

# Solly Serial Term 4

## Friday November 3rd ~ Week 3



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Leadership Team  
Principal  
Rob Jeffries  
Deputy Principal  
Katina Athanasos  
Wellbeing Leader  
Noeline Gapp



### VISION & VALUES

A Proud Past, A Bright Future

Respect  
Responsibility  
Confidence  
Persistence



Year 6 Aquatics -  
Mon 13th Nov / Wed 15th Nov

Room 24 & 27 excursion  
to Adelaide  
Thursday 16th Nov

Year 6 all day transition to high  
school  
29th & 30th November

Year 6 Graduation  
Thursday 7th December

## 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 to 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 Leader

## Mrs Luke - Pastoral Care Worker

Breakfast Club has been a highlight of my Mondays, Tuesdays & lots of Fridays. A big thank you to Mick & Martel Joy who are regular volunteers on a Wednesday and Thursday, also Tracy Lawson for all the contributions she has made.

Students will sometimes just stop in for a chat, while others come and sit and have breakfast. They have a choice of toast with either butter, jam, marmite, a bowl of cereal or a cup of milk. We are grateful to Kickstart for Kids for providing breakfast food items and TLAP for their continued support.

Lunch activities on Mondays and Tuesdays with Colleen and myself is open to all students. Each week there is a different craft activity like butterflies from muffin pans and pegs, masks, and card making for Mother's Day, Father's Day, Easter craft, playdough and board games. We made bead bracelets that were sent overseas to children as a Christmas gift.

Christmas cards - For the 5<sup>th</sup> year we will be making approximately 120 cards. With the help of room 26 we will go on a walking excursion to deliver them to our close school neighbours.

We are again making Christmas decorations for our Christmas tree which will be displayed at the local Christmas Tree Festival on December 1<sup>st</sup> and 2<sup>nd</sup>.



# Canteen Items

## chips

Variety of chips	50c
Honey soy chips	\$1.00

## snacks

Tiny teddy /100's & 1000's biscuits	10c each
Popcorn	50c
Jelly cups	50c
Bite size chocolates (variety of flavours)	50c

## ice blocks

Zooper dooper	50c
Moosies	\$1.00
Bluey	\$1.00
Golden north swing (raspberry, cola, lemonade)	\$1.50

## hot foods

Assorted hot food 50c to \$1.00
Party pies - sausage rolls - vegetable spring rolls - hot dogs - pizza - cheeseburgers

Term 4 lunch specials -

Bottle of water or fruit box with each order

**8th November - LUNCH SPECIAL**

PARTY PIES & SAUSAGE ROLLS - choice of 5 - tomato OR BBQ sauce

**22nd November - LUNCH SPECIAL**

CHICKEN BURGER - lettuce, cheese, mayo, tomato OR BBQ sauce

**6th December - LUNCH SPECIAL**

CHICKEN NUGGETS AND CHIPS - tomato OR BBQ sauce

# SOLLY SCHOOL COLOUR EXPLOSION

## Can we get to \$4000??

With a week to go, we have already raised over \$3400.00.

This has already surpassed our 2022 total of \$2600.00.

Can we top the \$4000.00 mark ??

Please have all fundraising finalized by Friday 10th November.

You can then do your prize selections online.

If you have any cash donations send the equivalent amount to your profile page and keep the cash.

Any queries to the front office who will pass them on to me.

**Mr Blanden**



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MORE INFO



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.