ADELAIDE CROWS COME FOR A VISIT

Crows Visit “Growing with Gratitude”

On Thursday 30th April five classes at Stradbroke were the first children in Adelaide to be introduced to the brand new Social and Emotional Learning program run by the Adelaide Football Club.

“Growing with Gratitude” focuses on ‘5 Habits of Happiness’ to help improve emotional and physical wellbeing. Each of the ‘5 Habits of Happiness’ have a number of different activities and actions to practice and aid the development of positive behaviours. Plenty of examples of the five habits of happiness were discussed at the workshop.

- Attitude of gratitude (talking about what we are grateful for every day)
- Random acts of kindness (as little as opening a door for people)
- Positive reaction (thinking about our reactions and remaining positive)
- Being a well-being warrior (looking after ourselves and those around us)
- Operation home service (What can we do at home to help others in our family?)

The program ties in really well with the PERMA model and the ‘bucket filling’ that a lot of our classes are introducing to our students. The PERMA model looks at positive psychology developed around the theory of happiness. PERMA stands for Positive Emotion, Engagement, Relationships, Meaning and Accomplishment. Some of our classes in years 4-7 are talking about positive psychology with their students as a concept they introduce to all areas of their lives.

Some of our junior year levels are using a similar concept of positive psychology called ‘bucket filling’. The students think of themselves as a bucket and aim to fill up other people’s buckets with positive comments and behaviours that will make them feel better about themselves.

The workshop was engaging and particularly exciting when Claude Crow also came for a visit. Even if your child didn’t visit this workshop run by the Adelaide Football Club a simple conversation with your child each day about what you and they are grateful for can go a long way in feeling better about being on this planet.

Rachel Pontifex, School Counsellor

SCHOLASTIC BOOK ORDERS

Just a reminder that all paper orders need to be returned and paid for by Friday 15th May and all online orders need to be completed by 5.00pm Sunday 17th May. No late orders can be accepted.
More than 25,000 parents, carers and community members freely give their time to help in DECD preschools, schools and early childhood sites.

This year’s National Volunteer Week (11-17 May) theme is ‘Give Happy. Live Happy’ which focuses on celebrating the contribution and benefits of volunteering.

Volunteering activities such as coaching sport, helping with class reading, attending working bees, mentoring students or sitting on governing councils, committees and parent groups, make a positive difference to the achievement and wellbeing of our students.

A big thank you to our wonderful volunteers - we couldn't do it without you!

NATIONAL WALK TO SCHOOL SAFELY DAY

Stradbroke School is putting their best foot forward on Friday, 22nd May 2015

Well it’s that time of year again when our school seriously starts talking about walking!

At Stradbroke School we believe that not only is walking a wonderful way to get us where we want to be, but it also gets our health on the right track too. That’s why Stradbroke School is proud to be once again participating in National Walk Safely to School Day on Friday May 22nd 2015. So let’s put on our ‘walking shoes’ and walk to school!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. Although walking all the way to school isn’t realistic for many of us, it’s quite easy to figure out how you can build a walk into your family’s daily routine.

You can teach your child the healthy habit of walking more often by:
- Walking with them the whole way to school
- If they get the bus, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic. Remember to hold your child/children’s hand when crossing the road and remind them to stop, look and listen before crossing.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday May 22nd 2015!

For more information, visit the official website: www.walk.com.au

HOST FAMILIES FOR KOREAN HOMESTAY STUDENTS

Stradbroke School has been invited to host a group of Year 6 & 7 Korean students to attend our school from Sunday 26th July 2015 to Saturday 15th August 2015. The students will participate fully in school activities. The students have requested to be part of the DECD Home Stay Program.

Families who host a Homestay student are paid $250 per week to contribute to the cost of hosting. The student stays with the family for the 3 weeks and attends school daily. The host family provides the visiting student with full board and assists them in getting to and from school. On weekends, the student will join in regular family activities. It is expected that the host family will speak English at home and encourage the visiting student to practice their English skills. Sharing the Australian lifestyle and culture is a very important aspect of the homestay experience.

