From the Principal

On five recent occasions, I have received anonymous correspondence from persons not willing to identify themselves, who suggest they are uncertain as to possible repercussions if making themselves known.

SPW has a clear procedure for managing points of difference or grievances and this is outlined in our children’s school diary and online at http://www.spw.sa.edu.au/documents/POLICYandPROCEDURES/GrievanceProcedureforParents.pdf

What’s more, SPW prides itself on being a community in which differences can be aired and solutions jointly reached. Education is a partnership.

My sincere thanks to those who avail themselves of the opportunities to address concerns in the appropriate manner; to those who choose to remain anonymous and indeed make disparaging remarks that question our integrity, I ask you to use the appropriate procedures available to you.

KELLY SPORTS—MONDAY

In Issue Number 37 of The Weekly in 2013 mention of the changed model for managing a vast array of extra and co-curricular activities for 2014 was made. This change, that involves the use of Kelly Sports to provide the majority of our sports coaches, is being trialled during 2014 and benefits children in Junior, Middle and Upper Primary. The consequences of Kelly Sports’ involvement includes a 3.30pm finish for Year 6-7 children on Monday afternoons, and a 8.15am start for all before school activities. From 8.15am, we can assure you that adequate child protection is provided, as all yard duty supervision has commenced, gates are open, first aid provisions available, and emergency relief staff on hand.

There is no clearer priority than the provision of absolute security and appropriate child protection for the children of St Peter’s Woodlands.

TERM DATES

It has been brought to my attention that a number of families have concerns in relation to the term dates for 2014. These terms dates were published in the Weekly on 28 March 2013 and on our website, following ratification by the School Council in February 2013. The change to a three-week mid-term break and our commitment to formulating holidays around the developmental age of our Primary aged children, the timing of public holidays, and our requirement to work within industrial guidelines, makes this task a complex one. Furthermore, there is no longer any agreed position on term holiday dates between Independent Schools, Catholic Schools or DECD Schools, nor any commitment between schools from whom SPW feeds large groups of students in Year 8.

Following discussion at School Council later this term, should a further survey of parents similar to the one conducted in 2011 be considered appropriate, we will again consult with parents re holiday schedules. Unfortunately it is highly unlikely that we will please everyone with the choice that is made.

UNIFORM

Congratulations to the children on a wonderful start to the year; they look very smart in their uniforms, however some attention is required in relation to regulations about hair tidiness. As per SPW’s diary information “It is our expectation that children will wear conservative hairstyles. This means that undercuts, overhanging sides, long fringes, alternative hair colour, head shaving or lettering and cuts lower than No. 3
cutters are not acceptable. Fringes are to be kept well clear of eyes and it is our
expectation that long hair will be neatly tied back, braided etc at all times to keep it
clear of the face. Only royal blue ribbons, elastics, scrunchies or head bands are to be
worn.”

Please assist us to ensure we reach the standards that have been set.

Until next week …..

Christopher Prance
Principal

Parent Evening—Monday 10 February
All sessions are held in your child’s year level area. To assist families with more than one
child at SPW we will be repeating the each class/year level session as outlined below.
Each session will run for approximately 50 minutes including the aspects outlined above.
The evening will begin at 6.30pm in each classroom.

For parents who require child supervision, this will be provided on Braested Oval, for
school aged children only, from 6.15pm until 8.30pm when the evening concludes.

SCHEDULE
6.15pm Child supervision begins on Braested Oval
6.30pm Class information and PYP Engagement Session 1
7.30pm Class information and PYP Engagement Session 2
8.30pm Evening concludes

Amanda Kelly               Simon Theel
Head of Early Learning      Head of Primary

Sports News
TERM 1 SUMMER SPORTS COMPETITION STARTING DATES
Volleyball: Friday 14 February
Basketball: Monday 10 —Thursday 13 February
Cricket: Kanga/A-Grade/B-Grade Saturday 15 February
C-Grade Thursday 20 February

Please meet your coaches at the allocated venue at least 20 minutes prior to the start
of your fixture.

BASKETBALL
All players Years 4 to 7 have been given basketball tops to wear for the season. Year 3
players will need to purchase SPW Sports Representative tops (gold trim).

CRICKET
Year 4 to 7 players are all required to wear cricket whites. Year 3 Kanga Cricket will
need to purchase SPW Sports Representative tops (gold trim).

VOLLEYBALL
All players Years 4 to 7 are required to wear SPW Sports Representative tops (gold trim).

