Diary Dates

MAY
30 STUDENT FREE DAY

JUNE
2 PY Assembly 2:15pm
   2-3pm Parent Network Mtg
3 Principal’s Tour 9:30am-11am
   YE12 Excursion
   9-12noon SAPSASA Knockout
   Netball competition
6 MY Assembly 8:50am
   Fundraising Mtg 3:30pm
8 YE03 & YE04 Excursion
   2pm Peter Coombe (Yellow Unit incursion)
9 EY Assembly 2:15pm
   3:30pm Community Meeting
   BL34 & BL35 Excursion

10 STUDENT FREE DAY

Aldinga Beach B-7 School
Quinliven Road, Aldinga Beach
Ph: 8556 5060 Fax: 8556 5810
Email: dl.0222.info@schools.sa.edu.au

Student Absence Email
dl.0222.absent@schools.sa.edu.au
SMS Absence: TEXT ONLY
0418170154

When sending text message please include students name,
date, reason, class eg. EA05

Facebook
www.facebook.com/aaldingabeachb7school

School Hours
First Bell: 8:40am
Class Begins: 8:50am
Big Lunch: 11:30am—12noon
Little Lunch: 1:40pm—2:00pm
School Finishes: 3:00pm

Finance Office Hours
Mon to Thurs: 8:30am—9:15am & 3:00pm—3:30pm
Friday - MORNING ONLY 8:30-9am

Uniform Shop Hours
Mon & Friday: 8:30am—9:00am
Wednesday: 3:00pm-3:30pm

OSHC - 8556 6503

CANBERRA EDUCATIONAL TOUR 2016
What a fantastic time we had in Canberra last week. We visited over 17 different attractions including The Australian War Memorial, Parliament House, Old Parliament House, Australian Institute of Sport, Dinosaur Museum and the Royal Australian Mint. A big thank you to everyone involved.
Sue Kopp (Teacher & Camp Co-ordinator)

I liked the Dinosaur Museum the best - Chelsea Richards
I loved going to see the professional swimming pool at AIS because one day I'd love to train there. - Abbie Rankin

STUDENT FREE DAYS IN TERM 2
Monday 30th May
Friday 10th June

PUBLIC HOLIDAY
Monday 13th June
In doing our bit for the environment, it’s the little things that make a difference and by cutting out disposable rubbish in our children’s lunchboxes every day, we can reduce our waste considerably. Several classes are taking on this challenge which forms part of a much bigger movement taking place across the school as children and staff explore important issues around food and sustainability through their class and kitchen garden programs.

Our aim is to make healthy life choices along with sustainable waste management practices integral to our school’s program and to develop a whole school community approach. We want to provide opportunities for our students to learn about the benefits of healthier eating habits, the benefits of consuming less processed foods and the flow on effect this has on reducing waste in our environment. They in turn can use this knowledge to teach their families and community the importance of healthier and more environmentally friendly practices.

We recently submitted an application for a $5,000 grant to provide resources to assist our community activities. If approved, it will expand some of the opportunities we can provide our students e.g. landfill and recycling excursions, extension of the kitchen garden program, more recycling bays in the school yard and bins in classrooms, building worm farms and compost bins, family orientated cooking classes, healthier options in the canteen and local visits to market gardens and organic shops. Regular features will appear in the newsletter. Lyn Langeluddecke
What is Nude Food?

For a Nude Food Lunchbox, try to pack:

- Snacks in reusable containers
- Drinks in a reusable container
- Reusable utensils when needed
- A reusable lunchbox or backpack

Avoid:

- Lunches packed in plastic bags or wrap, foil, wax paper
- Single use drink boxes, pouches, cans, cartons and bottles
- Single use plastic forks and spoons
- Pre-packaged single-serve snack items

Why bring nude food? You can help to reduce the amount of material sent to landfill to benefit the environment. It saves time and money for your school with reduced demand for disposal. Reducing the cost for disposal of food packaging at school means more money to spend on learning resources and teaching support.

