

Dear parents, caregivers and community members;

We start this edition of our newsletter saying a **very big congratulations and thank you to the year 5/6 class** for their efforts in pulling off the cheese toasty fundraiser for the Tailem Bend Netball Club. The leadership demonstrated leading up to, and on the day was exceptional. They managed to raise a **total of \$693.50** which is a fantastic achievement. A big thanks also goes to **Ms Flavel and Mr Wilson** for their superb organisation, it ran like clockwork!

### Gratitude

Over the last few weeks at assembly I have been discussing with our students the topic of "gratitude". Gratitude promotes optimism and helps us to develop a more positive outlook. It lets us pause for a moment to reflect on something we have in our life right now instead of always wanting more ... the new outfit, the latest video game, or the new toy.

Gratitude is simply cultivating a genuine appreciation for what we already have. And we have a lot!

We have this display in the front office for students, staff, volunteers or parents to acknowledge what they are grateful for today.



### *What are you grateful for today?*

I'm grateful for all of our wonderful students, staff, and volunteers who arrive at school each day, on time, ready to learn, grow and improve as a team!

Have a great week!

Travis

**Tailem Bend  
Primary School  
1 Murray Street  
TAILEM BEND  
S.A. 5260**

**Phone:** 08 8572 3266

**Fax:** 08 8572 3026

**Email:** dl.0424.info@  
schools.sa.edu.au

**Website:**

[www.tailembdps.sa.edu.au](http://www.tailembdps.sa.edu.au)



### Diary Dates

**Governing Council  
meeting @ 5.30pm  
Tues 15<sup>th</sup> June**

**Year 4 & 5's CFS Shed  
Tour  
Fri 18<sup>th</sup> June**

**Assembly @ 1.30pm  
Fri 18<sup>th</sup> June**

**Kiwanis Terrific Kids  
Assembly @ 1.30pm  
Fri 25<sup>th</sup> June**

**LAST DAY TERM 2  
2.10 dismissal  
Fri 2<sup>nd</sup> July**

# Student Well being

## Gratitude – being thankful

**Showing gratitude** is a focus in our school with a number of children selected each week to talk about what they are grateful for and sharing this at Assembly.

You may like to consider beginning a **daily gratitude practice** with your family. Every day make a list of the things you are grateful for. On a good day, it might be lovely weather, seeing your dog wag its tail, listening to birds sing. On a bad day, it may simply be having food to eat and clothes to wear. Being thankful allows people to see their lives through a slightly different, more expansive lens.

On the surface, having a practice of gratitude sounds a bit irksome – like the things you may have heard in the past. "Eat your brussel sprouts. There are children starving in the world". **But there's no denying that gratitude can contribute to your happiness.** Researchers have found that grateful contemplation results in a physiological response. It activates the parasympathetic nervous system (rest and digest) and decreased activation of the sympathetic nervous system (fight or flight), indicating that gratitude can increase wellbeing and reduce stress.

It's not always easy to muster up a sense of thankfulness but gratitude can create a change in perspective. Dr Tober, a clinical psychologist and researcher began taking a photo every day of something she felt grateful for. She was surprised by how profound the effects were: "Immediately I was tuned into what was wonderful in my life, and I found a deep sense of joy and contentment. During times of turmoil and overwhelm, my gratitude practice has provided me with an opportunity to press pause for a brief moment and come back to what truly matters. And for that, I am sincerely grateful."

## **Benefits of gratitude**

A recent study on gratitude discovered those who practised gratitude:

- Reported more happiness and joy;
- Experienced fewer symptoms of physical illness;
- Spent more time exercising;
- Were more optimistic and satisfied with their lives;
- Reported increased positive affect and decreased negative affect;

- Were more likely to offer emotional support to others
- Felt an increased sense of connection with others; and
- Slept more hours of quality sleep.

## **Ways to integrate the practice of gratitude into your daily life**

- Contemplate things you are really grateful for while doing a daily task.
- Write a list of things you are grateful for each day.
- Before you drift off to sleep, ask yourself, "What went well today".
- Take pictures to keep and look at.

***"Cultivating a practice of gratitude lends itself to a way of being with grace, joy and contentment".***

Jessica Humphries

## **Cheese Toasty and Fruit Box Lunch**

We are thrilled to announce that **\$693.50** was raised for the **Tailem Bend Netball Club** and thank you for your support.

### **Special thanks to:**

- **Tailem Bend Bakery** for donating the bread
- Volunteer **Wendy Evans** who helped on the day
- **The children in Mr Bartlett's class.** They were focussed, enthusiastic and professional in their approach.
- **Mr Wilson** whose detailed planning ensured all went well.

Once again thank you.

***In a world where you can be anything, be kind.***

Marie Flavel

Student Well-being Leader

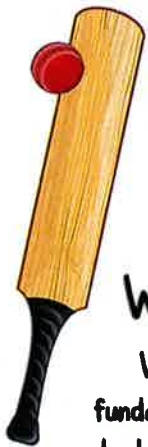


# HEALTH & PHYSICAL EDUCATION

At Tailem Bend Primary School, the **physical fitness, health** and **well-being** of your child is of the utmost importance. Every effort to promote your child's physical fitness and well-being is made with the implementation of Standards in the Australian Curriculum.