CHANGES TO MP AND UP SPORT
Please note that all Team Sheets for Term 1 sport have now been sent home. Any
withdrawals at this stage can sometimes have a big impact on teams by leaving the
team short. Summer Sports competition days have not changed from 2013.

Draws will be sent home as soon as they become available. Please note Basketball
draws also come through at the last minute from the Association.

Volleyball: Friday
Senior Basketball: Monday
Year 5 Basketball: Tuesday
Year 3 and 4 Basketball: Wednesday
Year 6 Basketball: Thursday
A,B and Kanga Cricket: Saturday am
C Grade Cricket: Thursday

Milo T20 Blast FREE Come and Try Sessions are being held at Glenelg Oval and Hallett Cove Sports and Community Centre for Girls and Boys 7-10 years from Monday 10 February. Flyers are available from the Front Office, or sign up online.

Please feel free to contact me at any time on 0413 244 539 or email kwhelan@spw.sa.edu.au if you have any questions or need any further information.

Karen Whelan
Extra-Curricular Sports Administrator

YEAR 3 TO 7 RUN CLUB
Wednesday 8.15-8.45am McKenzie Field
(Please wait on Chapel steps beforehand)

FRIDAY BEACH RUN
Friday 12.40-1.20pm Meet at Sports Shed
(lunches will be put in the Sports Shed to eat on return).

Students must have a water bottle, sports shoes, and a hat for all Run Club sessions.

YEAR 3-7 SPORTS DAY—WEDNESDAY 26 FEBRUARY, 8.30am to 4.00pm
Any parents/caregivers interested in helping officiate on the day at SANTOS Stadium are invited to contact me on 7221 6241 or hbowen@spw.sa.edu.au. Please note that you will need to have undertaken the School’s Volunteer process, which includes signing a Volunteer Agreement form, and obtaining a National Police Check (no cost involved).

SWIMMERS
Watch this space for District SAPSASA Carnival information.

SPORTS FIXTURES
Off-Site
Please be aware that parents are responsible for their children’s supervision when participating in off-site sports fixtures (ie not on SPW school grounds). This includes fixtures that are off-site but appear on fixture lists as ‘home’ games. Parents may ask other parents to be responsible for their children. Supervision is not the sole responsibility of the coach.

On-Site
A St Peter’s Woodlands Grammar School staff member will be present for all practices and fixtures.

SAPSASA
Students born in 2004, 2003, 2002, and 2001 are eligible to participate in SAPSASA this year. For students with the appropriate ability, please visit the SAPSASA website regularly for details of nominations to Inter State teams.

Huw Bowen
Coordinator, PE & Sports

Uniform Shop
A super big thank you to Meg and Jayne for stepping in for me over the first week of school, and thank you to everyone for their patience and understanding during this time when I was unable to attend.

Just a few uniform regulation reminders, PE uniform is House Polo (not School sports polo

“It always seems impossible until it’s done.”
(Nelson Mandela)
(shirt), SPW black regulation shorts with School name and logo on left leg, and sports shoes should be predominantly white including laces. Hats must be worn for all outside activities and play during Terms 1 and 4.

If you are waiting on any stock items, please feel free to email or phone so I can record your details and contact you on arrival of the items you require.

I look forward to seeing you soon.

OPENING HOURS—TERM 1
Monday to Thursday, 8.15am to 9.00am  Monday to Thursday, 2.30pm to 4.00pm

UNIFORM ORDER FORM
Please use the order form on the website if you are unable to attend the shop during opening hours. This can be found at http://www.spw.sa.edu.au/spw_enquiries_uniformshop.html

Tiona Ryan
Uniform Shop Manager

Canteen
As always I’m looking for any mums, dads and grandparents and special helpers to assist in the Canteen. It doesn’t need to be all day, even a couple of hours is of great assistance. No experience is required. Come on your own or with a friend - the more the merrier. Lunch is provided and there is plenty of tea and coffee. Enjoy a day with Jayne and myself and get to experience the joy of serving those beautiful smiling faces. SPW has a Volunteer Agreement process, which includes signing a Volunteer Agreement form and obtaining a National Police Check (no cost involved). Please visit the ladies in the Front Office and they will explain the process to you and provide any assistance required. Just email or pop in to see me.

