Environmental Program

Last week our school hosted our annual Environmental expo. Our students work in small teams to present an environmental topic to children from Barmera PS & many others visiting from Riverland schools and Preschools.

This creates an opportunity for our students to closely research an environmental topic then design ways to teach that topic to other students – the “Kids teaching Kids” model. They work on this project for a term, with their teacher and Glenys Matthews – (Environmental Specialist teacher - one of her many roles in the school.) Our Youth Environment Leaders (YEL) Group of students also research and present a topic at the expo as do some students from Glossop High School. The YEL group comprises students who have applied to be part of that group – they work closely with the Natural Resource Management officers and attend 3 Environmental forums throughout the year.

Through both the Environmental Expo and the YEL group we have been nominated for a National Land Care award- Glenys Matthews, myself and 2 school student leaders will travel to Melbourne next week – in anticipation of winning this award!

Our Environmental program provides unique opportunities for our Barmera Primary school students to be involved in projects & issues important to our natural and agricultural environments here in the Riverland and Mallee. Our children develop environmental awareness & understanding by

- Confidently collaborating with their “Kids teaching Kids” project research teams.
- Developing a deep understanding of environmental issues and being able to articulate this both with other children and adults.
- Developing the ability to advocate for the natural environment within the balanced perspective of the natural environment and human agricultural and living needs.
- Reading & measuring the environment, then recording or speaking about these findings.
- Developing an understanding of how the environment has changed & why, knowing what’s there & what’s missing.

Thankyou both Glenys Matthews, Peter Fletcher and his Year 5/6 students as well as the many other people who contribute to the success of the Expo.

Ruth

Principal’s Awards

😊 Ella Mae Dingle
😊 Ethan Thomas
😊 Eddie Morrow

Optional parent/carer teacher interviews.

At this time of the year we offer optional parent/carer teacher interviews. If you do wish to have an interview please contact your child’s teacher to make a time.

DATES TO REMEMBER

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wed 14th Sept</td>
<td>Miss Cooper &amp; class on camp</td>
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<tr>
<td>Fri 16th Sept</td>
<td>Assembly 2:40pm</td>
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<td>Fri 16th Sept</td>
<td>YEL Forum to the Field Days</td>
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<tr>
<td>Mon 19th Sept</td>
<td>JP “Nature Maths” at Kindy</td>
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<tr>
<td>Mon 19th Sept</td>
<td>Governing Council Meeting 7pm</td>
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<tr>
<td>Tues 20th Sept</td>
<td>Barmera Primary FUN RUN 11:30am</td>
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<td>Mon 26th Sept</td>
<td>Student Free Day</td>
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Congratulations to the following students on receiving an award at last week's assembly.
Ryan, Skye, Tony, Sierra, Charlie, Will, Bo, Soren, Savannah, Stasi, Billy, Paris, Carly, Stacey

FAB FIVE WINNERS
At our last assembly the following names were drawn out of the “Green Card” Box. They have all won a $2 voucher for the school canteen.

Congratulations to: Macy Bourton, Lilly Banks, Ruby Raymond, Will Doupis, Brock Nowlan

ATTENDANCE AWARDS
The following names were drawn out of the “Gold Star Award” Box at our last assembly. They have all won a $2 voucher to use in our school canteen.

Congratulations to: Lateeya Campbell, Isaac Richardson, Enoch Villaneuva, Anmelia Magiarapis, Kayla Tsorotiottis

Nude Food Days Thursdays until the end of Term.

The SRC have been concerned about the amount of litter in the yard and have decided to trial a “Nude Food” Day every Thursday until the end of Term. On Thursdays we would like lunches to be packed using re-useable containers and with as little disposable packaging as possible. We are also asking that zip lock bags are put back into lunch boxes and returned home for reuse. If we try to do this just once a week to start we then hope that every day may become a “Nude Food” day and we will be able to reduce the amount of rubbish around the school and going to landfill.

Thank you for your support.

Barmera Primary SRC
Headspace Berri provides services for young people aged 12-25 years, their families and friends.

Headspace focuses on holistic care in four core areas: general health, mental health and counselling, alcohol and other drug services and education, employment and other services.

Tel 8582 4422  Fax 8582 3190
kobrien@riverlandgp.org.au

The Child and Parenting Support team at Relationships Australia would like to offer services for families with children aged 0-12 who are experiencing stress around their parenting/caring roles. This may be behaviour related or about bonding and learning ways to communicate better with your child or other members of the family. We offer workshops covering many aspects of parenting roles and child development as well as one on one support and education and have lots of fantastic resources to pop into your parenting tool kit to help you and your family work better together.

Miriam van der Woude
08 85824122  9 Kay ave, Berri, SA  5343  08 85824152

Nic Barber, Young Carer worker for Carers SA will be attending the fun run.

If anyone would like more information on support and services available for Family Carers please call our Berri office on 8582 5485 or see Nic on the day.

Barmera Scouts Group welcomes children from 7 ½ to 15 years of age.
We meet Thursday nights from 6.30 pm – 8.00 pm at the Scout Hall on Queen Elizabeth Drive, between the Basketball Courts and the Skate Park.
We do many adventurous activities, go camping and are involved in the local community.
mailto:Donna.Gorman434@schools.sa.edu.au

The Riverland Domestic Violence Service provides assistance to women and children in the Riverland region, who are experiencing domestic violence. It can provide some accommodation but offers Outreach services to areas such as Paringa, Renmark, Berri, Loxton, Barmera, Waikerie and Blanchetown. It operates Monday – Friday 9.00 a.m. – 5.00 p.m. For assistance please call 8582 2100. For after hour assistance please call 1800 800 098.

