Wellbeing Week has provided a varied program of activities and experiences for R-12 students at RDAS with some participation from students of Woomera Area School and St. Barb’s Parish School.

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We have been lucky enough to have a group of five interested secondary students working with Travis Hague on photographing and filming throughout the week. A Wellbeing Week film will be created.

Many community members gave up their time to organise and run these sessions and we thank them for their efforts. Overall the week has been a success and introduced students to activities that may help with their wellbeing.

More info, photos and weblinks inside this issue>
**Wellbeing week:** In week 9 we celebrated wellbeing week as a school, having a number of activities running throughout the week with the focus on Health and Wellbeing. Beth Elliott, our Wellbeing Coordinator, has worked tirelessly for the past 10 weeks, with the assistance of the Wellbeing Committee, to put together a series of programmes and activities to target the specific needs of all of our students. The major programmes included; the Year R-6 students attending Life Education, the Year 7-9 girls attended a workshop called ‘Inspire’ and the Year 7-9 Boys attended Rock and Water run by Wes Knights. The culmination was a series of games and activities on Thursday that were enjoyed by all. Many of the activities offered during Wellbeing Week were made possible through the support of BHP Billiton and through the kind generosity of a number of members of our local community, including; Travis Hauge, Brooke Melina, Lana Chamberlain, Kim McGrath, Jodie Feretti, Wesley Knights, Elke Parks, Rachel Young and Ross Wilson. We thank them all for their generosity of time and/or money in this week.

**Staffing Update** We have had a number of staff leave this term to go on maternity leave; Mrs Mulders, Mrs Kirkwood and Mrs Hall have all left with Mrs Fulton finishing at the end of term. We tallied up last week that 12 of our current staff have had children, or will be, within a 14 month period! Next term Mrs Turner will be taking over Mrs Fulton’s position in the Year 2 class and Ms Hoffman will take on the role of 0.4 NIT Science teacher in Years R-2. Mr Gary Riebeling joined our staff last week and has taken over Mrs Hall’s teaching role in Mathematics for the remainder of the year. The teaching role in Special Education has been won by Josie Aston. Josie is a mature graduate who is currently working in the Special Education unit in Mount Gambier and will commence at RDAS next term. Currently Tony O’Doherty, a Permanent Relief Teacher is in this position.

**New Look Newsletter:** The new look Newsletter ‘RDAS Vibe’ will be ‘launched’ in Term 3 – and will be an online newsletter with ‘snapshot’ stories which are linked to full articles and websites for more information. The new format will be easily viewable on computers, tablets and even your mobile phone. A recent survey identified that the majority of readers are accessing the newsletter on their computer or mobile device. Those families wanting a hard copy will still have that option. Please be aware that we will respond to constructive feedback and the new format will ‘grow and develop’ as determined by our readers.

**Student Attendance:** Student attendance has been an ongoing focus for the past 3 years and despite our best efforts, we still face a situation where a significant percentage of our students have an attendance pattern which is well below the DECD target of 93-95%. This one single factor is holding back many of our students academically and socially and impacts on the ability of our teachers to do their jobs. We are powerless to make any real change to student attendance, the changes needs to come from the students themselves and their carers.

I appreciate that there are some aspects of life in Roxby Downs that affect attendance rates, eg. families are forced to relocate elsewhere prior to the birth of a child and this often impacts on the attendance at school of other children in the family. I am concerned, however, that we also have a number of families that don’t seem to understand the critical importance of a regular pattern of attendance. Your children have little chance of reaching their true potential academically if attendance isn’t valued. Primary schooling is the foundation of all learning and attendance is critical to this.
The school currently spends a significant amount of money on intervention programmes to support students who are below their year level standard. Parents shouldn’t be surprised to find out that almost 50% of the students being supported through these programmes have low attendance patterns. Most recently one of our senior school teachers shared with me that the attendance rate of students in his subject for term 2 was 69%.