Phone me on 7221 6216, or email me on relphick@spw.sa.edu.au

CANTEEN MENU R-7

CANTEEN MENU—The Pines

Rosy Elphick
Canteen Manager

The Arts
INSTRUMENTAL LESSONS
Instrumental lessons have commenced for the majority of students this week. I have contacted everyone on my list via email. Email is the best way for the Music Department to send you information about your child’s lesson. If you have not received an email from me and believe your child should be on my list, please let me know. The program has grown this year with approximately 300 students participating in the program!

CO-CURRICULAR MUSIC START WEEK 3
I am very excited about starting all of our Music co-curricular activities next week. All students are welcome to join. Just come along to the first session. The week will look like this:

<table>
<thead>
<tr>
<th>DAY</th>
<th>activity</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>MONDAY:</td>
<td>UP Glee</td>
<td>Lunch time</td>
</tr>
<tr>
<td>TUESDAY:</td>
<td>SPW Band</td>
<td>8.15am to 9.00am</td>
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<tr>
<td></td>
<td>Junior Choir</td>
<td>Lunch time</td>
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<tr>
<td></td>
<td>Chapel Choir</td>
<td>Lunch time</td>
</tr>
<tr>
<td>WEDNESDAY:</td>
<td>MP Glee</td>
<td>Lunch time</td>
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<tr>
<td>THURSDAY:</td>
<td>Flute Ensemble/ Percussion Ensemble</td>
<td>Lunch time</td>
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If you have any questions, please email me at mdelaine@spw.sa.edu.au

Thank you to Theoni Stathopoulos for your assistance in the Canteen during the past week. It has been very much appreciated.
CONGRATULATIONS
After last week I have received several emails with fantastic Arts Achievements:

- Richard M Year 6 was also involved in ‘The Wizard of Oz’ for Adelaide Youth Theatre
- Emma S Year 6, Katerina A Year 6, Jess D Year 7, Calvin S Year 6 and Teagan G Year 4 were all involved with The Music Theatre Camp run by Pelican Productions.

Many of these students are auditioning for their production of ‘A Little Mermaid Jr’ this weekend. What a great demonstration of ‘courage to be great’!

Please let me know of any Arts Achievements (dance, drama, music, visual arts) at mdelaine@spw.com.au

Mark DeLaine
Arts Coordinator

PFA
This year plans on being filled with a lot of enjoyable fundraisers and friend raisers for the children, parents and community. Below is what we have planned for Term 1.

SPORTS BBQs – AFTER SCHOOL EVERY MONDAY
The Sports barbecues kicked off successfully on Monday. Thank you to Greg S, Sarah P, Samantha B, Karina S and Jo T for your help. We require four (4) parents a week to run the after school barbecue. Therefore we are seeking assistance from all parents of Junior Primary children participating in after school sports and activities to lend a hand in at least one after school barbecue for the year. Help is required from 2.30pm to 4.30pm. Please contact the PFA to nominate for a week which suits you. Helpers for Monday 10 February are Shelly R, Greg S Samantha B and Linda. Thank you.

TWILIGHT ON THE GREEN – 21 FEBRUARY
Twilight on the Green is being held again this year on Friday 21 February between 5.30pm and 8.00pm. This will be an evening for all SPW parents, caregivers and children to relax with a picnic dinner on a rug on the McKenzie Oval lawns. There will be raffle prizes, balloon people and a disco for the children (and perhaps parents) later in the evening and there will be drinks and gelati for sale on the night. Please see the attached poster for details (RSVP forms were sent home this week in your child’s communication folder). This event has been organised by the PFA and we require a few helpers from Year 7 (parents or children) to help sell drinks and raffle tickets on the night. Please contact the PFA if you would like to help. Thank you.

EASTER RAFFLE – 1 MARCH
This year the Easter Raffle has been allocated to Year 4 and The Pines parents and children. Organisation of the raffle needs to begin now, with raffle tickets to be sent home soon. The PFA have notes on the organisation of this event to make it run as smoothly as possible. If you are a parent from Year 4 or The Pines and would be interested in helping out, please contact us. Thank you.

SHROVE TUESDAY – 4 MARCH
Our Shrove Tuesday (4 March) pancake day event is organised by the PFA. We need at least two helpers per year level in the morning to set up, cook pancakes in the shelter shed, run platters to classrooms and help clean up. As the PFA have done it many times over past years, a process has been established to ensure the morning runs efficiently, and all students and staff are provided with pancakes. The children absolutely love this morning, so with many hands helping it should run smoothly. Please contact us if you are able to help.

