



Term 4 Week 5 ~ 17th November 2022

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## Balaklava Primary School *newsletter*



Congratulations to our 2022 Children's University Graduates.

## Important Dates

### NOVEMBER

- 18th - Swimming Carnival **CANCELLED**
- 21st - The Wellbeing Show
- 22nd - BCCC Transition untill 12pm  
- Principal Tour 11:30am
- 23rd - Grounds Mtg
- 24th - BCCC Transition untill 1:30pm
- 25th - RE
- 28th - Finance Mtg
- 29th - Gov Council Mtg 6pm

### DECEMBER

- 1st - BCCC Transition all day
- 2nd - **Student Free Day**
- 5th - Yr 6 Transition @ BHS
- 6th - Yr 6 Transition @ BHS
- 8th - Principal Tour 1:30pm  
- Mill Court Visit: Choir
- 9th - PRC Rewards Day
- 12th - EOY Celebration
- 13th - Rm 18/20 Excursion  
- Rm 1/2 Excursion

- 14th - Reports go home  
- 2023 Class Visits
- 15th - Year 6 Graduation
- 16th - Last Day of Term 4  
2:10pm Dismissal

### Assembly Timetable

Wk	Hosting Class	Presenting Classes
6	Ber 2	Ber 1 and Ber 4

### Assemblies for Term 4

Week 6 will be held at 2:20pm.  
All welcome.



Government of South Australia  
Department for Education



## From the Principal



### Remembrance Day

Congratulations to our student leaders, Henry, Ruby, Henry and Alexa who spoke at the Remembrance Day service and laid a wreath at the Shrine on behalf of BPS. Some of the students from Room 18 and 20 were also fortunate enough to attend the local service. Students who remained at school observed a minute silence. The student leaders then shared information with all students about Remembrance Day at the Community Assembly.



### External School Review

Thank you to all of the parents who were able to come in and meet with the External School Review team – Christine and Mary. The team spent two days speaking with students, staff, parents and walking through classrooms to gain a deeper understanding of the teaching and learning which takes place at Balaklava Primary. The review is an important part of the School improvement model. Now that the onsite portion of the review is finished, a report will be written which will provide us with key directions to inform and support our school improvement work and next steps in raising student achievement and performance. We hope to receive the report before the end of this year. Once received, it will be made available via our website.

## COVID-19 UPDATE



### Covid Update

We have seen an increase in the number of Covid-19 positive cases within our school over the last two weeks. It is absolutely crucial that if your child has any symptoms of illness (they are not 100% well) that they do not attend school.

We understand that not all illnesses are Covid. It is essential that, regardless of the illness that no student or staff member is at school when unwell.



The Department for Education has issued advice that which states that "if a student or staff member tests positive for COVID-19 they must notify the school. Please do not attend for 5 days if Covid positive. Do not attend while symptomatic.

We ask for your assistance in following this information. We strongly recommend that testing day is day 0 and students and staff stay away from school 5 days following the testing day. If, after 5 days, staff and students are still not well, we ask that they don't return until they are clear of all symptoms. If you have any questions or concerns or wish to discuss individual circumstances, please do not hesitate to contact the school.

For illnesses other than Covid-19, we ask that students stay away from school for a minimum of 24 hours (we strongly recommend 48 hours) after their last symptom. If students become unwell while at school we will phone and ask that they are collected from school as soon as possible.

Thank you for your support.



Wearing of masks is not mandated, however, we do **strongly recommend** any visitor (including parents) to please wear a mask while indoors.

All adult visitors should practice physical distancing and not attend the site if unwell.



If we have Covid-19 cases at school, we will send out a Daily Notification. This will be sent to all families via Skoolbag. Please open the letter for information regarding which classes have had exposure to Covid. It is essential that families are connected to Skoolbag. If you need assistance with Skoolbag, please contact the office.



### End of Year Celebration

We hope you can join us for the End of Year Celebration on Monday 12th December, 2022. The event is a lovely way to celebrate a year of learning. The 11 raffle hampers are drawn at this event. We ask all students donate one non-perishable item each to contribute to their classroom hamper. All donations can be dropped into the front office.

Raffle books were sent home with students in Week 3. Once tickets have been sold, please return the books to the office. Additional books can be collected from the office. If you do not sell your tickets, please return the books to the office so that we can sell the tickets on the night. This is our final fundraiser for the year. Funds raised are helping us to get closer to being able to purchase the in-ground trampolines. Thank you for your continued support.

