



Booleroo Centre District School

... Strive to Excel

Integrity · Responsibility · Resilience · Respect

Newsletter Term 1 Week 10

DATES FOR THE DIARY
THURSDAY
1ST APRIL 2021

Good Friday

Friday 2nd April

End of Term 1 subjects
Friday 2nd April

Easter Monday 5th April

Sapsasa Football/Netball
trials
Wednesday 7th April

R-6 Christian Seminars
Thursday 8th April

Early Dismissal 2:15pm

Friday 9th April

ANZAC Day

Monday 26th April

Term 2 begins

Tuesday 27th April

SAPOL Online Safety
Presentation

Wednesday 28th April

School Photos

Thursday 29th April

Uni SA visit

Monday 3rd May

MNSEC Cross Country

Tuesday 4th May

Sapsasa Cross Country trials

Tuesday 4th May

Year 8/9 football carnival-
Jamestown

Thursday 6th May

SSSA Athletics 2021



After a year without these carnivals hasn't it been fun to have them back! On Tuesday we competed in the B Grade SSSA Athletics Championships at the SA Athletics Stadium at Mile End. The conditions were near perfect and set the stage for a day of excellent results! We had a large contingent this year with 25 of our students selected in the MNSEC Athletics Team to represent our region.

All students selected from our school relished the opportunity choosing to accept their events and make their way to Adelaide to compete. We were proud that all of them were willing to make the journey even if they were only selected in one event, because every point matters.

Lisa Stevens was one of our competitors who travelled for one event and it was definitely worthwhile! After talking with her, she pointed out her best discus throw was 24 metres but Lisa easily eclipsed this achieving a new personal best of 28.14 metres. Bryce Winen threw 10 metres in the shot put coming third in the event. These are only two examples, but they show the level of commitment our students have to athletics and achieving their best results. We appreciate the lengths they go to!

Darcy Bastian and Eliza Watkinson wanted to compete in the 4 x 100m Open Relays, but to help out the team they chose to compete in the 2000m and 1000m steeplechase respectively. Both embraced the event, packing a change of shoes and clothes, because for those of you unfamiliar with the event, you jump over large hurdles with one having a puddle after it which you must enter. It is a credit to them both for taking on the challenge of the event and successfully completing it to gain points for our team's chance of success. It was also highly entertaining for us as spectators!



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Kindy&Rural Care

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Government
of South Australia
Department for Education

SSSA Athletics 2021 (cont)

The support on the day was amazing with a large group of parents cheering on our team throughout the day. Each of these parents transported their children and some others to compete. Thank you for taking the time to do this to support not only your children, but this great event because it really allowed our students to shine.

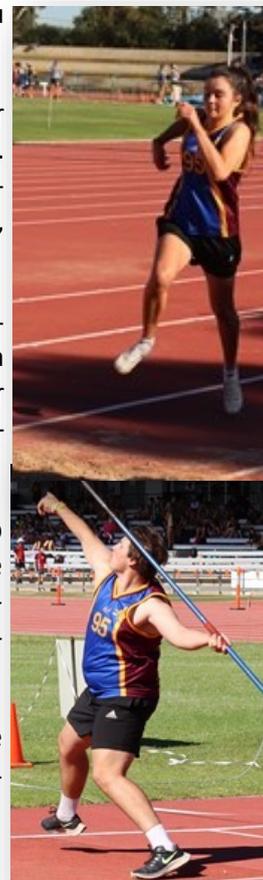
We had numerous competitors get first in their events, others get placings, some recording personal bests or even achieving a state standard! A state standard means that competitor is in the top five percent of all competitors who have competed in that event regardless of the grade from A through to F. It is a huge achievement and they should be proud. To students who stepped up to fill an event thank you, it is because of people like you that a team has the opportunity to succeed.

Leah Phillips was unlucky with the running of her long jump as she was told to come back later several times. The event was scheduled at 9.45 am, but she didn't get to compete until 1 pm. Leah had to do three jumps in quick succession, she fouled her first two jumps but luckily completed her third attempt. Even with this uncertainty, Leah managed to get first in the event, which is a fantastic result.

We had some success in the 4 x 100m relays with our Under 15 Girls and Open Girls both winning their events. The competition was tough throughout the day, with our team competing at a high level against some schools that have a huge student population in comparison to our MNSEC group combined! Kadina High School were the winners of the competition with Naracoorte in second and us coming third by a narrow margin of 9 points in the combined scores.

