

# Solly Serial

## Term 3 ~ Friday 11th August ~ Week 3



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### VISION & VALUES

A Proud Past, A Bright Future

Respect  
Responsibility  
Confidence  
Persistence



**Friday 18th August**  
Bullying No Way! day

**Wednesday**  
6th September School  
Photo Day

**Thursday**  
24th September  
JP Zoo trip

Dear Parents/Carers,

On Friday 18<sup>th</sup> August, Solomontown Primary School is celebrating Bullying No Way Day.

Bullying No Way Day is the National Day of Action against Bullying and Violence and is an important day to mark Australians standing together to say no to bullying. It provides an opportunity to reignite the national conversation about bullying preventions and an opportunity for schools to showcase their anti-bullying strategies. This year's Bullying No Way Day theme is "GROWING CONNECTIONS". This theme aims to elevate student voice, empowering young Australians to join the conversation.

At Solomontown P.S students have been researching the different forms that bullying comes in, understanding why bullying occurs, what effects bullying has on students, along with the role of the bystander, whether they are a hurtful bystander or a helpful bystander. We are devising our own strategies to deal with bullying if it occurs i.e. what you can do if you are being bullied. Students working with Mrs Gapp have been busy making 'Bullying No Way Day' posters for our display in the hall to depict this information.

During the week leading up to Bullying No Way Day, students will engage in various Bullying No Way Day activities such as decorating orange fabric head bands and or wrist bands with symbols and words depicting that bullying is never ok.

Mrs Gapp will present two videos, one called "Words do Hurt" and the other called "One Year Later" to students with the view of unpacking the effects of verbal bullying and various strategies to address this.

***To celebrate Bullying No Way Day we are inviting you to attend our Pancake breakfast on Friday Week 4, 18<sup>th</sup> August at 8.30 followed by our Bullying No Way Day celebration assembly.***

***If possible, please wear something orange as wearing orange relates to fighting racism and bullying.***

Cheers

Noeline Gapp

Wellbeing Leader

## How to set healthy boundaries with your kids

Setting boundaries with your child is extremely important. Healthy boundaries teach children self-discipline, safety and coping skills. Boundaries also teach children rules about what is acceptable behaviour, which is especially important when they start entering school.

### **What's acceptable?**

**Before you can teach your child about boundaries, you need to know what's acceptable for you and your family.** Every family has different values, so knowing what yours are will help you to set rules and limits that work within your family dynamic.

Why are boundaries important for children?

Children need to know what you expect. This helps them to know what is appropriate behaviour and helps to **set a tone for a child's emotional development.** Other benefits of healthy boundaries include:

- Helping the child feel safe and secure
- **Disrupting a child's natural entitlement tendencies**
- Encourage the child to learn healthy limits
- Supporting the child get ready for the real world
- Helping the child to learn healthy socialising

How to establish healthy boundaries in children

We all accept the lifelong benefits offered by healthy boundaries, but the challenge is often in the how. Establishing healthy boundaries can, at times, be challenging, but there are some easy ways to start the process, including:

- Setting rules, limits and routines: These help children to know what you expect of them, especially when it comes to mealtimes, bath time, bedtime etc. Routines are especially powerful in helping kids to feel secure.
- Be clear: **Don't use vague or wishy-washy language.** This creates confusion and makes it harder, especially for younger children to know what you expect of them.
- Be consistent: Doing one thing one day, and something else on another day, like letting them go to bed without brushing their teeth, when normally they have to brush their teeth leads to confusion. **Mixed messages also send a message to your child that it's ok to test your boundaries. Being consistent with consequences is especially important in helping children to know what to expect when rules and limits aren't respected.**
- Be firm, but not cold: A warm tone goes a long way. Yelling only triggers the fight or flight response, and should only be used in emergencies. Getting angry also models unhealthy behaviour for your child.
- Acknowledge and praise their efforts: When your children do the right thing, you should acknowledge it. This encourages and provides a further incentive to keep up the desirable behaviour.

Noeline Gapp

Student Wellbeing

## **Breakfast Club Volunteers**

**Urgently need adult volunteers to assist on Fridays.**

Volunteering at School breakfast club is a rewarding way to play an active role in supporting our students and our school. Please contact Avril Luke the Pastoral Care worker if you require more information or leave your contact details with the front office staff. All volunteers are required to have a 'Working with Children Check'. This can be organised through the school.