## 2022 PERFORMANCES

### Inhouse Performances for 2022

Term 1:

- Camp Quality

Term 3:

- Book Week Performances

Term 4:

- The Scientific Bubble Show
- The Wellbeing Show

*This year we have also enjoyed: Bike Ed and Footsteps.*



### The Wellbeing Show

We have the Wellbeing Show performance happening Nov 21st (Next Monday).

If you have not paid the 2022 Performance Levy or 1 off fee, you would have received a reminder SMS Friday.

To reduce last minute rush, payments will need to be received no later than 9am Monday 21st Nov.

Students who haven't paid will be supervised in another area of the school. *Thankyou*



# STUDENT FREE DAY

Friday 2nd Dec  
Week 7

*Sincere apologies about the short notice*





# REMEMBRANCE DAY

## 11 NOVEMBER



On the 11th of November our school leaders and many of our year 6 students attended the Remembrance Day Service held in the triangle. Our school leaders, Ruby, Henry, Alexa and Henry took part in the service and laid a wreath on behalf of our school. We would like to thank the Balaklava High School for inviting us to participate in the formal proceedings.

At school each class observed a minute silence at 11am and teachers spoke of the significance of the day. At our assembly in the afternoon the school leaders presented a power point and explained the tradition of Remembrance Day evolving out of Armistice Day. They shared information about the significance of the 'Last Post' and the 'Ode to The Fallen'. The leaders also spoke of the symbols including; the red poppy, rosemary and wreaths.

- Cherie Cleary

# CHILDREN'S UNIVERSITY GRADUATION

BPS signed up to Children's University in 2019 and in this inaugural year we offered the program to our Upper Primary students. In 2020 we offered the program to all of our students. The students earn either awards, certificates, diplomas or degrees depending on the number of extra hours of learning they complete. The hours accumulate over the years of involvement. Each level consists of bronze, silver and gold. This year 12 Balaklava Primary students and 1 Balaklava High School student graduated. The graduation ceremony was held at Bonython Hall at the University of Adelaide on Tuesday 8th November. Two of our year 6 students were unable to attend due to school camp and we are currently awaiting their certificates in the post.



## Congratulations to our 2022 Children's University Graduates

Front: Sage, Georgia, Zoe, Ella

Back: Ella, Ilka, Willow, Zander, Logan, Tyler, Caitlyn

Absent: Maya and Brianna

### SAGE

BRONZE - 46.5 HOURS



"I liked listening and learning lots of new and interesting things. I really liked throwing my hat up at the end of graduation.  
I think I would like to do it again next year"

### ZANDER

BRONZE - 31 HOURS



"I really enjoyed exploring the activities and especially enjoyed throwing our hats up at the graduation!"

# CHILDREN'S UNIVERSITY GRADUATION

WILLOW  
SILVER - 91 HOURS



"I liked doing all the activities and I am keen to do it again next year"

LOGAN  
SILVER - 87 HOURS



"I just liked completing the hours to graduate. My favourite activity was swimming and I would like to do it again next year"

GEORGIA  
GOLD - 100 HOURS



"I liked learning new things"

ZOE  
GOLD - 101.5 HOURS



"I really enjoyed learning"

Balaklava Primary School would like to congratulate all of our graduating students and we look forward to continuing the program in 2023. If you would like further information about Children's University please contact Cherie Cleary at the school. We are planning to have a representative from Children's University come and speak to our students term 1 2023.



# CHILDREN'S UNIVERSITY GRADUATION

EVIE

BRONZE CERTIFICATE - 134 HOURS



"This year I liked going to the car Museum in WA and looking at the Red Dog car. I loved getting the rewards because I like seeing the University of Adelaide"

ELLA

SILVER CERTIFICATE - 196 HOURS



Children's University is a great way to do lots of fun activities and learn new facts outside of school. There are lots of fun activities that you can do with your family. This year I loved it and I am looking forward to doing it again next year.

ILKA

BRONZE DIPLOMA - 254.5 HOURS



"I really enjoyed learning new things!  
I am looking forward to doing it again next year"

CAITLYN

GOLD DIPLOMA - 309.33 HOURS



"Children's University had lots of fun and different activities. I really enjoyed them as my brother Tyler was doing Children's University as well.  
I would really like to do Children's University again next year"



# CHILDREN'S UNIVERSITY CONT.

TYLER

SILVER DEGREE - 394.3 HOURS



MAYA

105.75 HOURS



"I really enjoyed doing different activities and visiting different places. My favourite activity was swimming"

BRIANNA

120 HOURS



"My favourite part of Children's University this year was visiting the zoo and taking part in the lion 360 event which got me 3.5 hours."