FIRST PFA GENERAL MEETING
The first PFA General Meeting is being held next Wednesday 12 February, in Nutter Thomas at 7.30pm. Please join us to find out more about the PFA. Everyone is welcome to attend. This is a great way to form new friendships by offering to be a small part of a
great group, after all “Many hands make light work”.

CLASS REPRESENTATIVES FOR 2014

If you would like to become a PFA class representative this year and get to know other parents, staff and the community by being involved with friendraising and fundraising events, please contact the PFA.

The role of a class representative is to liaise between the PFA Executive and the parents/caregivers of each class. We also encourage you to work with other class representatives in your year level to organise social functions for children and parents.

We require two representatives from each class. As a representative you are also encouraged to attend as many PFA meetings as possible (2 per term). This can be shared amongst your class representatives, but we hope to have a year level representative at each meeting to ensure there is input into the direction and outcome of the Association and to share information on upcoming events with your class parents/caregivers and teachers.

This year through a combined effort involving the class representatives in each year level and the PFA Executive, we can help ensure the responsibility and organisation of events is shared and supports the PFA theme of “Many Hands Make Light Work”.

With a shared approach to organising your event it should not be onerous and to make it even easier. The PFA will supply notes on how each event is organised.

CONTACT US
pfa@spw.sa.edu.au

Junior Primary Grandparents’ Day

Please note a change of date for the Junior Primary Grandparents Day, which will now be held in **Term 2 on Thursday 15 May**.

All further details will be found in an invitation which will be sent approximately three weeks prior to this event.

School Dental Service

A new children’s dental benefits schedule for 2 to 17 year olds started in January 2014. It is called the Child Dental Benefits Schedule.

The School Dental Service is a Child Dental Benefits Schedule provider and welcomes babies, children and young people under 18 years.

**Dental care is FREE for most children** and the School Dental Service will bulk-bill Medicare.

Children who do not qualify for the Child Dental Benefits Schedule can still attend – a small fee may apply for each course of general dental care provided.

There are no waiting times at the School Dental Service. To keep your children’s teeth and gums healthy we encourage them to attend the School Dental Service.

To locate your local School Dental Clinic, and for more information about the Child Dental Benefits Schedule, visit [www.sadental.sa.gov.au](http://www.sadental.sa.gov.au)

Kiss & Drop Zones

**REMINDER**

Please remember that the Kiss & Drop zones are for dropping off and picking up children. These are NO PARKING areas but ones which are constantly changing, thus allowing all families to access the marked zones during the busy periods of the morning (drop off) and afternoon (pick up) times. Thank you for your assistance in this matter.
Chaplain’s Chat

Yesterday’s Commencement Service brought together symbols from all over the school to represent our learning journey for the coming year. As learners we strive to be:

* Inquirers
* Knowledgeable
* Thinkers
* Communicators
* Principled
* open-minded
* Caring
* Risk-takers
* Balanced and
* Reflective

Accordingly, ten groups of Symbols were brought forward by volunteers from each year level and a prayer for each was read. Interspersed in the procession was a song which connects with our School theme for this year “Courage to be Great”. The song lyrics are a prayer to God:

“You call us to live and learn in your love, taking each step in trust.
Whether the road is easy or tough, we know you’re walking with us.
With your gift of courage we’ll grow, greater that we will ever know.
So come on, let’s go!”

Next week’s Chapel will be a Communion Service on the theme of “The Lord’s Prayer – the prayer that Jesus taught us”. **8.45am Thursday 13 February.** All welcome.

Fr Andrew Mintern
SPW Chaplain

Prayer of Affirmation

God of life and love,

When we are filled with happiness, you are there.
When we struggle with difficulties, you are there.
When we lead responsibly, you are there.
When we work as a team, you are there.
When we help one another, you are there.
When we gaze in wonder, you are there.
Even when we forget about you, you are there.
At the beginning and end of everything, you are there.

Amen
Dear Parents,

As a result of the experiences of our two year trial, including feedback received from our school community, we have altered our reporting structure to incorporate both the Primary Years Programme (PYP) and Australian Curriculum expectations.

Reporting on assessment at SPW includes communicating what students know, understand and can do. Reporting involves parents, students and teachers as partners and is honest, comprehensive and understandable to all parties.

Reporting to parents, students and teachers occurs through:

**Parent Evenings – Term 1**
Information evenings are organised for Week 3, Term 1 to provide details to share classroom routines along with our PYP curriculum.