Tips for parents packing Nude Food lunches

- Help children to make nutritious, waste-less lunches and let them make their own lunches. Try packing lunches the night before and storing them in the fridge overnight.
- Discuss with your child what they like to eat and how much.
- Cut up fruit and vegetables and pack them in reusable containers so that children can eat some and save the rest for later. For example, it’s hard to take some bites from a big apple at recess and save the rest for lunchtime. It’s easier to eat a wedge or two and then reseal the container. A rubber band around a sliced apple will prevent browning.
- Encourage your children to bring home eaten food to eat after school. Appreciate that play time is also important, so discuss with children how much they can reasonably eat in one day. Often children throw uneaten food away because they don’t want to upset the person who packed the lunch. If you’re not sure how much they can eat at school, start small, eg: a piece of fruit and a sandwich, and build it up if they are asking for more.
- If your children have chips, savoury biscuits, or other snacks try buying a larger bulk pack (rather than the more expensive so called “convenience” packs with lots of packaging and have your children put the same quantity into a reusable labelled container that they bring home each day.

Nude foods include: apples, mandarins, rice crackers, sandwiches, homemade muesli bars, carrot sticks, cucumber sticks, chips from bulk packets, rolls, cold meat, bananas, cruskits, left over dinners (fried rice, potato salad, burgers), salads, avocados.

- Nude food still tastes the same as it does when it comes wrapped in plastic but it helps the planet to be clean.
- If a class of 30 children brought 2 pieces of rubbish each day, this would amount to 60 pieces per day, 300 pieces per week, 3,000 pieces per term and 12,000 pieces per year.
- That is a lot of litter on our planet!

Well done BL34 class for being good role models.
Today Thursday May 26th is National Sorry Day. Sorry Day is a day when we acknowledge the removal of ATSI children from their families in what has become known as the “Stolen Generation”, and say sorry. It also marks the beginning each year of National Reconciliation Week.

According to the Reconciliation SA website “In it’s broadest sense, ‘reconciliation’ is about bringing Aboriginal and non-Aboriginal Australians together”. It “is about Aboriginal and non-Aboriginal Australians talking, walking, and working together to overcome the reasons that there is division and inequality between Aboriginal and non-Aboriginal Australians.”

The theme for Reconciliation Week this year is Our History, Our Story, Our Future and is derived from the State of Reconciliation in Australia report, which asks all Australians to reflect on our national identity, and the place of Aboriginal and Torres Strait Islander histories, cultures and rights in our nation’s story.

All Australians are invited to participate in our nation’s reconciliation journey.

Reconciliation must live in the hearts, minds and actions of us all as we move forward, creating a nation strengthened by respectful relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples.

Make reconciliation part of your story and your future by getting involved in some of the National Reconciliation Week (NRW) activities. Burda Sanders (AET)
In mathematics lessons one of the first strategies covered is trusting the count. What is meant by trusting the count? Why is it so important in developing more efficient counting strategies and mental strategies?

Trusting the count means that the student has developed a mental object of the numbers 0-9, and can work with these numbers without having to make, count or see these collections physically. Try this game.

**Guess If You Can**

What to do
1. Let your child think of a number between a stated range of numbers while you try to guess the number by asking questions. Here is a sample conversation.

**Child:** I am thinking of a number between 1 and 100.

**Parent:** Is it more than 50?

**Child:** No.

**Parent:** Is it an even number?

**Child:** No.

**Parent:** Is it more than 20 but less than 40?

**Child:** Yes.

**Parent:** Can you reach it by starting at zero and counting by 3's?

**Child:** Yes.

(At this stage, your child could be thinking of 21, 27, 33, or 39.)

**Kris Mott** (Senior Leader)

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**SMART LIBRARY**

Our school library has recently changed over to a new operating system called “Smart Library”. You will be able to access this from home to view what resources the school has available. In a couple of months, the website will be developed so your child can see which books they have borrowed on line and what is due to return etc. The URL is [https://aldingar7.librarysolutions.com.au](https://aldingar7.librarysolutions.com.au)

**Your child’s username:** Student Number (same as their computer login without the “s” at the beginning).

**Password:** Aldinga

If you have any questions, feel free to drop into the library and speak to any of the staff.