All students will receive a semester 1 report next week, which will clearly show the attendance rates for the past 19 weeks, and the grades your child has received are more than likely to be reflected in their attendance pattern. Now would be a great time to assess your child’s academic progress in an honest way and ensure attendance no longer is the one major factor holding them back from reaching their potential.

In our Camps and Excursions Policy, we currently have a clause that states students need to reach an attendance rate of 85% or more in order to be able to attend Camps and Excursions. If we enforced this policy for the most recent Year 4-6 Camp to Woodside, of the 102 students who attended, 13 would have missed out. This policy will be discussed at our next Governing Council meeting, with the view towards how we implement the policy going forward. We look forward to your support in increasing attendance of all students with the goal to improving outcomes both socially and academically for all.

Kind Regards,
Steve

Further Information and Tools regarding School Attendance, School refusal and Truancy,

http://www.attendanceworks.org/tools/for-parents/

Child and Youth Health – School Refusal and Truancy


Sister Pat’s Quote of the Week

Find the beauty in each day. Today is full of unique moments.
# Important Dates: July August 2016

## July

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 1st July</td>
<td>Student Free Day</td>
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<tr>
<td>Monday 4th July – Thurs 7th</td>
<td>Years 4/5 &amp; 5/6 Camp to Woodhouse</td>
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<tr>
<td>Monday 4th – Friday 8th</td>
<td>NAIDOC week</td>
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<tr>
<td>Friday 8th July</td>
<td>R-6 Assembly 9am</td>
</tr>
<tr>
<td>Friday 8th July</td>
<td>End of Term – Early Dismissal 1.50pm. Reports go home</td>
</tr>
<tr>
<td>Monday 25th July</td>
<td>1st Day – Term 3</td>
</tr>
<tr>
<td>Wed 17th July – Wed Aug 3rd</td>
<td>Operation Flinders</td>
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## August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 1st August</td>
<td>Transition Parent Information Evening (Kindy to school)</td>
</tr>
<tr>
<td>Friday August 5th</td>
<td>R-2 Assembly School Hall 9am</td>
</tr>
<tr>
<td>Monday August 8th</td>
<td>Transition Parent Tours</td>
</tr>
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*Due to unforeseen circumstances the original date for the SACE Parent Information Evening will change from August 3rd to August 10th 2016. This will commence at 7pm on the 10th in the staffroom and run for approximately 75 mins.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed Aug 10th</td>
<td>SACE Information Evening for Parents and Students – those in year 10 and 11 in 2017 7pm – RDAS staffroom</td>
</tr>
<tr>
<td>Wed Aug 17th</td>
<td>Yr 11 Subject counselling for SACE in 2017 students and parents – library classroom all day*</td>
</tr>
<tr>
<td>Wed August 24th</td>
<td>Yr 10 Subject counselling for SACE in 2017 students and parents – library classroom all day*</td>
</tr>
</tbody>
</table>

*the respective year level students will not have lessons on these days as they are required for subject counselling.*

> The updated RDAS Subject Handbook for 2017 Secondary students will be available on the RDAS website under the Parent Info. link in week 1 Term 3.
Semester Changeover
In line with the secondary cohort of the school, the R-6 changed over to Semester 2 on Monday this week. This doesn’t have huge implications for your child however the timing of their specialist lessons (Health & PE, The Arts and Spanish) in the week has changed. Term Overviews will be sent out at the end of week 1 next term and will outline these changes.

Staff Changes
We farewell three Primary staff at the end of this term Mel Mulders, Cerys Kirkwood & Amy Fulton who are all going on Maternity leave. We thanked them last Assembly and wish them all the best for the remainder of the year. We look forward to meeting your new babies.

We are lucky enough to replace Amy Fulton with Emma Turner who currently works with our Reception to Year 2 students teaching Science. We also welcome Kathy Hoffman next term to teach the Science Program to Reception to Year 2 students.

Reports
Reports will be distributed Friday this week at school dismissal. If you are absent on Friday they can be collected in Week 10.

Well Being Week
It’s been a busy week at RDAS this week with students participating in many activities designed to support wellbeing along with the Semann and Slattery/BHP Billiton launch of the Mining Minds Building Community Project.