**Parent-Student-Teacher Conferences – Term 1**
Students and teachers prepare goals and challenges to share with parents. Students undertake a year level appropriate role during the conference.

**Optional Parent Teacher Conference – Term 3**
Parents are invited, during Term 3, to meet with classroom teachers to discuss any issues or concerns you may have about your child. These are not compulsory.
Please remember you may seek a meeting with your child’s teacher at any time during the year.

**Learning Journeys**
A Learning Journey will be undertaken during the year for students from Reception to Year 6. You will receive advanced notice of the date for the appropriate year level, and be invited to participate in your child’s learning. The Learning Journey may involve students demonstrating their understanding through a variety of different situations including ICT presentations, drama presentations, writing music, or making things to support the sharing of their learning. Students will engage you in discussion and reflection on work samples they have completed as part of the PYP Unit of inquiry. The Pines will continue to run their end of unit celebrations once per term while Year 7 students will undertake their PYP Exhibition mid of Term 4.

**Learning Journeys at SPW**

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<tr>
<th>EIC</th>
<th>Term 1 – Week 4</th>
<th>Term 2 – Week 7</th>
<th>Term 3 – Week 8</th>
<th>Term 4 – Week 7</th>
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<tbody>
<tr>
<td>Blue</td>
<td>Monday 17 Feb</td>
<td>Wednesday 4 June</td>
<td>Wednesday 10 Sept</td>
<td>Wednesday 26 Nov</td>
</tr>
<tr>
<td>Green/Yellow</td>
<td>Tuesday 18 Feb</td>
<td>Thursday 5 June</td>
<td>Thursday 11 Sept</td>
<td>Thursday 27 Nov</td>
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<table>
<thead>
<tr>
<th>Reception</th>
<th>Term 3 – Week 9</th>
<th>Friday 19 September</th>
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<tbody>
<tr>
<td>Year 1</td>
<td>Term 4 – Week 6</td>
<td>Friday 21 November</td>
</tr>
<tr>
<td>Year 2</td>
<td>Term 3 – Week 6</td>
<td>Friday 29 August</td>
</tr>
<tr>
<td>Year 3</td>
<td>Term 2 – Week 9</td>
<td>Thursday 19 June</td>
</tr>
<tr>
<td>Year 4</td>
<td>Term 2 – Week 2</td>
<td>Thursday 1 May</td>
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<tr>
<td>Year 5</td>
<td>Term 3 – Week 6</td>
<td>Friday 29 August</td>
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<tr>
<td>Year 6</td>
<td>Term 3 – Week 7</td>
<td>Friday 5 September</td>
</tr>
<tr>
<td>Year 7</td>
<td>Term 4 – Week 4</td>
<td>Thursday 6 November</td>
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The Portfolio – each term
Each student has his/her own Portfolio. The majority of portfolio pieces will be student selected to empower your child to share their learning. Hence some of the pieces chosen could be drafts of a piece of work, providing a different perspective of your child’s learning.
Portfolios are often shared with parents during the Parent-Student-Teacher conference. The portfolio will come home at the end of each term, to be returned at the beginning of the new term, with the exception of the end of the year where it should be kept.
Portfolios will be used from ELC to Year 7. Specialist teachers also contribute to student portfolios throughout the year. The form portfolio pieces take across these learning areas may differ and may be separate from your child’s folder.

Written Reports – End of Term 2 and end of Term 4
Semester One Reports
This report will be sent home in the portfolio at the conclusion of Term 2. The report will contain a 5 point reporting scale in the learning areas of Mathematics, English, Science, History, Geography, The Arts – Music, The Arts – Visual Arts, Language (German or Japanese) and Health and Physical Education in line with the Australian Curriculum. In addition, written reports will include grades for strands of Number and Algebra, Measurement and Geometry, and Statistics and Probability for Mathematics; Reading and Viewing, Writing, and Speaking and Listening for English. This report will contain a written comment from the class teacher outlining goals for the remainder of the year. Space is also provided for your child to reflect on the semester.

End of Year Report
In addition to grades as outlined above, this report will contain a general comment as summary of your child’s year at school and will be sent home in the final week of school via the portfolio.

Please find below a summary of our reporting processes for 2014.

### Reporting at SPW 2014

The following table gives a guide to Reporting at SPW over the period of the school year.

