



# Laura Primary School

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Term 1, Week 5, 3<sup>rd</sup> March, 2016  
Newsletter No 3

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## Growth Mindset

Growth Mindset is a term that many of you may have heard, but may not know much about. To quote James Anderson, "A Growth Mindset is not the same as self-esteem or positive affirmations. It is about an understanding that the right sort of effort leads to real growth of our most basic abilities".

On the Student Free Day we attended in Week 3, staffs from the Upper Mid North Partnership were able to listen to and engage with James as he spoke about this topic, and how we can help students to develop an improved Growth Mindset. It is important to remember that we all have a mixture of a Fixed and Growth Mindset, and this can be dependent on any day and task we may be doing at the time. We all find some tasks easier than others, and we tackle those tasks with more enthusiasm than those we dislike or struggle with. Changing the way we tackle those difficult tasks, or having a Growth mindset towards them, would enable us all to perform them better. But how do we do that, and how do we help our students, your children, to do so?

James referred to Carol Dweck's work on growth mindsets, and her research regarding praise towards students. Dweck has found that praising a child in the manner of "you're so smart" instead of "you've worked so hard" has been shown to lead to a fixed mindset and decreases student performance (yes, we would all be guilty of having said something similar to our children, self-included); so it is suggested that we praise our child's *strategy*, or the *specific action/s* that they used to complete a task e.g. "well done, you persisted with the task", or "good job on trying different strategies until you found one that worked for you".

So where to from here? At the end of the month, I will be attending another workshop with James and hope to find out more about how we can support you as parents with this area, as we need to be working together to ensure success for our students. Staffs have begun introducing some of James's ideas with students and addressing how we as teachers praise our students to ensure we encourage a growth mindset.

If you would like to research more information on this topic, some good websites to check out would be: [www.mindfulbydesign.com](http://www.mindfulbydesign.com) and [www.habitsofmind.org](http://www.habitsofmind.org)

## Principal's Position

Due to the treatment required and the follow up rest that is required by Prue Hunter in lieu of her cancer diagnosis, she will remain on leave for the remainder of 2016. To ensure continuity for the school, the Education Director, Terry Sizer, has asked me to remain in the Principal position for the remainder of the year to which I have accepted. I am greatly excited by this and look forward to a wonderful year ahead.

## **STUDENT BANKING at LAURA PRIMARY**

With the closure of the Bank SA agency in Laura this week we have had to look at what happens with student banking at Laura Primary School. At this stage I have negotiated with the manager at Bank SA Jamestown branch to supply debit only cards to students who bank at school so we can bank the money at the Laura Post Office. If you have any questions regarding this please contact me at school.

Pauleen

### Independent Learning Goals

Separate to this newsletter, there is a note regarding this change to our interview structure this year. Please ensure you read the information carefully and return your time preference to your child's teacher as soon as possible. It is an expectation that ALL students will set an ILG this term with their parent/s and teacher, for it to be reviewed in Term 3.

### Gladstone HS Athletics

Good luck to our year 6/7 students, who will be participating next Friday, March 12<sup>th</sup>, in the Gladstone HS Athletics carnival – have a great day trying your best. Congratulations to Lara Zanker, Casey Cleggett and George Klemm who have been selected in the SAPSASA Swimming team to participate in Adelaide on March 18<sup>th</sup>.

### School Photos

School Photos have changed from March 30<sup>th</sup> to Tuesday March 29<sup>th</sup> (first day back after Easter). All correspondence regarding this remains the same.

Have a great fortnight

Kelly



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## Hand, Foot and Mouth Disease

**Please Note:** There has been some reported cases of Hand, Foot and Mouth Disease in the Kindy, Rural Care and Primary School.

Symptoms include **a fever**, tiredness, loss of appetite, blisters in the mouth and on the hands and feet and a sore mouth for a few days before the ulcers or blisters appear. Affected young children may refuse to eat or drink. Diagnosis is usually made by clinical examination. Spread takes place through contact with the fluid in the blisters. This is most likely to occur when the virus becomes airborne during coughing and talking. Contact with faeces can also spread the infection.

