[www.studentexchange.org.au/hosting](http://www.studentexchange.org.au/hosting)