## ***The Aim of Children's University:***

'For children to develop resilience, optimism and confidence, the opportunity for self-directed learning beyond the classroom is key. Children's University Adelaide fosters wellbeing by promoting 'free range learning', encouraging children to try out new activities, discover new passions, visit new places and above all, have fun!' Quote from Children's University website - [cuaustralia.com](http://cuaustralia.com)

## ***How to become involved in Children's University:***

Children's University encourages students to become involved in learning outside of school hours. There are many ways in which students can earn hours towards their certificates. Students can attend learning destinations such as the museum or art gallery, they can fill in a sporting diary or music diary, complete online challenges which are listed on the Children's University portal, volunteer hours to an organization, complete book and movie reviews; these are just a few examples of the many options. Students record their hours in a special passport which is checked by the school coordinator who then liaises with the staff in Adelaide.

Students pay an annual fee to be part of the program and receive a passport to record their hours. For more information contact Cherie Cleary.

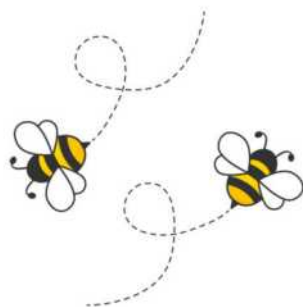




# WORKING BEE

We would like to thank the following people/families

- Emily Behn
- Craig and Melissa Davis
- Ken Dalton
- Carly Friedrichs, Willow and Sage
- Sonja Gangell
- Geoff Gardner
- Diane Gregor
- Karl Holzberger, Aiden and Mason
- Kirsty and Jeff Ingram, Angus and Matthew
- Dianna and Shane Jarman, Hudson and Harper
- Tim and Melissa Moulds, Emilee and Rosie
- Marcia Nowlan
- Shannon Petch
- Michelle and Brendan Pudney and Blake
- Jenny Rowland
- James and Kirstyn Rundle, Archer and Millah
- Jarrad Seiboth, Bodie and Zac
- Kelvin Tiller and Oscar
- Leigh and Sam Wright
- Jo Michalanney



With their help, our school grounds look great with lots of weeding, shrubs pruned, soft fall built up near fall areas and new sand spread under the hammock.



The morning was finished off with a Sausage Sizzle and an amazing noodle dish donated by the Segura Family.

## YR 6 VICTOR HARBOR CAMP



On the 7th of November, the year sixes went to Victor Harbour Caravan Park. It took 2 and a half hours to get there. When we arrived, we sat down on the campsite and ate lunch. Then we got our tents and set them up, I was in a tent with Alexa, Tahlia, and Brianna. After we got our luggage and set up our beds. Then we went for a 12 kilometer walk around Granite Island and to 2 playgrounds.

On the second day we took a bus to Middleton to go bodyboarding and surfing. My favourite thing was surfing because the waves were bigger when we went surfing. After we went to the water park and then we took a shower.

On the third day, we went to a lake connected to the sea and kayaked. While kayaking, we could stand up, then we went into the shore reversed up on the beach, swimming in the lake, learnt survival strokes and got rescued with a floaty.

After we went back to the water park. That night there was thunder and lightning, but I slept through all of it. - Ruby





## YR 6 VICTOR HARBOR CAMP





BALAKLAVA PRIMARY SCHOOL

## End of Year Celebration

**MONDAY 12TH DECEMBER**

**5:30PM**

**BBQ STARTS**

BBQ and Drinks available  
to purchase

**6:30PM**

**CONCERT STARTS**

Settle back on the oval  
to enjoy the  
performance of the  
classes as they entertain  
us and celebrate the year

*All are Welcome*



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# The Arts



### Congratulations!

Although the year isn't yet over, the Festival Choir and Eisteddfod season is over. We're moving onto other things - End of Year Celebration. As an acknowledgement of their hard work, all students received a certificate. Well done everyone!



Absent: India, Charlee, Alana, Ryan, Charlise



Absent: Alana, Oscar



Additionally, a huge thank you to Heidi Zerk for all her hard work, and Michelle Pudney who saved our Magic Millions trip when I was away ill. Your inputs have made a difference to many!