Gayleen | Community Engagement Worker
Riverland Domestic Violence Service
Centacare Catholic Family Services
P: 08 8582 2100  F: 08 8582 1224  E: gayleen@centacare.org.au | W: www.centacare.org.au

The following community “well being” groups will be attending the Barmera Primary School Fun Run

CAMHS  Yoga Balance  Riverland Community Health Services
Riverland Community Legal Services  Headspace  iPlay Therapy
Riverland Aboriginal Health Service  Centa Care
Keep it Corka  Catholic Family Services  Relationships Australia  Young Carers  AC Care

Barmera Scouts

Corinne Thompson | Program Coordinator
Riverland Aboriginal Health, Riverland Mallee Coorong Region

e: (08) 8588 0420  Mob: 0455091374  Fax: (08) 8588 0425
Email: corinne.thompson@sa.gov.au
Hi everyone. I hope you have had a great term so far. Spring is here and I love seeing all the blossoms coming out. We certainly live in a beautiful part of the world! I want to share some thoughts about developing a healthy self-esteem in children.

Self-Esteem
Self-esteem refers to our own feelings of self-worth or the esteem we give ourselves. It’s a good thing! In fact, whether you are an adult or a child, a healthy self-esteem is something we can all work on. It doesn’t mean that you think you are better than everyone else or that you are superior – it simply means that you understand that you have been created as a wonderful and amazing person and that you are valued for who you are.

According to The Australian Parenting website (raisingchildren.net.au), for children, self-esteem comes from knowing that they are loved and that they belong to a family that values them. It also comes from being praised and encouraged for the things that are important to them and from feeling confident about the future.

Some ways to nurture your child’s self-esteem
◆ Tell your child that you love them. Say it often and for no reason other than to show you appreciate them.
◆ Give your child a sense of their family, culture and community. Help them to know about relatives, family, family history and make time to visit extended family where appropriate.
◆ Encourage your child to value being part of your family. One way to do this is to give your child responsibilities – such as chores. When everyone contributes to the smooth running of the household, you all feel important and valued.
◆ Make your child’s friends welcome and get to know them. Encourage your child to have friends over to your house, and make time for your child to go to their houses.
◆ Help your child try hobbies that they are interested in. Give them the chance to try new activities and learn new things.
◆ Support your child with schoolwork and school life. Show interest by asking what your child has done during the day, what homework they are working on, and whether they need any help.
◆ Focus on your child’s strengths and the effort they put in. Praise your child for what they are good at, and let them know you are proud of them for trying things they find difficult.
◆ Teach your child about fair play. They need chances to win and lose.

I hope this is helpful! There are a lot of resources online about developing and nurturing a healthy self-esteem. A couple of good websites are: kidshealth.org and www.cyh.com

My days at Barmera Primary School are Tuesdays and Wednesdays. Please see the front office if you would like to make an appointment to see me.

All the best for a great week,
Erin Harrald, Pastoral Care worker

BARBERA LITTLE ATHLETICS

For 3 – 17 years
COME ‘N’ TRY DAYS

MON 17TH OCT
5:30-7:00pm
MON 24TH OCT
5:30-7:00pm

At: Glossop High School Middle Campus Oval
Come ‘N’ Try Session are free

For more information follow us on Facebook
/BarmeraLittleAthleticsClub

Or contact: Cilla Marsden 0418 824 264

BARBERA RESIDENTIAL CARE
FETE

Sunday 25th Sept

IN THE GARDENS AT BONNEY LODGE

CAKE & PRODUCE
CRAFTS
PLANTS
CANDLE’S
AND SO MUCH MORE

ALLE PROCEEDS GO TO HELP OUR
BARBERA RESIDENTIAL CARE FACILITIES

Quilters Display

Book Sale!

10 AM TO 2 PM
We hope that our students are working hard at finding family and friends to sponsor them for our Fun Run next Tuesday.

All money, together with the sponsorship booklet, needs to be returned to your child’s class teacher (not to the front office as previously advised) by next Thursday 22nd September. Some families have also been using the online sponsorship which makes it very easy for people who are not local to add their sponsorship. Log on to schoolfunrun.com.au/students to create a sponsor page.

We will begin the Fun Run on Tuesday at 11:30am on the oval by the pergola where we began our Sport’s Day.

The run itself follows the same circuit as our Friday Walk. This goes along Elliot Drive to Maple Street and then along the bike track and back into the school grounds.

During the Fun Run there will be a number of community “well being” groups available to talk to and find out more about their services. These will be on the edge of the oval together with Mario’s coffee van.

Families are invited to stay for a shared picnic lunch on the oval from 1:00pm—1:40pm. Classes will then take part in a Nature Play afternoon, taking advantage of our great scrub areas bordering the school. Some of this will be free play while some groups will do more structured activities.

Could you please let your child’s teacher know if you are able to join us on the day. We would love families to participate in the run or help at check points along the way. Come and have a look at the local well being groups’ displays on the oval and have lunch with us.

Hoping that you will be able to join us.

Fundraising committee
Our school once again hosted the Kids Teaching Kids Environment Expos. We had 5 other schools attend as well as Barmera and Loxton Lutheran kindies. Students from Mr Fletcher’s class had worked for many weeks on workshops to present on the days with Marie, Mrs Pfeiler, Helga and Mrs Robins also helping out. Kingston-on-Murray, St Joseph’s Barmera, Glossop High Year 10’s and Renmark Primary schools also presented workshops on the second day while Mrs Melnyk’s and Mrs Inwood’s classes ran workshops in the afternoon. GHS students with Mrs Gilgen also helped as group leaders. We had a whole group presentation by Linley and Megan from Cleanaway on recycling and Animals Anonymous joined us with a selection of native animals on the second day thanks to funding from NRM Education and Berri Barmera Landcare. The days proved to be great learning experiences.