If any families are interested in being part of our Korean Home Stay Program or would like further information please contact Cheryl Hindle, MYP Coordinator, phone 8337 2861.

MULTICULTURAL CONCERT DATE CHANGE

Due to an excursion, the multicultural lunchtime concert date has changed to:

Wednesday 27th May 2015

This is one day earlier than advertised. UNICEF monitors, Chris and Penny will be listening to some of our potential stars during lunchtimes next week (starting May 18th), so please get practising your poems, songs and dances!

CASHIERS OFFICE

From the Friday 15th May – Friday 22nd May inclusive the Cashiers office in Koonga Building will not be open after 9.30am. The office will be open from 8.30am to 9.30am each day. If you do need to make a payment outside of these hours please use internet banking or if the payment is urgent, call the school and ask for Jean who will be able to process credit card payments over the phone.

Thank you for your understanding during this week.

LOST PROPERTY

We have 2 pairs of children’s reading glasses in the front office. If your child has misplaced them, see Kathy/Anona in the front office.

Canteen

Marisa’s Friday treat

Tomorrow 15th May: Fried rice, available over the counter at recess and lunch time until sold out $1.00 per cup. As a lunch order $3.00 (Does not contain egg or bacon.)

Friday 22nd May: Pumpkin soup $1.00 per cup, over the counter or as a lunch order.

A reminder of the new addition to the menu “Vaalia” low fat yoghurt – Vanilla $2.00 per tub.

Allergies: If your child has any food allergies, please label your lunch order bags clearly.

Foreign coin: Please do not include foreign coins in your lunch order bags or spending money for recess. We are unable to accept them.
Please check your calendars and if you are available to help in the canteen on Friday 22nd May, please let me know.

Thank you
Kate Majewski, Canteen Manager

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<tr>
<th>Week 4</th>
<th>am</th>
<th>Georgian Costi, Sione Latu, Michael Lombardi.</th>
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<td></td>
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<td>Ariyana Dhillon, Nikita Rendina, Sevanah Hagidimitriou.</td>
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<th>Week 5</th>
<th>am</th>
<th>Max Mercer, Thomas St Vincent, Reilly Anderws.</th>
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<td>Meg Bouwer, Charlie Pearce-Cane, Dalia Kadem.</td>
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RESOURCE CENTRE
The Campbelltown Council’s Literacy Awards Competition is now open for ages 7+. Students who have a passion for writing are encouraged to enter. Entry forms can be collected from the Resource Centre or more details can be found at www.campbelltown.sa.gov.au/literary.

2015 is the International Year of Soils - healthy soils for a healthy life. Thank you to the team of Year 6 students (Deeya, Jenny, Jia Yu, Noor, Samadhi and Vivi) from FR4 who volunteered to work during their lunch times to produce our ‘Year of Soils’ display in the Resource Centre. The girls used paper, pencils, craft materials, paint and oil pastels to produce an impressive wall display. More information about the Year of Soils can be found at http://www.fao.org/soils-2015/en/.

NEWS FROM THE MYP

ROTATIONS in the MYP
In preparing our students to be active learners and internationally minded young people who can empathize with others and pursue lives of purpose and meaning the MYP students engage in either intra-subject or inter-subject rotations.

Rotations are designed to empower students to inquire into a wide range of issues and ideas, build their confidence and manage and thrive in a supportive environment where they are engaged and motivated to excel.

Individuals and Societies (Humanities)
In this subject students collect, describe and analyse data used in studies of societies, test hypotheses, and learn how to interpret complex information, including original source material.

The subject encourages learners to respect and understand the world around them and equips them with the necessary skills to inquire into historical, contemporary, geographical, political, social, economic, religious, technological and cultural factors that have an impact on individuals, societies and environments.

Arts
Students develop and extend their skills through creating, performing and presenting arts in ways that engage and convey feelings, experiences and ideas.

Arts stimulate young imaginations, challenge perceptions and develop creative and analytical skills.

Involvement in the arts encourages students to understand the arts in context and the cultural histories of artworks.