Warm wishes,
Jess Bawden
### R-2 Assembly Award Winners - 17th June

<table>
<thead>
<tr>
<th>Teacher</th>
<th>Persistence</th>
<th>Responsibility</th>
<th>Respect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Miss Grillo</td>
<td>Maddie Nichols</td>
<td>Brody Mattner</td>
<td>Eddie Cojoceca</td>
</tr>
<tr>
<td>Mrs Jarman</td>
<td>Savannah Lee</td>
<td>Kiahna McManus</td>
<td>Dylan Samarakoon</td>
</tr>
<tr>
<td>Mrs Zeptner</td>
<td>Caiden Gloede</td>
<td>Madison Calley</td>
<td>Ava Huygregts</td>
</tr>
<tr>
<td>Mrs Schipper</td>
<td>Claire Jarmyn</td>
<td>Hailey McDonald</td>
<td>Jono Vosser</td>
</tr>
<tr>
<td>Mrs Christall / Mrs Bell</td>
<td>Joshua Wright</td>
<td>Jaye Southon</td>
<td>Sarang Treagus</td>
</tr>
<tr>
<td>Mrs Mrs Fulton/ Mrs Prosser</td>
<td>Brock Gaskin</td>
<td>Zac Grantham</td>
<td>Brock Zeptner</td>
</tr>
<tr>
<td>Mrs Pedersen / Miss Turner</td>
<td>Jett Elliot</td>
<td>Emily Johnson</td>
<td>Sophie Higginson</td>
</tr>
</tbody>
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### 3-6 Assembly Award Winners - 24th June

<table>
<thead>
<tr>
<th>Teacher</th>
<th>Persistence</th>
<th>Responsibility</th>
<th>Respect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mrs. Eli</td>
<td>Chet O’Loughlin</td>
<td>Maddy Hardwick</td>
<td>Jeremiah Courtney</td>
</tr>
<tr>
<td>Ms. Fishlock</td>
<td>Lacey Faulkner</td>
<td>Indiana Bowden</td>
<td>Anna Freeman</td>
</tr>
<tr>
<td>Mr. Alchin</td>
<td>Ryan Hurrell</td>
<td>Siannah Geraghty</td>
<td>Harley Wellgreen</td>
</tr>
<tr>
<td>Mrs. Greenfield</td>
<td>Jye Speight</td>
<td>Breanna Woollatt</td>
<td>Lachy Hamlyn</td>
</tr>
<tr>
<td>Ms. Smith</td>
<td>Intisaar Ofori</td>
<td>Nikolai Kraitor</td>
<td>Darrell Soka</td>
</tr>
<tr>
<td>Mrs. Higgins</td>
<td>Tiana Leahy</td>
<td>Lachy Vugts</td>
<td>Millie Wise</td>
</tr>
<tr>
<td>Special ed</td>
<td>Josh Henry</td>
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</tr>
</tbody>
</table>
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Many community members gave up their time to organise and run these sessions and we thank them for their efforts. Overall the week has been a success and introduced students to activities that may help with their wellbeing.

**Wellbeing Information**

Our School Counsellors have kindly provided the links below for those wanting more valuable information about Wellbeing:  Over the coming weeks we shall share more helpful information and apps.

If you have any concerns about your child’s wellbeing at school please don’t hesitate to contact the school and speak to a counsellor.

- [www.reachout.com](http://www.reachout.com) - Youth Health
- [www.mindmatters.edu.au](http://www.mindmatters.edu.au) - Youth Health
- [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) - Bullying
- [www.cybersmart.gov.au](http://www.cybersmart.gov.au) - Cyber safety
- [www.thinkuknow.org.au](http://www.thinkuknow.org.au) - Social Media
- [www.headspace.org.au](http://www.headspace.org.au) - Mental Health

**Apps: (All of these are free to download)**

- **Mindshift** - To help cope with anxiety
- **Recharge** - Establish a good sleep/wake routine
- **Breathe** - Helps reduce physical symptoms of stress and anxiety
- **Worry Time** - Helps you to set aside worries for later
RITE Interviews
Roxby Industry and Training Education

RITE is a semester long work education program that all year 10 students complete. During the RITE program students are prepared for the world of work by exploring careers, work and training pathways, workplace health and safety, resume development, portfolio preparation and all students participate in a week long work placement of their choice. The RITE program provides the foundation upon which students will build their initial planning for life after secondary education.