**Kieran Moors** (Librarian/ICT Co-ordinator)

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**FINANCE NEWS**

**Direct Debit**

Paying Material and Services Fees through direct debit is an easy way to set and forget. If you are interested please contact the finance office and they will give you the appropriate details.

**Sharon Penna** (Business Manager)

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**POSSIBLE CHESS CLUB AT SCHOOL**

We would like to set up a Chess Club during big lunch “11:20am—12noon” for our students.

We are looking for anyone in the community who may be available to teach our students and be part of a mentor program.

If you are interested, please contact Tania at the front office. A current DCSI clearance is required.

**Lyn Langeluddecke** (Principal)
NORWOOD MORIALTA HIGH SCHOOL BAND PERFORM AT ALDINGA
SCHOOL DISCO
TERM 2
Friday 24th
June

Reception—Yr 4:
4pm to 5:30pm

Years 5—Year 7:
5:45pm to 7:30pm

Living safely with
Pets talk with
Reception & Year 1 students

CARCLEW
FREE performance workshops for kids aged 5-12 years

Circus Workshops
Every Wednesday 25 May-22 June
Aldinga Primary School Gymnasium
58 Quinliven Road, Aldinga Beach
3.30 - 4.15pm | 5-8 years
4.30 - 5.30pm | 9-12 years
FREE afternoon tea 4.15-4.30pm

Participation is FREE. Places strictly limited. Bookings essential at cardew.com.au
Enquires contact Tess on 8230 1106 or at tsyme@cardew.org.au
Media Release
SA Health

Friday, 20 May 2016

MEASLES CASE

SA Health is encouraging people travelling overseas to make sure they have had two measles vaccinations before they travel, following notification of a new measles case.

SA Health Communicable Disease Control Branch Director, Dr Ann Koehler, said the four year old male, who recently returned from Bali, is in a stable condition in hospital.

“Measles is highly contagious among people who are not fully immunised, and is spread through coughing and sneezing,” Dr Koehler said.

“Measles is common in Southeast Asia so it is vital that people travelling to those regions check that they have had two doses of the measles vaccine before leaving home.

“The illness begins with fever, cough, runny nose, and sore eyes, followed by a blotchy rash which begins on the head and then spreads down the body. Complications of measles can be severe.

SA Health advising anyone who isn’t fully immunised, and particularly those who were in the locations at the times listed below, to be alert for symptoms over the next few weeks and to see a doctor if they become ill.

The child visited the following locations while infectious:

- Jetstar flight JQ128 travelling from Bali and arriving in Adelaide at 6.30am on Friday, 13 May 2016.
- Adelaide Airport on Friday, 13 May 2016 from 6.30am to 9am.
- Blessed Cheese Café, 150 Main Road, McLaren Vale, between 9.30am to 11.30am on Friday, 13 May 2016.
- Galilee Catholic School, Cnr Quinliven and How Rds, Aldinga, on the morning of Monday, 16 May 2016.
- Coles supermarket, Aldinga Beach Road, Aldinga Beach, on the morning of Monday, 16 May 2016.
- Aldinga Community Kindergarten, 63 Butterworth Rd, Aldinga Beach, between 9.00am and 4.00pm on Tuesday, 17 May 2016.
- McLaren Vale Family Practice, 137 Main Road, McLaren Vale, between 1.30pm and 2.30pm on Thursday, 19 May 2016.

“It is very important that people phone their doctor before any visit and mention why they are attending, so precautions can be taken to avoid spreading disease to others,” Dr Koehler said.

“We are especially encouraging people to check their vaccination records, and request the vaccine if there is no record of them receiving two doses, and they were born in Australia after or during 1966.

For more information
Call the SA Health Media Line
Telephone: 08 8226 6488