Design
Design challenges all students to:
- apply practical and creative thinking skills to solve design problems
- explore the role of design in both historical and contemporary contexts
- consider their responsibilities when making design decisions and taking action.

Students use the design cycle to structure the process of creating a solution:
- inquiry and analysis of problems
- development of feasible solutions
- the creation of solutions
- testing and evaluation the student’s solution for the design problem.

Year 6 (MYP Year 1)
The Year 6s engage in an intra-subject rotation in which they focus upon a distinct aspect of their Inter-disciplinary unit, language and literature or mathematics. Students are rotated throughout the Year 6 team.

Year 7 (MYP Year 2)
The Year 7s engage in an inter-subject ‘Rotations’ programme in which they study:
- The Arts with Mrs Smyth
- Individuals and Societies with Mr Awwad
- Design with Mrs Hindle

Each subject is covered in a block of time (3 weeks) so that students are able to delve deeply into the subject matter and make practical connections between their studies and the real world.

SPORTING SCHOOLS
Active After School Sports is now known as Sporting Schools. We have some great coaches that are looking forward to coaching our students.

Monday night’s
Soccer: 3.30 – 4.30pm - Yr 4 - 7
Basketball: 3.30 – 4.30pm - Rec - 3

Tuesday night’s
Soccer: 4.15 – 5.15pm - Rec - 3
Basketball: 4.15 – 5.15pm - Yr 4 - 7

Monday 1st and Tuesday 2nd June are Pupil Free Days. Coaching sessions will still occur as normal.
Activities start **Monday 25th May 2015** and **Tuesday 26th May 2015** respectively. Please collect forms from Mel in the Student Services Office.

All forms need to be returned to Mel by **Wednesday May 20th 2015**.

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**SAPSASA NEWS**

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**SAPSASA CROSS COUNTRY**

Congratulations to Jacob Campbell and Oliver Reilly who won first place, and Rita Zhiltsova who was third in their respective age group races at last week’s Torrens River Cross Country Competition. These students, along with Maya Radcliffe and Blake Bastick have been selected in the Torrens River SAPSASA Cross Country team to compete at the SAPSASA State Championships at Oakbank on June 4th.

**SAPSASA FOOTBALL**

Congratulations to Rory Dowdell, Darcy Richards, Peter Minervini, Jacob Campbell and Oskar DeLuca who have been selected to play in the Torrens River District Football team at the Statewide SAPSASA Football Carnival at West Beach from May 25-29.

**SAPSASA NETBALL**

Congratulations to Sune Myburgh, Eden Henderson, Emily Best and Chloe Kahl who have been selected to play in the Torrens River District Netball team at the Statewide SAPSASA Netball Carnival at Netball SA Stadium from May 25-29.

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**SPORTS**

**Basketball**

Yr 2/3 Basketball played on 28th April
Stradbroke 14 defeated SPX Allstars 12
Congratulations team on winning a close and exciting game. Well done to Matthew and Ashlyn for a great turn over, Caleb for awesome fast breaks and Gintas for clever passing.
Coach Kasey

Stradbroke 2/3 played on Tuesday May 12th. Stradbroke 2/3 defeated Linden Park Lions yellow. 21-6. A great team game with everyone defending well and putting up shots. Well done Ashlyn for doing great driving up the court and shooting and for Levi for turning up and fitting into the team so well.
Coach Kasey

Basketball 4/5 played 14th May 2015
Stradbroke Bombers 20 defeated by Trinity Gardens Trojens 24
Coaches award Bradley Telfer Really well played by the team.

Basketball 2/3 played on Tuesday May 5th
Between Stradbroke 2/3 4 and St. Joseph’s Payneham Wolves 7
Coach Kasey

Yr 4/5 Basketball played on 6th May 2015

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**Soccer**

Senior Boys soccer played 9th May 2015
Stradbroke 1 defeated by St Joseph’s Norwood 6
An enthusiastic start to the season. Score line doesn’t truly reflect the chances we had. Looking forward to next week.
Coaches award Luke Ols.
We persisted against a very tough team, with many change overs and good defensive work.
Well done to Matthew and Ashlyn who scored the goals and Caleb who fought well for the ball under great pressure. A great team effort.