Tuesday June 21st saw the Semester 1 Year 10 RITE students undertake their panel interviews. Assessment requires that each student participate in a mock job interview with professional members of the community. This year our professional interview panel members included:

- Jess Moyle – BHP Billiton
- Justine Brouns – CEG
- Sue Napper – MPS
- Tony Harwood – Monadelphous Engineering
- Vicki Mason – Complete Pipe Systems
- Craig and Sandy Sumison – Raine and Horne
- Anni Walsh – Roxby Downs Council

Thank you all so very much for your assistance. The contribution of employers and professional people to this program is invaluable.

Left:
Iesha in interview with Justine (CEG) Sue (MPS) and Jess (BHP Billiton)

Right:
Alistair in interview with Vicki (CPS), Anni (RD Council) and Craig (Raine & Horne)
In week 4 our year 3 / 4 classes went on a 3 day camp to Wallaroo. Lots of activities kept the students very busy. After meeting our camp instructors, Scott and Cam, we took part in a tangram activity (a geometric puzzle task) to sort the students into camp teams. We made and flew kites – the weather was perfect and the kites flew really well.

Capture the Flag, a scavenger hunt and orienteering proved to be great challenges. We participated in a treasure hunt on the beach where we then designed and made sand sculptures from the treasures found. We spent a lot of time on the beach, made pizzas and in our spare time our favourite game was basketball.

Camp was great fun!
Year 7-8 Art

In art Year 7 and 8 students were given the challenge to create an identity and then make masks to represent their chosen identity. These photos show some of the great masks designed and made.
Year 5-6 Poetry

Recently Mrs Higgin’s Year 5 and 6 students presented their ‘I am’ poems at assembly. It was remarkable to discover how insightful our younger students are.

I am funny and kind.
I wonder what camp will be like?
I hear my team call my name out.
I see people in the crowd.
I want to travel around Australia.
I am a girl.

I pretend that I’m at the beach.
I feel happy when I’m with my friends.
I touch the ground.
I worry about my family.
I cry that my best friend moved away.
I am Nikita.

I understand how to make things.
I say “you are ok.”
I dream that I’ll find a big shell on the beach.
I hope everyone will be happy.
I AM ME!!

By Nikkita.

I am good at maths & I have orange hair.
I wonder why humans are living.
I hear birds in the trees chirping in the evening and morning.
I see world peace and no pollution.

I want there to be more solar machines so the world won’t be polluted in the future.
I am good at maths and have orange hair.

I pretend to run from Lily.
I feel so bad for the turtles because they basically fight to the death.
I touch and like touching my super soft pillow every day.
I worry that humans are using fossil fuels today.
I cry when I get a needle sometimes and when Lily didn’t want to hear.
I am good at maths and have orange hair.

I understand that Lily gets randomly aggressive.
I say don’t worry, you can do it to Lachlan and Lily.
I dream that there was no pollution in the world.
I try to make things better for the family.
I hope that the world doesn’t end up as a dump and unbelievable.
I am good at maths and have orange hair.

By Ethan
Year 12 Research Project

As part of Chloe’s Year 12 Research Project she has produced a presentation to encourage community awareness of the plight of Orangutans and threats to their potential extinction.

The Orangutan Project

Deforestation is an obvious problem for Orangutans who spend their lives in trees. The palm oil industry dictates the amount of forest that is cut down with the land that is cleared being used to grow palm oil. The Orangutan Project is one of many organisations that are trying to preserve and protect the Orangutan population. The first 6 years of an Orangutan's life is the most important as they learn basic survival skills. If they are removed from their mothers, they have a reduced chance of survival. Mothers are often killed for their babies, which are then sold on the black market.

