



# Booleroo Centre District School

*... Strive to Excel*

*Integrity · Responsibility · Resilience · Respect*

## Newsletter Term 2 Week 4

### Principal's News

#### Staffing Update

Some of our families with secondary students will soon receive or have already received notifications regarding the arrangements for Semester 2, including subject offerings. As a school, we have diligently planned and explored solutions to best cater to the needs of our students amidst the ongoing search for a Science teacher. Our collaboration with Human Resources remains steadfast as we endeavor to fill this crucial position. Moreover, preparations for the upcoming year, 2025, have commenced to address anticipated teacher vacancies. Families can expect further updates either through direct communication or our newsletter.

#### Wellness for our Students

As our children grow up into adults, this generation and others to follow may face a dilemma in that methods of communication and information do not stop for them. They are constant in their lives through Social media, online games, and various Apps such as TikTok and SnapChat, just to name a few.

There is growing concern about the well-being of our students and the possible long-term effects it may have on them. To support the wellness of our children, there are some steps we can take as adults to support them.

Some suggestions to consider when supporting your children may be;

Establish Healthy Routines: establish consistent routines for sleep, meals, and physical activity. A regular schedule helps maintain energy levels and promotes overall well-being.

Stay Active: Encourage regular physical activity. This could include daily exercise, outdoor play, sports participation, or family walks and bike rides. Physical activity not only improves physical health but also boosts mood and reduces stress.

Balanced Nutrition: Emphasize the importance of a balanced diet with plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit sugary snacks and beverages and opt for nutritious options instead.

Hydration: Stay hydrated throughout the day by drinking plenty of water. Proper hydration is essential for cognitive function, physical performance, and overall health.

Mindfulness and Relaxation: Teach your child techniques for managing stress and promoting relaxation, such as deep breathing exercises, meditation, yoga, or progressive muscle relaxation. Encourage regular breaks and downtime to recharge. This may be inclusive of activities you do to relax and may be easy to share with them.

Limit Screen Time: Limit screen time, especially before bedtime, as excessive screen use can disrupt sleep patterns and contribute to feelings of stress and anxiety. Set boundaries around screen time and promote alternative activities such as reading, hobbies, or outdoor play.

Healthy Communication: Foster open communication with your children which promotes emotional well-being and support. Encourage active listening, empathy, and validation of feelings. Provide opportunities for family bonding through shared activities and quality time together.

Seek Support: It's okay to ask for help when needed. Encourage your child to reach out to teachers, school counsellors, or other trusted adults if they are struggling academically, emotionally, or socially.

Set Realistic Goals: Set realistic goals and prioritise self-care. Help your child understand the importance of balance and avoiding over-commitment. Celebrate small victories and achievements along the way.

#### Dates for the Diary 23rd MAY 2024

Flinders Mobile Library

Friday 24th May

Friday 7th & 21st June

Friday 5th July

R-6 Shekere Beats excursion

Monday 27th May

ASO rehearsal for

Instrumental Music students

Monday 27th May

Kindy transition

Tues 28th & Thurs 30th May

Tues 4th & Thurs 6th June

Tues 11th & Thurs 13th June

Tues 18th & Thurs 20th June

Wed 26th June & 3rd July

Statewide netball

Wednesday 29th May

Yr 11/12 English excursion

Thursday 30th May

VET/AG Information evening

Monday 3rd June 6pm

Cross Country Oakbank

Thursday 6th June

SRC Crazy Hair and Sock Day

Thursday 6th June

**STUDENT FREE DAY**

**Friday 7th June**

**KING'S BIRTHDAY**

**Monday 10th June**

Flinders Uni visit Yr 9/10/11

Tuesday 11th June



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**Lead by Example:** Model healthy behaviours to your child. By modelling to your child, they learn and develop lifelong skills that prioritise wellness as being important by incorporating these practices into your own life and theirs.

Wellness is a priority for all communities as current emerging research is showing that self-wellness is becoming a priority for our younger members in our communities.

Thank you, Tas Ktenidis

## Kindy News

Last Thursday our Kindy children travelled on the bus to Bowman's Park. We were lucky again with the weather, starting off with recess and then off to play. The children had a great time exploring the different areas and challenging themselves with lots of balancing. We explored the old building and then had lunch. A quick trip to Wirrabara playground on our way home completed the day.

Some of our children starting school mid-year have began transition visits. This helps the children feel more confident, prepared and connected to their new school environment.

On Tuesday we visited Mount View Homes for a special outing. As we walked in, we were greeted by warm smiles and friendly faces. We sang songs and the children shared drawing of their recent excursion to Bowman's Park. Lastly, the residents shared their surprise with us – a young joey for the children to see and pat. We feel fortunate to have a strong connection to community and the thoughtfulness that the Mount View Homes always show towards us.



**Quote:** "The most important things in life are the connections you make with others." - Tom Ford

**The Kindy Team**

## Senior School News

Much information comes into the school around careers, VET, universities, TAFE, scholarships etc. All relevant information is passed onto students through Microsoft Teams either through their Home Group or EIF class. Please encourage your children to check out the information regularly so they can keep up with the many options and experiences available to them. Anyone with any questions can contact me at school anytime.

**Career and Tertiary Expo** – Sunday 30<sup>th</sup> June and Monday 1<sup>st</sup> July at the Adelaide Convention Centre.