**IMPORTANT DATE:**  
Monday 12th Dec  
End of Year Celebration



### Sequence and Algorithms

Rooms 1 and 2 are learning about sophisticated sequences and how to create the most efficient way to solve a problem.

Both classes were shown a very short dance. They needed to replicate it and then consider ways to reteach this to others through a sequence.

Here is Room 2 problem-solving the dance.



# The Scientific Bubble Show



The scientific bubble show was amazing!  
- **Henry E**

The scientific bubbles were really big.  
- **Logan**

The helium was put inside a bubble to make the bubble rise / float.  
- **Marshall**

The bubble man taught us about the word transparent – which means we can see through it.  
- **Henry R**

We learnt about the word opaque which means you can't see through the bubble.  
- **Jacob**

The bubble man taught us about the Rainbow effect. Which is when light refracts making rainbow colours – it is iridescent.  
- **Theryn**

Some students and adults got to go inside a bubble.  
- **Matthew**

He made a bubble inside six bubbles – when bubbles touch they create a flat surface.  
- **Natalie**





## ABOUT SPELLING

On Tuesday the Year 6s from Mrs M's class taught Mrs Pudney about the suffix '-ify' meaning 'make' or 'make into', which can be added to nouns and adjectives to make verb. Ms Houston (Bec) embedded this learning with a range of activities such as drawing the letters of 'ify' in the air and then pronouncing words ending with 'ify' out aloud. We then had a go at spelling these new words out and seeing if we understood the meaning of these new words e.g. solidify, intensify, typify. The students enjoyed solidifying their knowledge with a word cracker, discovering how many words they could make in a minute using prefixes, a base word and suffixes.

Prefix (es)	Base Word	Suffix (es)
Re	class	tion
De		ed
Un		ing
Pre		able
Mis		ify
A		ment
		s
		r

The Year 6s explained to Mrs Pudney how they complete word map exercises in their spelling book over the week. This independent work focuses on synonyms, antonyms, a visual representation, the word in a sentence, affix, part of speech, definition and a definition in their own words.

Jacob Swift enjoys working in pairs and groups on new vocabulary and that he now finds this way of learning just at the right level of challenge. 'It helps with my understanding of where the words come from and the spelling rules'.

'It has helped me learn the origins of words, which helps me pronounce how a word may sound. Every week as we learn a new sound we learn 10 new words and their meanings. I am now more confident spelling and using more difficult words in my writing' - Ruby L

Bookclub brochures got sent home with students on Wednesday (16th Nov).

If you plan to order something please make sure all orders are back in by: **25th Nov 2022**



## SAPSASA CRICKET - BOYS

On Tuesday, Wednesday and Thursday of week 3, I went to Adelaide for SAPSASA cricket. I played for the Mid North.

On Tuesday we played indoors and unfortunately we lost both games but these didn't count towards the carnival.

On Wednesday we played two games. In the first game I got 13 runs not out and took two catches keeping. We won this game. In the second game I got 14 not out and took one catch keeping, we lost this game.

On Thursday we played one game and unfortunately I only got one run and I didn't keep for this game. We won this game but it was very close.

We came third overall in division 2 out of 8 teams and won 2 out of 3 games, the first and the last game. I really enjoyed the carnival and would like to thank Ben Seymon from Clare High for coaching. - **Henry R**



## SAPSASA CRICKET - GIRLS

Last week I went to Semaphore to play girls cricket for the North Eastern Country team for SAPSASA. We played at Largs North and played six games. We played against three other teams. We won 4 out of the 6 games and came second for the week. I met new girls that were interested in cricket and had fun making new friends. We all stayed at the Caravan Park. Everyone had fun and we liked our coach Slat who got us all pink hats! - **Caitlyn T**



## ASSEMBLY AWARD WINNERS - WEEK 4



Room 6  
Cjay, Abby, Jackson



Room 7  
Olivia



Room 1  
Jakob, Anthony



Room 2  
Dylan, Caleb, Cameron, Charlise



Ber 1  
Fred, Rose



Ber 2  
Sarah, Joe, Oscar



Ber 3  
Tamika, Aubree



Ber 4  
Chloe, Scarlett, Kaiden



Room 18  
Matthew, Jayden



Room 20  
Oliver



**2022 Transition**  
**BCCC to BPS**  
**School Visits**

22/11 - until 12pm  
24/11 - until 1:30pm  
1/12 - all day





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**Principal Tours**

22nd November 2022 11:30am  
8th December 2022 1:30pm

*Current and New Families  
welcome to attend*

Private tours welcome any time. Please phone to make an appointment.  
Contact Principal, Dianna Jarman for further information  
Ph: 8862 1660  
Email: dl0477.info@schools.sa.edu.au