**Incubation period** – 3-5 days.

**Infectious period** – As long as there is fluid in the blisters. The faeces can remain infectious for several weeks.

**Treatment** – Usually none is required. Use of paracetamol for the fever and any discomfort.

**Control of Spread**

- **Exclude from child care, preschool and school until all blisters have dried.**
- **Follow good hand washing techniques and keeping areas clean procedures.**

# STUDENTS OF THE WEEK



**Chloe Nettle** received this award for producing excellent work & for being a great support and role model to the younger students.  
*Well done Chloe!*



**Lillie Shepherdson** received this award for an excellent attitude towards her learning and putting 100% into all tasks.  
*Well done Lillie!*



## RECOGNITION AWARDS

Week 3 & 4

Sophie Clogg – for trying hard at all tasks and for being super helpful.  
Lucas Jackson – for working hard & for being a great class leader.  
Destiny Catford – for a great job dancing the “Birdie Dance”.  
Angus McCallum – for excellent homework.  
Callum Brennan – for excellent participation in swimming.  
Jez Hartmann – for excellent participation in swimming.  
Hannah Zanker – for overcoming her fears in the pool and showing great improvement.  
Kathryn Zanker – for having a go at new things with encouragement from others and showing great improvement at swimming.  
Jackson Fudge – for responding to advice and working hard to improve Maths feedback.

Nicholas Venables – for a great job learning his letters.  
Emma Zanker and Rohan Smith – for trying hard at all tasks.  
Duncan Clogg – for an enthusiastic approach to school.  
Jackson Staker – for working hard in Maths.  
Will Griffin – for good persistence in Maths.  
Casey Cleggett – for having a determined approach to everything she does.  
Samuel Shepherdson – for being responsible and considerate towards school property and for having excellent manners.  
Angus Kleinig – for asking questions and working hard to compete work.  
Makayla Fennell – for following instructions and working independently on mapping tasks.  
Isabelle Jackson – for paying attention, following instructions and doing her best.  
Thomas Smith – for pleasing mental maths skills.

## BEE ATTITUDE AWARD



This award is for recognizing students who use our school values of respect, responsibility, honesty, care and compassion.  
This encouragement award is awarded to:

**DAISY WOOLEY**

For demonstrating responsibility and leadership on pancake day and helping new reception students at Laura Primary School.



MNSEC swimming

Well done Casey Cleggett and George Klemm who represented Laura Primary School in the Gladstone High School Year 6/7 team which competed in the Annual MNSEC Swimming Carnival. The Gladstone team came second by 1 point to Orroroo Area School.

Which High School?  
**URRBRAE AGRICULTURAL HIGH SCHOOL**  
*Providing unique opportunities for learners and future innovators.*  
**URRBRAE COULD BE THE SCHOOL FOR YOU**

To find out what Urrbrae has to offer, come along to one of our **Information Sessions** on

**Tuesday 22<sup>nd</sup> March, 2016**  
 Meeting at the Farm Shed.

**Two hour visits to the school will include:**  
 Information about the Application Process, Farm Tour and School Tour

**The Open Day Program runs from:**  
**9.30am - 11.30am and will be repeated at 1.00pm - 3.00pm and again at 6.00pm - 8.00pm**

Applications for Year 8 2017 will close at 5.00pm on Wednesday **4<sup>th</sup> May 2016**  
 Collect a brochure from your School Office for more details.

E-mail: [dl.0798\\_admin@schools.sa.edu.au](mailto:dl.0798_admin@schools.sa.edu.au)  
 Website: [www.urrbraehs.sa.edu.au](http://www.urrbraehs.sa.edu.au)

**SOUTHERN FLINDERS NETBALL CLUB:**

REGISTRATION NIGHT  
 All players for 2016 season are invited to a registration night this Monday 29th February the from 5:00 p.m. at the Laura Tennis/Netball courts. Uniform fittings, and registration of names with a light fitness training starting at 6:00 p.m.  
 Remember all netballers including subbies and minis are now required to wear the new dress.  
 If you have a uniform to sell you may be able to sell on this night.

**PRELIMINARY SELECTION:**  
 We will holding a preliminary selection night for 2 weeks at Laura on Thursday March 3rd and March 10th for any new players for season 2016.  
 New players are invited to come out at 6:00 p.m. with any E and F grades from the last couple of years.  
 From 6:30p.m. the C and D grade  
 7:00 p.m. A and B grade.  
 This will give selectors a chance to view all new players and previous throughout the next couple of weeks.  
 This is only Senior Grades.  
 Players from the ages 16 before 31 December 2015 are of senior age.  
 Any queries please  
**Ness Watson** 0439755108  
**Bern Schmidt** 0439864330

**Pop-Up Tuesday's**

Between 10am and 4pm on scheduled Tuesdays, the OPAL staff will be available as a pop-in service to meet and discuss any enquiries or ideas you may have regarding healthy eating and physical activity for kids and families in this local OPAL region.