# Year 5/6 Camp - Woodhouse

On Wednesday the 2nd of August the year 5/6's went on camp. We went to Woodhouse in the Adelaide hills to have fun and experience new things. We arrived at school and packed everyone's bags on the bus. We travelled on the bus for a few hours until we arrived at Woodhouse. We unpacked, then had lunch by the campfire. Our first activity was Challenge Hill, it was so fun. We went through a tunnel and jumped over logs. Then we came across a river with ropes over it. We had a choice, we could climb over the river or we could go over the bridge. Most of us chose the ropes and all of us fell in the water. Our next activity was tube sliding, it was lots of hard work to walk up the hill, but it finally paid off when we got to slide down a giant hill. It was amazing. Then we went for another walk and went to do team challenges. We had poles and had to switch without the pole dropping. We had lots of fun. Then it was getting dark so we had dinner, we ate sausages and bread. We had a quiz night and then we went to our dorms and went to sleep.

On Thursday we woke up and had breakfast, we had toast and coco pops. After breakfast we brushed our teeth and got dressed ready for the day. We went to bouldering, it was exiting. We did inside and outside bouldering. After we did bouldering we did a photo hunt it was a little fun, boring and kind of scary. Blake, Kobee and Harley's group won. Then we had lunch inside together, we had sandwiches and juice boxes. After lunch we did laser skirmish, they had laser guns with real gun scopes. This was extremely fun and very tiring. Miss Charlie and Mr B joined in with us. In the afternoon we did pioneering construction, we made carriages and carried each other. We then went back to have dinner, we had pizza and ice cream. After dinner we played musical bingo, it was very loud and everyone was dancing and singing. We then went to bed, everyone was tired.

On Friday Miss Caputo woke us all up. We were told to go to the dining room to have breakfast. We had toast and coco pops. It was raining when we left, so we loaded everyone's bags on the bus. We then started our trip home and we stopped to have lunch on the way at a park. After a few more hours we made it back to school and we unloaded the bus, then the bell rang to go home.

Recount by Charlie Smith, Blake Bauer and Hex Maynard.





## Winner of the Jelly Bean Contest

As you are aware, the Student Action Team have raised money to help give sight to people who are blind by supporting the Fred Hollows Foundation through a Jelly Bean contest and a casual clothes day.

From the Jelly bean contest and the casual clothes day we have raised \$251.85. Thank you to everyone who has supported our venture to raise money to restore someone's sight and significantly change their future.

We would now like to announce the winner of the jar of jelly beans. There are 440 jelly beans in the jar and Violet Martin has guessed the closest number which is 450.

Congratulations Violet well done - enjoy your jelly beans.



## School Photo Day - Wednesday 6th September

**PHOTO DAY IS COMING**

Your School Photo Day is on  
Wednesday 6 September 2023

**Solomontown Primary School**

**HOW TO ORDER**

Ordering online is quick and easy using the steps below!

Step 1.  
Click here or go to our ordering portal  
<https://solomontownmps-sa.msp.photos/>

Step 2.  
Click 'Sign in with Student Details'

Enter your child's surname and birthdate and you are ready to start ordering. Once logged in, you can also order for siblings and family photos.

Please note Sibling Photo orders must be placed BEFORE your last photo day.

Online ordering closes  
**Wednesday 6 September 2023**  
An archive fee applies after this date

**mSP photography**  
MSP PHOTO SOLOMONTOWN COMMUNITY SA  
admin.country@msp.com.au  
08 8523 4480  
[www.msp.com.au](http://www.msp.com.au)

Wednesday 6th September is photo day at Solly. Orders are to be made **online**, with details below on how to complete your online order. For those who **do not** have access to online ordering, student and family pack order forms are available from the front office. Any enquiries, please contact the front office on 8632 2191.



### Term 3 – Lunch Specials

<b>Week 3</b>	Beef burgers - lettuce, cheese, tomato, mayo/sauce
<b>Week 5</b>	<b>No lunch orders – free sausage sizzle for book week</b>
<b>Week 7</b>	Hotdog - cream cheese, BBQ OR tomato sauce
<b>Week 9</b>	Cheeseburgers - ham, cheese, tomato

Drinks available with lunch orders - fruit box OR water OR strawberry OR chocolate milk



We at Solomontown Primary School, would like to acknowledge the Nukunu people as the traditional custodians of this land we meet on today. We respect the connections held by Aboriginal and Torres Strait Islander people to the land, sea and Community of Port Pirie.