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## SCOPE AND SEQUENCE

Here is a copy of the phonics and spelling scope and sequence that BPS use. You will notice there is an order to the way we teach sounds, starting with set 1 and the letters s, a, t, p, i, m. You will also find that when children learn these letters they read decodable readers that use the same letters from set 1. Research shows us that this is the best practise for students to learn. The students continue to follow the sequence listed above and they will continue to read decodable readers following the same letter pattern. Over the next few newsletters you will see more of the scope and sequence.

As students get older they will undergo the grapheme audit generally from year 2 onwards. This is an audit that will define what grapheme knowledge students are missing from the scope and sequence. We can then specifically target those gaps to support students spelling skills.

Remember there are supporting videos you can watch at home to support children's learning. Go to <https://www.education.sa.gov.au/our-learning-sa> and click on primary years learning at home, select a year level, literacy, choose a lesson. Staff will be busy during the term re-testing students learning to see how much they have grown throughout the year with our new approach to our synthetic phonics system of literacy learning. If you have any questions please arrange a time to chat to your child's teacher.

*Jo Michalanney*

### A **Digraph**

is **2** letters together that  
represent a single sound.

### A **Trigraph**

is **3** letters together that  
represent a single sound.



# SCOPE AND SEQUENCE

## Year 1

As a guide, introduce one new phoneme-grapheme correspondence per week, including linking to previous learning

Revise, review, assess and continue teaching the reception sequence at the start of the year as needed

Phoneme (sound)	Grapheme (letter/s)	Prompt word	Blending for reading and segmenting for spelling	Spelling rules/ morphological knowledge	
SET 3 – EXTENDED CODE					
UNIT 9	/ă/	a_e	cake	made late take game rake snake flame	Split digraphs  Discuss variation in pronunciation for same grapheme: /y-ôô/, /ôô/
	/i/	i_e	bike	like five like ride slide nine time	
	/ô/	o_e	bone	home hope hole phone stone woke	
	/ê/	e_e	concrete	these Pete theme complete	
	/y-ôô/	u_e	cube	use cute tube tune reuse	
	/ôô/		flute	rude June dilute include	
UNIT 10	/ar/	ar	car	hard shark far start park arm alarm March yard party armpit backyard farmyard	Vowel r combinations
	/er/	er	fem	her herbs perky term verb person expert mermaid perfect	
		ir	bird	birth girl skirt third shirt stir circus thirsty birthday twirling	
		ur	surf	fur turn hurt church burst burn	
UNIT 11	/or/	or	fork	for sort born torch short sport corn north storm forty morning corn cob normal order	Same phoneme represented by alternate graphemes
		aw	paw	saw draw yawn crawl prawn hawk raw drawn drawing	
		au	sauce	taut August autumn astronaut dinosaur haunted automatic	
UNIT 12	/t/	revise t/ff ph	phone	elephant dolphin alphabet phonics telephone photograph	At the end of a one syllable word after a single short vowel
	/ch/	revise ch tch	watch	catch pitch fetch crutch itch patch switch kitchen sketchbook	
	/j/	revise j _dge	bridge	badge judge dodge fudge edge nudge wedge	
UNIT 13	/ă/	revise ai ay a_e ey	grey	they hey prey survey	At the end of an open syllable
		ea	break	great steak	
		a	alien	April apricot paper lady bacon baby	