The vision of Tailem Bend Primary School's Health and Physical Education (HPE) program focuses on your child striving to:

- ☆ **Practice and master appropriate motor skills and movement.**
- ☆ **Develop a variety of sport skills and knowledge of rules.**
- ☆ **Exhibit good sportsmanship qualities.**
- ☆ **Live a healthy life. To enhance their *physical, mental, emotional and social* health by increasing their knowledge and influencing their attitudes about caring for their well-being.**
- ☆ **Display the essential elements of R.E.S.P.E.C.T.**



**We have been busy in PE and Health across ALL year levels this term!**

We recently started our unit on **soccer** with classes in Years 5-7. The students have been introduced to the fundamental skills in soccer, such as *dribbling, passing, kicking* and *throwing*, and how to perform them with the correct technique. This will ultimately equip them for success in a game situation which will take place at the end of the term.



While the Middle and Junior Primary students have been enjoying their learning on **Fundamental Movement Skills** - *locomotor (run, jump, skip, hop...), stability (bend, stretch, balance...)* and *manipulative (throw, catch, kick, strike...)*.







Each week students are introduced to these new movement terms and expressions. I believe children need to learn how to speak the language of movement and be able to tie movement to vocabulary. Students then have the opportunities to gain first-hand experiences with them in a variety of unique situations.



These fundamental movement skills become the foundation that students are able to build upon as they advance towards learning about a variety of sports across term three and four.



Officer Kim Ide made a visit to the classrooms within Tailem Bend Primary School during weeks 6 and 7 to talk to the students about topics around safety.



Our students were fortunate enough to have Mitchel Noye from SANFL come in during their PE classes and coach them through football skill sessions. Students participated in drills targeted to handballing, kicking, catching and movement skills. The students thoroughly enjoyed this experience and enhancing their ball skills. Some students even won a football!



Middle and Junior Primary Students have learnt that 000 is the number to ring in an emergency and were told that the tree zeros stand for the three services who can help – *Police, Fire & Ambulance*

The children had many questions for Kim about her job and they were even allowed to try her handcuffs, and sit in the Police car.

Kim left each child with a book about being safe and the role of a Police Officer.





## Class Awards

### Week 6 Class Awards

Year 7 Mrs Schubert & Miss Saddler  
**Kane**

For teaching and learning: For an amazing effort in furthering his knowledge and learning in all curriculum areas.

Year 5/6 Mr Bartlett  
**Kaya**

For showing gratitude and respect for all areas of learning, and exceptional organisation of the cheese toasty day.

Year 4/5 Mrs Richter & Mrs Hams  
**Lexi**

For writing an excellent thank you letter to Mr McFarlane.

Year 3/4 Miss Reeves  
**Payton**

For teaching and learning: For trying hard to improve her reading by practising reading aloud and sounding out.

Year 2/3 Mrs Schutz  
**Stella**

For working extra hard typing her narrative on the laptops and for editing her work when needed.

Year 1/2 Miss Trembath  
**Sahara**

For displaying a positive attitude and presenting a beautifully written reflection about Dream Big.

Year 1 Mrs Kluske & Miss Merritt  
**Maddie**

For working independently and developing her own sentences!

Receptions Mrs Paech  
**Kohen**

For using problem solving skills to quickly and independently order the days of the week.

## Community News

**MURRAY BRIDGE TOWN HALL**

**DR QUARK'S SCIENTIFIC CIRCUS**

**FRIDAY 16/07/21**  
**11:00AM DOORS 10:30AM**  
**TICKETS \$10.00**

PRE PURCHASED TICKETS ARE ESSENTIAL VIA QR CODE, ONLINE: [www.ticketbooth.com.au](http://www.ticketbooth.com.au) OR MURRAY BRIDGE REGIONAL GALLERY PH 08 8539 1420

out of the SQUARE MURRAY BRIDGE MAKE IT YOURS

JABUK COMMUNITY HALL ARE HAVING A

**POCKET MONEY SALE**

Jabuk Football Oval  
Sunday 18th July 2021  
9AM TO 2PM  
Sites only \$10  
Clean out those garages and kids tidy up those rooms!!

Gold coin entrance  
Sausage sizzle  
Hot dogs  
Drinks  
coffee/tea available

All bookings and enquires to Tim 0413768066  
Heather 0438772287

**EARN YOURSELF SOME EXTRA CASH**



**LinkSA**  
School Holiday Exclusive Deal  
From 3rd to 18th July 2021

With the purchase of an adult or concession ticket  
1 child may travel free on any LinkSA Route Service



- Barossa Valley
- Murraylands
- Fleurieu Peninsula

Visit [linksa.com.au](http://linksa.com.au)  
for service and timetable information

## Murray Bridge North School OSHC Vacation Care Program

July 2021

July 2021				
MONDAY 5th July	TUESDAY 6th July	WEDNES. 7th July	THURSDAY 8th July	FRIDAY 9th July
<p>Paper Mache</p> 	<p>rdk Sports Visit</p> <p>Special Event</p> <p>come dressed in your favourite teams sports colours</p> 	<p>NAIDOC Week Activities</p> <p>Making Damper</p> 	<p>Excursion Special Event Day</p> <p>BATTLE ROCKETS</p> <p>Murray Bridge</p> 	<p>Nature Crafts Day</p> 
MONDAY 12th July	TUESDAY 13th July	WEDNES. 14th July	THURSDAY 15th July	FRIDAY 16th July
<p>Using Wool</p> 	<p>Science / Sensory Day</p> <p>SCIENCE KIDS</p> 	<p>Wheels &amp; Safety Day</p> 	<p>Movie Day</p> <p>Wear Your PJ's</p> 	<p>Finishing Off or Out Of The Box Activities</p> 

Fees: Full Day \$54.00    Half Day \$34.00    Special Event Day \$74.00    CCS Applies

Fees include lunch and snacks throughout the day unless otherwise stated.

Bookings will be taken as confirmed and charged to your account unless you clearly cancel a booking with the OSHC staff before the day begins as staff are employed according to students booked in.