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
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<tbody>
<tr>
<td>Preschool</td>
<td>Semester One report-end of Term 2</td>
<td>End of Unit Celebrations</td>
<td>End of Unit Celebrations</td>
</tr>
<tr>
<td></td>
<td>Parent evening - Week 3</td>
<td>Portfolios - end of Term 2</td>
<td>Portfolios - end of Term 3</td>
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<td></td>
<td>End of Unit Celebrations</td>
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<td>Parent/Teacher Conference - Week 9</td>
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<td>Portfolios - end of Term 1</td>
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<tr>
<td>R-7</td>
<td>Semester One report-end of Term 2</td>
<td>Optional Parent/Teacher Conference - Week 5</td>
<td>End of Year reports - last Wednesday of school year</td>
</tr>
<tr>
<td></td>
<td>Parent evening - Week 3</td>
<td>Portfolios - end of Term 2</td>
<td>Portfolios - last Wednesday and Thursday of school year</td>
</tr>
<tr>
<td></td>
<td>Parent/Student/Teacher Conference - Week 9</td>
<td>Learning Journeys – Year 3 and Year 4</td>
<td>Learning Journeys – Reception, Year 2; Year 5 and Year 6</td>
</tr>
<tr>
<td></td>
<td>Portfolios - end of Term 1</td>
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</tbody>
</table>

Yours sincerely,

Simon Theel
Head of Primary

Amanda Kelly
Head of Early Learning
Twilight on the Green

A welcome evening for all SPW families
Friday 21st Feb / 5.30-8pm

BYO picnic tea on McKenzie Oval.
Come along and meet other parents/caregivers and children in your child’s class this year.

Disco • Raffle Prizes • Balloon People

Drinks & gelati for sale

In accordance with school policy this is an alcohol-free event. Parents are responsible for the care of their children throughout this event.
CUFC 2014 Goal Kick Programs

Be part of the future at Cumberland United

COME AND LEARN THE WORLD GAME AT THE HOME OF GOALKICK

Our Next Goal Kick Program for 5, 6, 7 & 8 year old boys and girls commences shortly for 8 sessions concluding with presentations on the last morning. All sessions to be held at our home grounds at A.A. Bailey Reserve, Winona Avenue Clarence Gardens, from 9.00am until 10.15am each Saturday morning.

PLEASE BE AT THE GROUND AT 8.45 AM TO REGISTER.
READY TO START PROMPTLY AT 9.00AM

Program 1 – Saturday 22nd February until Saturday 12th April

Program 2 – Saturday 7th June until Saturday 2nd August

- Our Program has been designed by experienced coaches and is implemented progressively over the eight weeks to provide children of all levels with new skills.
- Playing Small-Sided Games under the guidance of Qualified Coaches and learning Team Skills whilst being Enjoyable and Fun.
- Shin Pads are compulsory.
- Numbers will be limited please return the forms and payment as early as possible to avoid disappointment.
- Cost is $125.00 Inc. GST.

Sessions will be run under the guidance of Cumberland United’s Junior Football Director of Coaching “Neil Young”. Neil has played over 500 games of professional football in England and was the FFSA “Coach of the Year” in 2009.

Application Forms are available for download on line at www.cumberlandunited.com.au look under juniors then Goal Kick or you can contact a junior committee member for further details.

WELCOMING YOU TO OUR CLUB

The club junior email address is juniorfootball@cumberlandunited.com.au
Improve your child’s concentration at home

Like any skill, concentration can be improved and made automatic.

To accomplish any task you need to be able to concentrate your attention for a time. It is a requirement for learning. Kids not only need to be able to focus on tasks but to stay in the one place long enough so they can listen to and follow instructions. Most kids, from time to time, will experience some concentration or focusing difficulties. This is particularly true when they are over-tired, over-stimulated or over-loaded. However some children due to either their physiology or psychology have greater difficulty focusing on tasks and on people than others. Either they find settling into or starting a task a problem or they lose focus easily and leave tasks half done.

There are many things you can do at home to impact on children’s concentration levels. Like any skill, concentration can be enhanced and made automatic. The trick to effective concentration is to know what to concentrate on and what to filter out.

Here are five ideas you can use to help kids to concentrate better:

1. Attend to their physiological needs:
   Most children and teenagers concentrate best after nine hours sleep so make sure they get sufficient sleep. Reduce sugar intake and increase protein levels with lean meat, almonds and eggs. This stimulates their dopamine levels which make concentration easier, particularly for lazy kids. Frequent breaks for exercise have a similar effect.