# SCOPE AND SEQUENCE

Year 1						SET 3 – EXTENDED CODE (continued)			
Phoneme (sound)		Grapheme (letter/s)		Prompt word/s		Blending for reading and segmenting for spelling		Spelling rules/ morphological knowledge	
UNIT 14	/è/	revise ee -y ea e_e ey		key		donkey chimney valley			
		e		equal		he we she me maybe be even begin became react replay return		At the end of an open syllable	
		ie		piece		thief chief brief cookie movie brownie belief			
Review graphemes: Focus on blending longer phoneme words and multisyllabic words									
UNIT 15	/i/	revise -y i_e igh ie		pie		tie cried tried die replied lie skies fries spies		-y and -ey most common at the end of a word Change y to ie when adding a suffix	
		i		spider		hi I lion final milo minus pilot tiger tiny		At the end of an open syllable	
		y_e		tyre		type style rhyme		'e' makes 'y' say /i/	
UNIT 16	/ô/	revise o-e ow oa		soap		goat boat load road coat toast float raincoat unload soaking			
		oe		toe		goes doe Joe toes heroes tomatoes potatoes canoed hoed shoed		Add e before adding suffixes s/d	
		o		open		go no so over going avocado obey overlap overcook		At the end of an open syllable	
UNIT 17	/ôô/	revise oo u_e ew		screw		chew drew flew blew grew pew threw		Discuss difference in phoneme between 'u_e' in huge and June, and 'ew' in chew and new -ew and -ue are more common at the end of words	
		ue		glue		blue true untrue			
	/y-ôô/	revise u_e ue		statue		rescue argue barbeque Tuesday			
		ew		dew		new stew few nephew view newest			
		u		emu		unit human tuna uniform student unicorn music		At the end of an open syllable	
UNIT 18	/t/	ed		cracked		helped jumped stopped looked		The ed suffix is always spelled ed but pronounced: • /t/ after unvoiced phonemes • /d/ after voiced phonemes • /ɪd/ after t and d	
	played			called banged cleaned passed looked turned filled					
	waited			wanted sorted started hated tasted ended					
UNIT 19	/e/	ea		bread		head deaf dead feather ready breakfast instead			
	/ow/	revise ow ou		cow house		clown growling however towel ground without about			

# SCOPE AND SEQUENCE

Year 1 SET 3 – EXTENDED CODE (continued)				
Phoneme (sound)	Grapheme (letter/s)	Prompt word/s	Blending for reading and segmenting for spelling	Spelling rules/ morphological knowledge
UNIT 20	/s/	cent city cycle	December cell nice ice acid pencil princess space icy fancy bicycle face twice	[c] will always say /s/ when followed by [e], [i] and [y]
	/j/	gem giraffe gym	gentle urgent emergency vegetables Vegemite gemstone angel giant ginger magic gymnastic	[g] will usually say /j/ when followed by [e], [i] and [y]
Review graphemes: Focus on blending longer phoneme words, multisyllabic words and suffixes (s, ed, ing)				

## Year 1 morphology

Metalanguage of base, prefix, suffix, affix, morpheme

Suffixes	Meaning
<s>, <es>	Plural, more than one To denote noun plural: <ul style="list-style-type: none"> <li>most nouns just add 's', eg dogs hats</li> <li>nouns ending in sh, ch, ss or x add 'es', eg churches, wishes</li> </ul>
<s>, <es>	To denote verb tenses: <ul style="list-style-type: none"> <li>add 's' at end of verb for present tense of single subject, eg he/she jumps, we jump</li> </ul>
-ed	Past tense Suffix -ed rule: <ul style="list-style-type: none"> <li>drop 'e', eg die to died</li> <li>change 'y' to 'i', eg reply to replied</li> </ul> The ed suffix is always spelled ed but pronounced: <ul style="list-style-type: none"> <li>/t/ after unvoiced phonemes</li> <li>/d/ after voiced phonemes</li> <li>/ðd/ after t and d</li> <li>ed is a past tense verb maker</li> </ul>
-ing	Present tense – happening now Suffix -ing rule: consonant doubling Verb, eg playing
-er	One who, that, which or comparison Noun, eg teacher, larger
-y	Full of or inclined to, a state of being, inclined to Adjective, eg grumpy
-ly	Like or how or manner of, in a certain way Adverb, eg slowly
-ful	Full of, or having qualities of full or full of Adjective, eg playful
Prefixes	Meaning
re-	back, again
un-	not, opposite of



# SAYING NO: OVERVIEW FOR PARENTS & CAREGIVERS

## HOW CAN I PROTECT MY CHILD FROM HARM?

Sometimes kids face situations that are unsafe or are hurting them emotionally or physically. This can be scary for parents because we never want to see our children get hurt. While we can't protect them from everything in life, we can help them build skills to set boundaries and keep themselves safe.