Cruel and inhuman methods are used by poachers and hunters to capture Orangutans and sell the babies illegally for pets as they are cute.


For my research question I looked at Orangutans and why they are on the endangered species list and the strategies that are being implemented to prevent them from becoming extinct. As there is not a large community interested in conservation, I read an article about native Australian animals and how the animals such as the Bettongs and Bilbies are extinct on the mainland of Australia. I enjoyed the opportunity to look at websites and articles making a difference in conservation projects. I was amazed at the energy and passion of people like Bindi Irwin, David Attenborough and Ivan, the Orangutan Project team. These outstanding roles have encouraged me to make more informed decisions about products I purchase that don't contain palm oil.
New RDAS School Jackets have arrived

The newly designed RDAS School Jackets for R-6 students have arrived and can be purchased from our Uniform Shop.

Sizes Available: 6-14
Price: $56.00

Reminder Uniform Shop hours during the school term are:

- Tuesdays – 3-3.30pm
- Fridays – 8-8.30pm

RDAS CANTEEN IS ALWAYS LOOKING FOR VOLUNTEERS.

Roxby Downs Area School aims to offer quality healthy food choices that students enjoy.

Terri Grantham is our Canteen manager who oversees the smooth operation of the canteen with Deena Kirkham as her valuable assistant.

They are always grateful of any parent or caregiver that may be able to spend time to help them offer this service.

This may be once of occasion or on a more regular day and/or time to help prepare recess and lunches.

The Canteen is a great place to meet new people and to contribute to the school. Students love to see someone they know in the Canteen.

Please ring Terri on 86711475 (9am-2pm) if you can help.
Why is Sleep Important

I recently had the privilege to work alongside children in a classroom of 10-12 year olds. Their teacher had observed the majority of students were coming to school very tired and remained so throughout the day.

She conducted a survey with the children to understand each individual's reason for such lethargy. I was shocked to find out the majority were tired because they were on their digital devices until the wee hours of the morning for one reason or another.

We all know the effect tiredness has on children's learning outcomes and the waste of precious teaching time when a teacher tries to engage listless sleepy students.

I'm sure the majority of parents are under the assumption their child is asleep and not on chat apps or playing games on their device.

Sleep is important for:
- maintaining a healthy body
- 'cleaning up' the brain
- helping the immune system
- improving energy levels
- learning and concentration

Lack of sleep can have a negative effect on behaviour, emotions, attention, social relationships and school performance.

It's thought that betweenss and teens need an average of 9 ¼ hours of sleep each night to function at their best. This means they still need more sleep than an adult to be sufficiently alert during the day, and it's not just about the quantity. It's also about the quality, and how much deep sleep your child gets.

Signs of sleep problems:
A change in your child’s sleeping behaviour – such as going to bed later than you’d like – isn’t necessarily a sleep problem. But your child could have sleep problems or be suffering from a lack of sleep if he/she:
- lacks energy or constantly feels tired
- takes a long time to get to sleep
- repeatedly wakes throughout the night and doesn’t go back to sleep
- struggles to wake or refuses to get out of bed in the morning
- naps for long periods during the day falls asleep at school

I spoke with a Mum recently who took the initiative to place a block on her child's device that caused it to shut down and become inactive at bedtime. She obtained a 'parental control' App and was able to shut down her child's device by using her phone App and a specific password.
The Multicultural Forum would like to invite Community Members to contribute to an Exhibition to Celebrate our rich Cultural Diversity.

The exhibition will be on display for the month of September in the Roxbylink Gallery.

Art, Photographs, artefacts, Paintings, Sculpture all Welcome.

All items require a contact name, email and phone number. Add a title and description for display purposes to your piece also.

All items can be dropped off to the Visitor Information Centre from Monday 1st August to Tuesday 30th August.

For more information contact Sasha Yantewo 0428 727 583