2. Remove distractions at home:
   List the distractions at home that may prevent your child from concentrating. These include: noise, people, lighting, fighting, fatigue and hunger. List ways to eliminate or reduce, and work at them systematically.

3. Create the mood for concentration:
   Calming background music, placing a fish tank (with fish) in a place of work and removal of fluorescent lights are some simple ways to make the environment more amenable for concentration. These strategies have been used successfully in overcoming concentration problems in many boy-friendly schools.

4. Introduce sequencing and organisation activities:
   The link between sequencing and concentration is a strong one. Following recipes, setting the table and putting things in alphabetical order are great activities for kids who have concentration difficulties. Board and card games promote children’s ability to focus on tasks as well.

5. Figure out what activities your child focuses on best:
   Some kids concentrate better when they are involved in hands-on activities, while others focus better when there are plenty of visual cues to help them. That’s why teachers use hand signals such as ‘hands on heads’ and fingers on lips to indicate quiet. Look for activities that your child gets lost in; and those activities that they can spend literally spend hours in. These activities enhance children’s concentration levels.

Like any skill, concentration can be improved and made automatic. Anyone who has learned to drive a car will have had the experience of thinking, “How will I concentrate on all these things?” Extensive practice allows for the pathways of concentration. It helps before you begin to assist kids to concentrate better if you pay close attention to their pattern of concentration and see if there are links between diet, their energy pattern, sleep and your own behaviour.

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visit: www.parentingideas.com.au

## The Week Ahead

### 2014 Term 1 Week 3

**Monday 10 to Friday 14 February**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
<tbody>
<tr>
<td><strong>Canteen</strong></td>
<td>HELP NEEDED</td>
<td>HELP NEEDED</td>
<td>JULIE CHIERA</td>
<td>JODIE HAHN</td>
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| **School** | **Uniform Shop Hours**
   8.15am—9.00am
   2.30pm—4.00pm | **Uniform Shop Hours**
   8.15am—9.00am
   2.30pm—4.00pm | **NO RECEPTIONS** | **Uniform Shop Hours**
   8.15am—9.00am
   2.30pm—4.00pm |
| **Parent Information Evening**
   6.30pm Session 1
   7.30pm Session 2 | **Whole School Assembly**
   2:30pm, Chapel | **Chapel—Communion Service**
   8.45am |
| **Extra & Co Curricular** | **UP Glee Club**
   12.50-1.30pm | **SPW Band**
   8.15-9.00am
   12.50-1.30pm | **Years 3-7 Run Club**
   8.15
   8.45am, McKenzie Field | **Percussion Ensemble**
   12.50-1.30pm |
| **Calendar** | **Junior Choir**
   12.50-1.30pm | **MP Glee Club**
   12.50-1.30pm | **Flute Ensemble**
   12.50-1.30pm |
| | **Chapel Choir**
   12.50-1.30pm | **Yr 4 Basketball Comps start—3.45-6.00pm**
   Marion/Pasadena | **Yr 6 Basketball Comps start—3.45-6.00pm**
   Marion/Pasadena |
| | **Whole School Assembly**
   2.30pm in Chapel | **Yr 5 Basketball Comps start—3.45-6.00pm**
   Marion/Pasadena | **Yr 4 Cricket Comps start—4.00-5.45pm** |
| | **Yr 7 Basketball Comps start—3.45-6.00pm**
   Marion/Pasadena | **Years 3-7 Run Club**
   8.15
   8.45am, McKenzie Field | **Beach Run—12.40-1.20pm**
   (meet at Sports Shed by back gate) |
| **PFA** | **Subscriptions needed**
   Shelly R, Greg S, Samantha B and Linda |
| | **PFA Meeting**
   7:30pm, Nutter Thomas—ALL WELCOME | **Year 3 German Excursion to Hahndorf** |

**Contact Us**

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**SPECIAL EVENT**

**SATURDAY 15 FEBRUARY**

**Cricket Comps start**

- **Year 3 Kanga**—9.30-10.30am Marion Sports Oval
- **Year 6-7 A-Grade**
  8.30-11.30am
- **Year 5 B-Grade**—8.30-10.30am

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St Peter’s Woodlands Grammar School Inc
39 Partridge Street Glenelg SA 5045
A Co-educational Anglican Primary School

St Peter’s Woodlands Grammar School is an I.B World School accredited in the International Baccalaureate Primary Years Program (PYP)