## TIPS FOR HELPING YOUR CHILD SET BOUNDARIES

### 1. IT IS OK TO SAY NO

Show your child that setting boundaries and asking for help are signs of strength, not weakness. You can tell them: "When we are struggling and we ask for help or tell someone 'no', we are growing strength and it gets easier every time we do it." If you share examples from your own life it really helps, because it gives them a social script and a model that they internalize in their minds and can draw on later. So you can say: "A friend asked me to go to a dinner that I really didn't want to go to. I felt nervous and scared about their reaction if I said no, so I went and I hated every minute of it and felt exhausted after! So the next time they asked me to go to a dinner I was brave and said no. It was still scary but I felt so much better afterwards! And I realised that it was ok to say no."

### 2. LIMITS IN THE HOME

When you set boundaries, if you do so calmly and firmly, without getting angry, this helps your child learn that 'no' is a normal and calm thing to say. It's easy for 'no' to become emotionally charged, which turns it into a scary word for kids. If we can give them examples where 'no' is not a big deal, this will help them stay calm and see the bigger picture when it comes to saying 'no' to someone else. You can use empathy to help keep the mood calm. You can say things like: "I'm sorry, I know it's hard, but it's not going to happen." And then lightly change the subject to something else.

### 3. RESPONSIBILITY

Give them increasing amounts of responsibility to make choices and decide what they want. You can tell them: "I would like to spend some time with you tomorrow, why don't you choose a fun activity for us?" Or: "Why don't you choose a meal that you like and we can cook it together?" It's surprisingly hard for us especially when we are young to actually listen IN to what we want – it is a skill that needs to be practiced. So the more opportunities you give your child to make an empowered choice based purely on how they FEEL, the more chance they have to build the muscle of paying attention to what is happening inside of them and setting boundaries based on that.

### 4. NON-REACTIVITY

If they accuse you of something or blame you for something, you can turn this unpleasant situation into one of the most helpful conversations you can have with your child. Validate and support their experience by saying: "I'm sorry you feel that way, that's definitely not my intention! What can we both do to change the dynamic?" This is role-modeling healthy respectful voicing and listening to boundaries. By not taking it personally or getting hooked into defending yourself, but simply listening, respecting their opinion (knowing it doesn't mean anything bad about you) and then working constructively with them to repair it, you are showing them how to disagree and set boundaries in a kind and compassionate way.

# BALAKLAVA HIGH SCHOOL TRANSITION



## WHAT IS TRANSITION?

School transition is a process that prepares current Year 6 students, families, schools, and communities to develop skills, increase knowledge and start to build relationships to support students in successfully moving from primary school to high school.

## WHAT HAS HAPPENED SO FAR?

- August - Community Transition Information Session (Panel style).
- Term 3/4 - Transition Coordinator has met with all teachers to collect information to better understand student needs and special skills.
- Term 4 - Selected staff and representative students have visited each feeder school to answer questions.
- Term 4 - Extra transition visits have occurred at schools' requests.
- Ongoing - Planning for 2023 is well underway!

## WHAT'S NEXT FOR PARENTS?

- **Parent Transition Evening**  
Week 7 Wednesday the 30th of November  
Balaklava High School Performing Arts Building  
5.30 to 6.30 pm
- **Restorative Practice Session**  
Week 8: Tuesday the 6th of December  
Balaklava High School - Location T.B.A  
5.30 to 7 pm

## WHAT'S NEXT FOR STUDENTS?

- Get excited!
- Students are welcome to join their caregivers and attend the Transition Evening.
- **Official Transition Days**  
Week 8 Monday the 5th and Tuesday the 6th of December, 2 full days at BHS!



## NEED MORE INFORMATION?



<https://www.balakhs.sa.edu.au/>

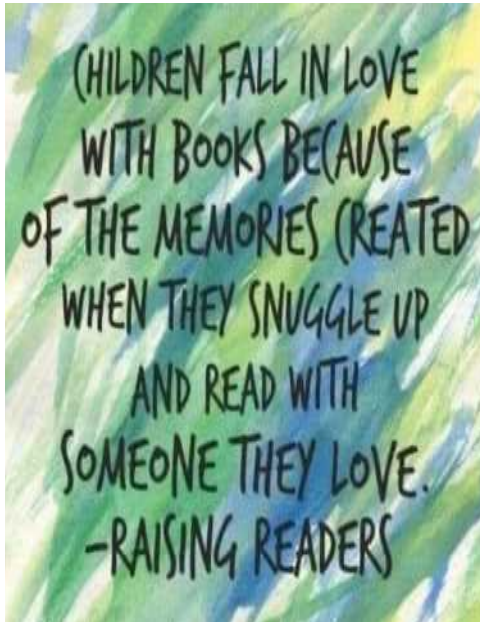


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Lucy.thiel800@schools.sa.edu.au