**RST Short Courses** – Rural Skills Training will be running some short courses at school again this year. In 2024, they have spaces for any individuals who would like to complete Chemical Accreditation, Chainsaw Accreditation and Working at Heights and Confined Spaces. If you would like to complete any of these courses, please contact Natalie Mortimer on 0480 201 890 or at [natalie@rst.edu.au](mailto:natalie@rst.edu.au)

**VET/Agriculture Information Evening** - for any students or parents who are interested in a potential VET pathway, there will be an information session on Monday 3<sup>rd</sup> of June at 6pm. Any student who is interested in an apprenticeship/traineeship/trade/TAFE should come along, as there will be crucial information about the SACE and how students can incorporate employment/employability skills and qualifications into their learning at school. While Yr 10s have received their own individual invite, the evening is for ALL students and parents, even middle schoolers. If you haven't already RSVPed it isn't too late.

**Skills SA 7 News Young Achiever Awards** – Congratulations to our 2023 graduate, Sophie Orrock, who won the Outstanding Apprentice Award at the ceremony last week! We are very proud of what Sophie has accomplished on her VET journey, which she will speak about at the VET/Ag Information Evening.

**10 Careers Trip** – If you have not returned a consent form, please do so by Friday. Payment for the camp is due on the 5<sup>th</sup> of June.

**Gayle Bury, Senior School Coordinator, [gayle.burydodman794@schools.sa.edu.au](mailto:gayle.burydodman794@schools.sa.edu.au)**



## School News

Before the holidays, students were engaged in Anzac Day tasks. Students were asked to create an artwork based on ANZAC Day using only red pencil and charcoal. Following this activity, some students engaged in an extension task where they were able to select from five different types of art materials/mediums to create another Anzac Day piece. At the end of the two weeks we made ANZAC cookies to celebrate and remember the Anzacs.

**Tori Lee Capurso**  
Visual Arts/ English Teacher

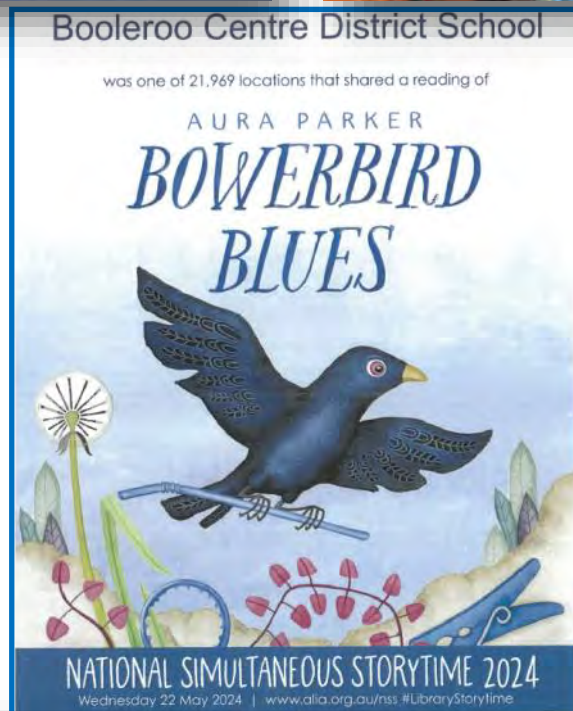


## Library News

On Wednesday the Junior school classes participated in the **National Simultaneous Storytime** for 2024.

At 11.00am all schools in Australia were able to read the book **“Bowerbird Blues”**, and we were one of the schools to participate. We were also very fortunate to have a former teacher **Mrs Merrilyn MacKay** come in and read.

All the students enjoyed the story and were able to participate in collecting blue items for our Bowerbird display in the library. It is always a delight to have this Storytime and to know that other schools in Australia are reading the same story as us at the same time.



## SRC Dolly's Dream Awareness Day

SRC were very pleased to raise \$570 recently at our Dolly's Dream Awareness Day, Friday 10th May



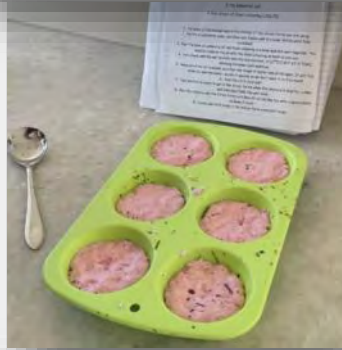
## Science News

In Science the year seven students experimented with making bath bombs for Mother's Day. They used silicon forms in different shapes and carefully made their mixtures in a specific sequence adding certain ingredients at the right time to ensure they kept their "fizz". Students made them in different colours and used different essential oils to give them different smells. The bath bombs were left to set and harden for a week before the students packaged and wrapped them ready for their marvellous Mums. We hope all the Mum's out there had a special day.

Emma Jefferson

Science Teacher

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# VET AT BOOLEROO CENTRE DISTRICT SCHOOL

**Monday 3rd June**  
**6pm - School Library**

**What is VET and how does it work**  
**The Potential of VET**

Sophie Orrock - SA SBaT of the Year  
**Apprenticeships and Traineeships**

Bronwyn Laister - MEGT

**Focus on VET in Agriculture**

Natalie Mortimer - RST

**Hosting an Apprentice/Trainee**

Jess Koch Breezy Hill Precision Ag Services

RSVP:

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