



Northfield Primary School

WORKING TOGETHER FOR A QUALITY EDUCATION

North Avenue, Northfield S.A. 5085

Ph: 8262 2607 Fax: 8349 7830

Email: dl.0314_info@schools.sa.edu.au

Donna Beaney *Principal* Amy Papazoglov *Assistant Principal*

Jude Dunn *Wellbeing Leader* Lucy Zadoyanchuk *Assistant Principal*

Mel Manoel *Coordinator*

IMPORTANT DIARY DATES

Monday, 21st August - Friday 25th August

- Book Week

Tuesday, 22nd August

- Book Week Dress Up Parade - 9:30am

Monday, 28th August

- Principal Tour - 3:30pm

Friday, 1st September

- Assembly - 2:40pm

Mon, 4th September - Fri, 29th September

- PAT

Wednesday, 25th October

- Principal Tour - 9am

Friday, 27th October

- School Closure

Monday, 30th October

- Pupil Free Day

Friday, 3rd November

- Children's University Graduation
- Assembly - 2:40pm

Monday, 20th November

- Principal Tour - 3:30pm

Principal's Message

Year 5-6 Camp

Camps are such a huge amount of work for educators and I would like to thank Jamie, Richanda, Cameron, John, Pat, Nick, Shayna and Jude for making it all happen for our students. Our students had a wonderful experience and made memories that will remain with them forever.

Well done to our students who stepped out of their comfort zone, had a go at new experiences and made the most of the wonderful activities offered.

Welcome Bd Sumner

Bd has joined our team as our Aboriginal Community Education Officer (ACEO) this week. He has been out and about meeting students and families. We welcome him to our community and look forward to working with him.

Student Pillars

18 of our students came together and worked with Lucy to analyse student learning data and reflect on what makes a great learning environment. It is a great opportunity for students to extend their learning and develop their leadership skills. Thanks to our students for their hard work and thank you Lucy for making this happen. Student Pillars plan to share their recommendations across the school community, stay tuned to see the work continue.



Donna Beaney
Principal

Kids Helpline

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.

If you need to speak to a counsellor, call **1800 55 1800**, 24 hours a day, 7 days a week.

<https://kidshelpline.com.au>



Student Pillars

Here are some photos of the Students Pillars analyzing data and discussing student learning.



The Department for Education's Annual Parent Survey

You're invited to complete the 2023 annual parent survey, which is now open.

The survey takes less than 10 minutes and will help us understand:

- what we're doing well
- where we can improve
- what's important to you.

It has been coordinated centrally so that added administration workload isn't placed on the school.

Your answers won't identify you or your child. Only collated feedback will be provided to our school. Information collected will inform school improvement planning and activities at the school.

The survey closes midnight Sunday 27 August.

For more information visit [parent engagement with schools](https://parentengagementwithschools.gov.au).

<https://survey.education.sa.gov.au/sc/GhNv00yZRVxmSlyyjSK3JA2>



Book Week Dress Up Parade - Tuesday 22nd August



The Power of Developing an “Attitude of Gratitude”

“Gratitude can make your life happier and more satisfying.... when we express gratitude we strengthen our relationships.” Dr Martin Seligman

“Gratitude opens your heart and carries the urge to give back..... it is not mindless manners or tit-for-tat reciprocity...true gratitude is heartfelt and unscripted.”
Dr Barbara Fredrickson

As you can see from the quotes above, both from experts on positivity, being grateful empowers us to create meaningful and beneficial experiences in our lives. Gratitude is defined as being thankful and showing appreciation, including a willingness to return kindness.



A 2019 study published in the Journal of Happiness Studies found that gratitude is linked to happiness in children by age 5. This means that instilling gratitude in your kids at a young age could help them grow up to be happier people.

According to a 2008 study published in the Journal of School Psychology, grateful children (ages 11 to 13) tend to be happier, more optimistic, and have better social support. They also report more satisfaction with their schools, families, communities, friends, and themselves. Grateful kids also tend to give more social support to others as well.

We can show gratitude in many ways from the simple gesture of smiling or saying thank you, to larger gestures such as helping someone in need, and in meaningful ways such as actively listening to others. Being grateful creates feelings of motivation to learn or exercise, being physically healthier and having better relationships.

So how can you develop an “Attitude of Gratitude” even further than what you are already doing so you, and those around you, can really benefit from this Wellbeing superpower? You could try these activities with your child:

- Start a Gratitude Diary: At the end of each day, or week, write down 3 things/people/ activities etc you are grateful for. It helps you focus on what is good in your life, when you are going through a difficult time, to shift your perspective and decrease negative emotions.
- Write a letter to someone you are grateful to have in your life, explaining why you feel this way. Research suggests that simply the act of writing the letter is beneficial but actually sending it to the person is even more meaningful - for both the sender and receiver.
- Try Gratitude meditations.
- Start the habit of Grateful family dinners: at the dinner table, share 1-3 things you have been grateful for that day. Build on this by leaving notes for family members, under their pillows or on their desks, to tell them how you appreciate them. Or start a gratitude wall, or on the fridge, where you can display these notes. You could even make a Gratitude Tree.

Writing this has reminded me to be grateful to you. Thank you for reading this article. I appreciate the time you have taken to do so and I do hope it is helpful for you, and your family, in some way.

Jude Dunn
Wellbeing Leader

Year 5/6 Camp

In Week 3 the Year 5/6 students had a three day/two-night camp at Arbury Park Outdoor School. They were accompanied by their class teachers Mr Mazey, Mr C., Mr Staker and Ms Mott and with Jude, Pat, Shayna and Nick. The students had three days of activities that fostered independence, resilience and an appreciation of the outdoors.

We travelled to camp on buses and stopped at Mount Lofty Botanic Gardens and the Bridgewater playground and oval on the way. The students stayed in dorms and ate lots of delicious food in the dining hall that was prepared by the kitchen staff. Camp teachers and SSOs ran lots of great activities over the camp and the students worked very well together.

Over the duration of the camp the students completed a treasure hunt, a 'Mission Possible' obstacle course, a 5km hike up Mount George and built campfires to cook damper. They learnt more about the Arbury Park area and outdoor skills, and chose between orienteering, looking at fresh water aquatic life, making nesting boxes or building shelters. Everyone played a game called 'The Web of Life' which was a chasing game that imitated the food web in the wild. Students also had time to explore the camp site. Night activities included a quiz night, a movie, games in the gym, board games and a night walk.

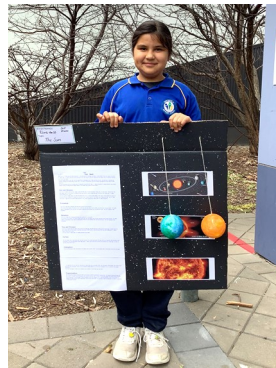
A huge congratulations to the students who attended the camp for their resilience, persistence and respectful behaviour. It was the first time many students had experienced this level of independence and we are so proud of how well they did this. Also, a big thank you to Arbury Park Outdoor School and its staff and also to the Northfield Primary School staff that planned and attended the camp.





Science Expo

Winners will be announced at the Week 6 assembly.





COME & TRY ATHLETICS



Learn more and try Little Athletics at our
free introduction sessions.

COME & TRY

Sat 19 Aug 1.30pm

COME & TRY / INFORMATION NIGHT

Fri 8 Sep 5.45pm

BRIDGESTONE ATHLETICS CENTRE
FROST ROAD, SALISBURY



jets.org.au/preflight

Northern Districts Athletics Club
Family, Fun & Fitness