**FIRST DAY OF HIGH SCHOOL - Monday 30th of January, 2023**



## Lobethal Christmas Lights Tour

FRIDAY 16TH  
DEC 2022

FROM NURILOOTPA BUS DEPARTS:

- ROUGH TIMETABLE**
- 6:40 PM Nuriootpa, BP Murray St
  - 6:50 PM Angaston, Murray St Bus Stop
  - 7:25 PM Birdwood (Caltex)
  - 7:35 PM Mt Pleasant
  - 8:00 PM Lobethal (1 hour free time) Main Street Stalls etc.
  - 9:00 PM Return to bus for Lights tour (1 hour)
  - 10:00 PM Leave Lobethal and return home

**WE ARE TAKING EXPRESSIONS OF INTEREST  
PLEASE CALL 8532 2633 TO RESERVE A SEAT**

LinkSA reserves the right to cancel or vary any service it provides without notice



 **ROYAL LIFE SAVING**  
SOUTH AUSTRALIA

# Holiday Swim



**THE ROYAL LIFE SAVING SWIM & SURVIVE  
PROGRAM YOU KNOW AND LOVE!**

**COMING THIS DECEMBER & JANUARY!**

**BRING YOUR LOGBOOKS AND GET READY  
FOR A WEEK OF FUN!**

**ENROLMENTS OPEN NOW**

[WWW.HOLIDAYSWIM.COM.AU](http://WWW.HOLIDAYSWIM.COM.AU)



Royal Life Saving SA's Holiday Swim Program is running again in the December 2022/ January 2023 Summer Holidays!

**Enrolments are open now.**

We have many locations around South Australia and are wanting to get the word out there to the local communities.

Balaklava Swimming Pool - 19th December to 23rd December 2022

If you have any questions, please reach out to us by phoning 08 8210 4500 or email [holidayswim@royallifesavingsa.com.au](mailto:holidayswim@royallifesavingsa.com.au)

More information can be found on our website: [www.holidayswim.com.au](http://www.holidayswim.com.au)





# Term 4 Planner 2022

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	17/10 Term 4 Begins	18/10	19/10 Grounds Mtg 4pm	20/10 Newsletter	21/10
2	24/10	25/10 Cricket SA Strikers Visit R-4	26/10	27/10 Rm 6 & 7 - Zoo Trip	28/10 Assembly 2:20pm
3	31/10 Open afternoon Principal Tours 1:30pm & 2:30pm	1/11 2023 Rec. Parent Meeting Finance Mtg  Governing Council Mtg	2/11	3/11 2023 Rec. Parent Meeting Newsletter	4/11 Scientific Bubble Show
4 Swimming Lessons Cancelled	7/11	8/11 Children's University Graduation	9/11  Yr 6 Victor Camp	10/11	11/11 Assembly 2:20pm
5 Swimming Lessons Cancelled	14/11	15/11	16/11 Bus Mtg	17/11 Newsletter	18/11 Swimming Carnival Cancelled
6	21/11 The Wellbeing Show	22/11 BCCC Transition for 2023 Rec. students - until 12pm Principal Tour 11:30am	23/11 Grounds Mtg 4:30pm	24/11 BCCC Transition for 2023 Rec. students - until 1:30pm	25/11 RE Assembly 2:20pm
7	28/11 Finance Mtg	29/11 Governing Council Mtg 6pm	30/11	1/12 BCCC Transition for 2023 Rec. students - all day Newsletter	2/12 <b>Student Free Day</b>
8	5/12 YR 6 Transition @ BHS	6/12 YR 6 Transition @ BHS	7/12	8/12 Principal Tour 1:30pm Mill Court - Choir	9/12 PRC Rewards Day
9	12/12 End of Year Celebration	13/12 Rm 18/20 Excursion Rm 1/2 Excursion	14/12 2023 Class Visits Reports go home	15/12 Year 6 Graduation Newsletter	16/12 End of Term - 2:10pm Dismissal

Meetings		SAPSASA		Student Free Days		Excursions	
Fundraising		Incursions		Assemblies			