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**Netball**

Stradbroke Lightning Strikes scored 4 goals against St Joseph’s Tranmere 15 goals in a tough first match of the season. All players did really well in their first game at Primary level. Coaches award Nicole for relentless defence in the first half and Lily for great effort throughout the whole game.

2/5/15 Sugargliders defeated Trinity Gardens Gems 10-1
A great first game to the season, the whole team played brilliantly together.

Coaches Award: Alicia Bawden with a special mention to the whole team for your great teamwork.

9/5/15 Sugargliders defeated Linden Park White 5-4
A very tough game on the court, it was good to see everyone trying hard. We are still adjusting to the new goal post height and showed some great persistence. This week we need to focus on our passing.

Coaches Awards: Matilda Jewell and Tsamaya Gooding.

Netball played on 9th May 2015
Stradbroke shooting Stars 21 defeated Rose Park 3
Fantastic shooting and great defence for our first game. Well done girls.
Coaches award: The whole team.

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**Football**

Senior Football played on 9th May 2015
Stradbroke 9.15.69 defeated Maryatville 5.6.36
Well done to all players, our first game and first win in 11 years. All played well.
Congratulations to Oliver Reilly for kicking 3 goals!
Stradbroke School Disco

Friday 29th May 2015
Venue: Rehn Hall

For students at Stradbroke School only

Reception to Year 3: 5.30pm-6.30pm
Year 4 to Year 7: 7.00pm-8.30pm

Tickets $5

Tickets will be available from your class teacher from the Monday 18th May and must be purchased by 9am on Friday 29th May.

Please note: No tickets will be available at the door.

Your ticket gives you:

- Entry into the disco
- A drink (can of soft drink or bottle of water)

Disco items will be available for purchase on the night – priced from $2-$5

The Chez Coffee Van will be selling coffee to parents in the Koonga Quad from 6.00pm-8.00pm.

We are looking for parents/grandparent volunteers to help sell drinks and disco items at the R-3 and 4-7 disco sessions. If you are able to help out at either disco please let Tanya Scanlan know at the Front Office. Thank you.
IB Inquiry Parent Workshop

Come along and have some fun discovering about inquiry learning!

ON: Friday 29th May, 2015

FROM: 5:30-6:30pm

AT: Stradbroke School Staff Room

Tea and coffee provided

Please RSVP on 8337 2861 by 19/5/15

This workshop is being held on the same night as the school disco.

Why not drop your children off at the R-3 disco and come and have some fun discovering about inquiry learning?
National Walk Safely To School Day
Friday 22 May 2015

Primary school aged children across Australia will make those important steps towards a healthier future by participating in National Walk Safely to School Day on Friday 22 May 2015.

National Walk Safely to School Day is a community initiative that aims to raise awareness of the health, road safety, transport and environmental benefits that regular walking (especially to and from school) can provide for the long term health of our children.

The annual event, now in its 16th year, encourages primary school aged children to walk to and from school, not just on Friday 22 May, but every day.

Harold Scruby, Chairman and CEO of the Pedestrian Council of Australia said that unless teachers, parents, carers and the community generally get behind this event and its objectives, the outlook for Australia’s children is not good.

“The childhood obesity epidemic has reached such critical levels in Australia, that 1 in 4 children are now overweight or obese. Unless there are significant changes to physical activity and diet, this is expected to reach 1 in 3 by 2020.

“Children require at least 60 minutes per day of physical activity – and regular walking is the best exercise for all of us,” he said.

Children are encouraged to lead a more active lifestyle by including a walk at the beginning, during and end of each day. The event also promotes improved diets, positive environmental action, better use of public transport with reduced car-dependency and important road safety messages such as “children aged 10 years or under must always hold the hand of an adult’s hand when crossing the road,” said Mr Scruby.

To support the day and encourage ongoing healthy behaviour, a fun and free interactive App is available to help keep the motivation up within families and schools. It measures the distances children walk, their average speeds, maps and even allows schools to view scoreboards of their students’ walking achievements.