This was a huge effort and we would have gone up a grade if we managed to finish in the top two. However, this does not take away from the success of the day where the students in the team gave their all. They and we should be proud of the manner in which they conducted themselves and the sportspersonship they displayed throughout the duration of the day. Congratulations everyone this was an amazing way to conclude our athletics season of 2021!

If you would like a look at the detailed results please see our school Facebook and click on the link, which will take you to the results of individual events and will have the events plus competitors listed.



	Boys		Girls		Combined		
1st	Kadina	369	Kadina	304	Kadina	673	1st
2nd	Pulteney	331	Wilderness	300	Naracoorte	587	2nd
3rd	Pedare	319	Naracoorte	292	MNSEC	578	3rd
4th	MNSEC	310	Norwood Morialta	283	Pulteney	576	4th
5th	Naracoorte	295	St John's	273	Norwood Morialta	566	5th
6th	Norwood Morialta	283	MNSEC	268	Pedare	543	6th
7th	St John's	238	Pulteney	245	St John's	511	7th
8th	Unity	154	Pedare	224	Unity	369	8th
9th			Unity	215			9th

Kindy News

Dear Families,

The Kindy children had a great excursion to Melrose last Thursday. Whilst there, they found the 'big spider' up the tree (along the creek), had a play on the playground, went for a walk along the creek and did Show and Share in Paradise Square.

This week, we have been discussing Easter. We have made chocolate playdough, talked about what we are doing on the long weekend and followed a step-by-step drawing tutorial on drawing an Easter chick. Thank you also to Anil from IGA who kindly brought in Easter eggs for the children this week.

From the staff at Booleroo Kindy and Rural Care



Primary School News

Congratulations to the following students for receiving awards at the recent Primary School assembly.



R/1 Mack, Hannah, Addy, George and Ollie



2/3/4 Patrick, Deshae, Lily and Peter



5/6 Olivia, Darcy, Jemma, Billy, Ethan, Zander, Macy and Milla

Sapsasa Swimming



Congratulations to the Sapsasa Swimmers, Henry and Joe, Olivia and Stella, Henley and Olive, for their efforts at the recent event.

Secondary School News

Secondary School Students and Parents – Assessment Communication

Continuous Assessment

Firstly, thank you for your patience with our **continuous assessment** trial. We are experiencing some inconsistencies in the transfer of information and will be providing resources on how to access information on the Sentral app in future newsletters. We have been grateful for the feedback from parents on their experiences with the app.

We believe continuous assessment will provide a more accurate and timely record of student achievements throughout the semester once the problems have been resolved.

Student-Led Conferences

We have enjoyed meeting with students and parents with the student-led conferences. There have been insightful and honest discussions which have been appreciated. Thank you to the students who have prepared thoroughly for the presentation and considered their learning journey so thoughtfully. I have included a quote at the end of this information from an article by James Anderson, *Putting the Growth back into Growth Mindset* which I found interesting and challenging.

Stoplight Assessments Years 7-12 and subsequent parent-teacher interviews

At the Student-Led Learning Conferences, stoplight assessments were shared with students and their parents. Year 11 and 12 students will be able to access their stoplight assessments in the Continuous Assessment part of the Sentral app today. Year 7-10 students will be able to access their stoplight assessments on Tuesday, Week 11.

Parents with concerns about their child's learning progress should contact individual teachers to arrange a time to meet through diary notes or the Sentral message app.

Please contact Kathy at school if you have any questions or comments. Phone: 08 86672124 Email: kathy.kupke820@schools.sa.edu.au Thank you

Developing Learnership – the skill of learning (James Anderson)

To better serve students who “coast” through school, we need to focus less on *what* they are learning and focus more on *how* they are learning. We need to be teachers not only of content but also of the skill of learning. We must concentrate intentionally and explicitly on helping these students understand the learning process.

We need to develop what I've come to call “Learnership” – the skill of learning.

Think of “Learnership” in the same way you think of craftsmanship or leadership. It denotes a skilful act.

Students with Learnership see themselves as active, skilful learners. They have a deep understanding of the learning process and how they engage in it. Like any other skill, they continually work at developing and improving the way they engage in the craft of learning.

These insights into learning motivate students by giving them the “power to act” in their world rather than seeing the world as “acting on them” – something that is central to the idea of Learner Agency. Students cease seeing themselves as powerless players in the game of education and become powerful controllers of their learning.

Kathy Kupke
Senior Coordinator

FOR A HEALTHY LUNCHBOX

PICK&MIX

SOMETHING FROM EACH GROUP

1-6!

