

FOUNDATION NEWSLETTER

TERM ONE ISSUE ONE PAGE ONE

Welcome to our first Foundation Newsletter.

Newsletters are sent home twice a term in terms two, three and four and once this term as you receive a Parent Information Booklet early in the term. Class newsletters are another way we keep you informed about what is happening at school along with our school newsletter, our St John's App, the P & F Facebook page and Seesaw.

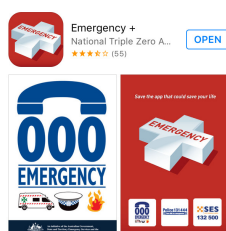
Keeping Safe

This term our Inquiry focus has been on our right to feel safe. To help keep everyone in our school community safe, please remember to sign in and out at the front office if you are spending time at school. This enables us to know who is on the premises and forms part of our fire evacuation plan.

If you wish to volunteer at school or accompany us on excursions through the year you are required to have a police check. This is to protect you and the students in our school you will be assisting. Police checks for volunteers are free and can be downloaded from the SAPOL website. You will need our Volunteer Organisation Authorisation Number which can be obtained from Fi or Sonya at the Front Office.

One of the ways we have been learning to keep ourselves and others safe is by knowing how to call triple zero and what to expect if we need to do this. One of the things we need to know in an emergency is our location. Sometimes when we are out and about this is not so straightforward.

You may be interested in an app called 'Emergency +' which provides you with your current location and can save time if you need to direct emergency services to an incident. The app is free and available for smartphones through the Apple Apps Store or through Google Play for Android users.





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Emotional Wellbeing and Social Skills

Managing our feelings is important for all of us and something that takes time to learn. Children learn these things through positive communication with family members, good role models and gentle advice from trusted people. By the time children start school they can manage some feelings on their own but they still need our care and support. Children do better in all aspects of their school life if they are able to :

- be friendly without either giving in or being 'bossy', think about how others feel and stand up for themselves when they need to
- Follow instructions and ask for help when needed
- Be willing to have a go when things go wrong or are difficult
- Wait for turns and not interrupt
- Share and take turns in games and activities.

As parents you are already experienced in teaching your child how to behave in different situations. Please continue to encourage and extend these skills in new social settings as children face challenges in their first years of schooling.

Packed Lunches

Each day we have a fruit break at approximately 10:00am. At this time students can eat a piece of fresh fruit or vegetable and have a drink of water.

Students have five minutes to sit and eat at the start of Recess. What they eat at this time is not monitored.

Students sit for ten minutes to eat at the beginning of lunch. After ten minutes the teachers on duty check to see that students have eaten a sufficient amount of food before dismissing them to play.

It is a good idea to discuss what is packed for lunch with your child so that you pack items you know they will like and eat. We encourage students to bring home uneaten food so that you can monitor whether they're getting a balanced diet and can adjust their food intake if necessary.

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Keep foods separate and well wrapped, making sure that your child can open each pack or container. Yoghurt is a nutritious choice but can sometimes leak, causing quite a mess in your child's lunch box. Please make sure you pack a spoon for items that need one. Disposable, plastic spoons are best.

Lunchtime Activities

This year our school library will be open at lunchtime on Monday, Tuesday and Friday each week from 1pm. Students can use the library to read a book, play a game or do some drawing on these days.

LOTE Club will run on Mondays from 1.15pm in the LOTE Room. Mrs Helen Westermann will run this session.

Skoolbo

Skoolbo is a computer program designed to assist children learn skills in reading and mathematics. Our school has an account which the children have been using on the PC's in the computer suite. Your child's account gives them full free use of the program at home and at school, either on a PC or tablet. As a parent you are able to view your child's results via the parent dashboard by visiting <http://dashboard.skoolbo.com.au/>. Skoolbo is designed to motivate learning through an inbuilt rewards program. There is no advertising and no in-app purchases. Children are not able to communicate on Skoolbo and there is no possibility of unsafe interactions.

To access Skoolbo at home:

Visit www.skoolbo.com.au/downloads and download the software. Skoolbo is available on tablets (iPads and androids), computers (PC and Mac) and through the internet browser.

Open the software and select parents.

Insert your child's name and password (colour - blue, animal - dolphin)

Don't let other children (or adults) play on your child's account. Skoolbo uses an algorithm that determines the most appropriate learning activities specifically for your child based on his or her recent performance.

There is a parent guide available at www.skoolbo.com.au/downloads for additional tips and instructions.

Sue Denholm