



Newsletter

Respect - Honesty - Responsibility



Art - We have been making flowers for a couple of weeks for Mother's Day, using different colours, shapes and materials.



Reading - Stamina reading is a strategy we are learning to do, we aim to get to 20 minutes each time.



Hygiene - At school we have been keeping healthy by using hand sanitizer and social distancing. Also before we eat we use hand sanitizer and when we come in the class room the teacher squirts it on our hands.



ICT - For the last few days we have been learning about communicating with ICT. Some devices we can use to message people are a phone, computer and iPad.

Year 3/4 Happenings - written by class members



Earth, Space and Health - Willow brought in some avocados so we could make guacamole. She has a few different types of avocado trees like Hass and Land Hass. Some of us have made guacamole before but others have never tried it. We thought it was good for some and some didn't like it.



Maths - For the last two weeks, we have been learning about times tables and mathematical language, by doing the number of the day.



Writing - In writing lessons we are learning to use sentence conventions, re-read the sentences that we write to help with spelling. Our goal is to write a narrative.

From the Principal

Dear Parents and Friends of Renmark West,

We hope all mothers were spoilt on Sunday and we wish you all a Happy Mother's Day.

With nearly 95% of the students back at school we are starting to get back into our normal routines. Some extra curricular activities are starting to be re-introduced including instrumental music lessons. Guitar and piano lessons are being delivered via video conferencing with great success.

As we are seeing an increase in student numbers, we are also seeing an increase in parents on site which we would like to keep to a minimum whilst state-wide restrictions are still in place.

Where possible, we encourage parents to drop their children at the gate, however we understand that some of the younger students, along with students with anxiety, may find this challenging. If you do need to be on site, we ask that you please do not enter the classrooms and maintain physical distancing from other parents and students.

If you need to get in contact with your child's teacher, please phone or email the school to organise an appropriate time to meet.

Extra cleaning at school is still being conducted during the day and extra cleaning is also continuing over school. Class teachers will continue to reinforce good hygiene practices and students are frequently washing their hands with soap and using hand sanitizer when entering the class. The students have been excellent with reminding each other of good hygiene practices.



SAPSASA NEWS



SAPSASA NEWS

Information from Peter Safradilis - Riverland School Sports Convener

- The resumption of school sport has been listed as a government priority as it is clearly evidenced that sport makes an important contribution to the physical, psychological and social well-being of Australian students.
- The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia.

Consideration is to be given to:

- contact and non-contact sport (physical distancing recommendations suggest that non-contact sport are a lower risk of COVID-19 transmission)
- indoor and outdoor activity (international evidence to date suggests that outdoor activities are a lower risk of COVID-19 transmission)
- the size of the gathering (small groups < 10 as currently recommended by SA Health).

With this in mind it seems unlikely our normal school sport programs will resume in the short term.

SAPSASA is looking into some possible carnivals.

We will keep you informed of any new developments.

SAPSASA Coordinators

Georgia Tzanavaras

Liz Pendle



Liz Pendle Trophy

Winner of the Liz Pendle Trophy Team Games for Sports Day are **Crystal, Molly, Dylan and Keshav**

Community Notes & Info

DIARY DATES

Term 2

<u>Week 6</u>	<u>1 - 5 June</u>
Friday	Student Free Day
<u>Week 7</u>	<u>8 - 12 June</u>
Monday	Public Holiday



Bringing Up Great Kids Online Group

The Children and Parenting Service (CaPS) in the Riverland will be running the Bringing Up Great Kids program online. Learn more about the origins of your own parenting style. Identifying important messages and how to convey these. Understand the messages of your child's behaviour. Discover ways to take care of yourself and find support. Develop strategies to manage your parenting approach, in your busy world.

Session details:

During Term 2. Specific dates to be confirmed.

To register interest and put your name on the waitlist, please call the Berri office on 8582 4122 or email berri.intake@rasa.org.au.

*you will need access to a computer with camera or smartphone with internet access to join the weekly GoTo online sessions.

Developed by the Australian Childhood Foundation

Relationships Australia SOUTH AUSTRALIA

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Relationships Australia SOUTH AUSTRALIA

Have the COVID-19 restrictions taken a toll on your wellbeing and relationships?

Relationship Support Services are available via telephone or online and will help of the 20th June 2020.

COVID-19: Changing our relationships and the way we parent

Adapting to the enormous changes caused by COVID-19 restrictions has been difficult for many of us. However, this is completely normal.

- Are you finding yourself feeling more stressed?
- Are you finding the kids harder to manage?
- Are your boundaries being pushed?
- Is your partner feeling like you are angry more often?

Stress is a normal part of everyday life and relationships can be hard to manage at the best of times. This is especially true during COVID-19.

As individuals, parents or partners we may be finding things more challenging as we reorganise our lives and adjust to new ways of doing things. It is unsurprising that this would be taking a toll on ourselves and the people around us. Since the COVID-19 restrictions, you may:

- have lost your job,
- started working from home,
- be spending more time with your partner in a small space,
- not be seeing your family because you are a health worker,
- be finding the lack of social interaction difficult.

You are not alone; many people are adjusting to this new way of being.

We encourage you to seek relationship help early, even if it is just a check-in about what is going on for you.

Relationships Australia South Australia is committed to supporting you through this change. We can work with you to strengthen your personal wellbeing, build robust parent have healthy and safe relationships, and most of all stay connected with communities.

All our services are available via telephone or online, and in some circumstances, we will arrange a face-to-face consultation. All services are free until 30 June 2020.

Remember: We are in this together. We need each other now more than ever. Keep safe & stay connected.

How to make an appointment:

Contact your nearest office
Call us on 1300 364 277