FRUIT 1

- FRESH FRUIT**
- Apple
 - Banana
 - Mandarin
 - Orange quarters
 - Pastoral fruit halves (with spoon)
 - Rockmelon, honeydew, tuckermelon chunks
 - Pineapple chunks
 - Grapes
 - Plums
 - Nectarines, peaches,
 - Apricots
 - Strawberries
 - Cherries
 - Kiwifruit halves (with spoon)
 - Pear
- MIXED FRUIT**
- Fruit salad
 - Fruit kebabs
- DRIED FRUIT**
- Dried fruit, nut, popcorn mixes*
- TINNED FRUIT/SNACK PACKS/CLIPS**
- In natural juice (not syrup)



VEGETABLES 2

- FRESH CRUNCHY VEGIES**
- Corn cobs
 - Carrot sticks
 - Capsicum sticks
 - Green beans
 - Cucumber sticks
 - Celery sticks
 - Snow peas
 - Tomatoes (e.g. cherry and Roma tomatoes)
 - Mushroom pieces
- Can serve with either:**
- Hummus
 - Tomato salsa
 - Tatziki
 - Beetroot dip
 - Natural yoghurt
- SALADS**
- Coleslaw and potato salad (reduced fat dressing)
 - Mexican bean, tomato, lettuce and cheese salad
 - Pesto pasta salad*
- BAKED ITEMS**
- Gated or roasted vegetables
 - Wholemeal vegetable muffins or scones
 - Vegetable slice (with grated zucchini and carrot)
 - Popcorn
- SOUP (In small thermos)**
- Pumpkin soup
 - Potato and leek soup
 - Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
 - Calcium-enriched soy and other plant-based milks
 - Yoghurt (frozen overnight)
 - Custard
- Tip:**
- Freeze the night before to keep cool during the day
- Can serve with either:**
- Cheese cubes, sticks or slices
 - Cottage or ricotta cheese
 - Cream cheese
 - Tatziki dip

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
 - Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
 - Feta/bals
 - Lean meat or chicken patties
 - Tinned tuna or salmon patties
 - Lentil patties
 - Lean deli meats (e.g. ham, swistles, chicken)
 - Boiled eggs
 - Baked beans (canned)
 - Tofu cubes
 - Hummus dip
 - Lean meat or chicken kebab sticks
 - Peanut butter*
- Can serve with:**
- Wholegrain sandwich roll, pita or wrap bread with salad
 - Rice and corn cobs
 - Wholegrain wheat crackers
 - Side salad
- Can serve with:**
- Vegetable fritatta
 - Skinless chicken drumsticks
 - Savoury muffins or scones (e.g. lean ham, cheese and feta/bals)
 - Homemade pizzas with lean roast or deli meats and vegetables

GRAIN AND CEREAL FOOD 5

- MAINS**
- Wraps
 - Sandwiches
 - Rolls
 - Toasted sandwiches
- Tip:** Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, noan, bogels, focaccia, fruit bread and English muffins.
- SAVORY BAKED ITEMS**
- Homemade pizzas
 - Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
 - Vegetable based muffins
 - Pasta or noodle bake
- SWEET BAKED ITEMS**
- Fruit loaf
 - Wholemeal fruit based muffins
- SNACKS**
- High fibre, low sugar cereal (e.g. muesli)
 - English muffins
 - Crackers
 - Crispbreads
 - Rice cakes
 - Corn thins
 - Wholemeal scones
 - Pikellets
 - Crumpets
 - Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)
- Tip:**
- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



*Check your school's policy regarding the use of nuts and products containing nuts.

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://hecas.health.vic.gov.au/>

Primary School Christian Seminar – Term 1

This term's Christian seminar for years Rec-6 is on **Thursday 8th April** and the Theme is:

Easter: Light of the World

In this creative retelling of the Easter story, Jesus's life is documented, with a sensitive retelling of His life, death and resurrection.

If you would like more information or to check/change your permission given at the beginning of the year, please contact our Pastoral Care Worker – Tricia Wilson or send a note via your Home Group Teacher

Community News

Julia's Kitchen @ The Old Bakery Wirrabara We Are Hiring



Looking for an enthusiastic person/s to work week day shifts and Saturdays on rotation. A cafe allrounder to work in a great team atmosphere. Barista knowledge not necessary, but is an advantage. Happy to do job share. Plenty of hours for the right fit.

This position would also suit a trainee either fulltime or school based.

Junior Positions also available to work Saturday or Sundays and School holidays

We are a fast paced bakery/café, if this sounds like you, send your resume to

juliaskitchen@inet.com.au, drop into the shop or give Julia a call on 0428555979.