**Come and visit with us:**

**1st Tuesday each month: District Council of Mount Remarkable Council Office, Melrose**

**2nd Tuesday each month: Northern Areas Council Office, Jamestown**

**3rd Tuesday each month: Uniting Care Wesley Building, Peterborough**

**4th Tuesday each month: Northern Areas Council Office, Gladstone**

**Emma Young**  
 OPAL Program Manager—0488 090 303  
 E: [Emma.Young@NACouncil.sa.gov.au](mailto:Emma.Young@NACouncil.sa.gov.au)  
[www.facebook.com/OPALMidNorth](http://www.facebook.com/OPALMidNorth)



A small number of Busking permits are available for this year's Laura Folk Fair. Cost is \$20.

For Busking applications & procedures go to our website [www.laurafolkfair.com.au](http://www.laurafolkfair.com.au) or call into the Laura Soap & Gift Shoppe.

## LAURA FOLK FAIR

Saturday 2<sup>nd</sup> April 2016

Sunday 3<sup>rd</sup> April 2016

**OFFICIAL OPENING**

Saturday @ 12.30pm

By Cosi (South Aussie with Cosi)

**Support the Laura Folk Fair**

### **Southern Flinders Football Club Junior and Senior Colts players**

Pre-season training commences  
Thursday 17<sup>th</sup> March  
At Laura Oval  
Starting at 5:00pm

### **Mini's and Sub Mini's**

Training commencing  
Friday 1st April  
At Gladstone Oval  
Starting at 5:00pm

This is also the Football Registration Night

Chook Harslett - 0407618008  
Lachlan and Di Smart - 0428684268

### Jamestown Junior and Senior Futsal

Registrations are now open.

Junior competition will start Term 2, Friday 6th May. Age of participants has been extended to include players 18 years and under. Youngest participants must be born in 2010. (Turning 6 years old this year)

Please email your child/ren's name, date of birth and age, along with parents contact details to [jamestownfutsal@gmail.com](mailto:jamestownfutsal@gmail.com) to register.

More details on our website [www.jamestownfutsal.com](http://www.jamestownfutsal.com) and Jamestown Junior Futsal Facebook page as it becomes available. Any enquiries contact Claire Smallacombe on 8664 1848 or 0417867654.

Senior competition will begin within the first week of Term 2. Please email name and contact details, or team name, contact details and members, to [jamestownfutsal@gmail.com](mailto:jamestownfutsal@gmail.com). Please contact Marie Irrgang on 0427 282 670 with any queries.

**ALL REGISTRATIONS WILL CLOSE ON MARCH 31ST.**

## PARENT GROUP

### Would you like your child to:

- Enjoy more happiness with their parents
- Turn to you for help when in trouble
- Solve problems on their own
- Get along better with friends and siblings
- Know to be kind to others around

*Circle of Security is a DVD based parenting program which focuses on the parent child relationship. Circle of Security is an internationally recognised evidence based program which draws from 50 years of attachment research.*

**Where:** Saint Joseph's Parish School  
1 West Terrace Gladstone, SA, 5473

**When:** Thursday mornings at 10-11:30am (approx. 1.5 hours)

The group will run for 6 weeks

***Commencing Thursday the 3<sup>rd</sup> of March 2016***

**Who:** Alyse Lynch and Ottavia D'Agostino (CAMHS Clinicians)

**Registration:** ALL WELCOME - RSVP required as spots will fill fast!  
Please contact Alyse Lynch or Ottavia D'Agostino to register  
Child & Adolescent Mental Health Service (CAMHS)  
86325304

**\*THIS IS A FREE PROGRAM**

*Unfortunately we cannot provide childcare at this group*



Government of South Australia  
Children, Youth and Women's  
Health Service



Women's  
& Children's  
Hospital

**UPDATED TERM PLANNER TERM 1 2016**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> Feb 1 <sup>st</sup> -5th	1	2	3	4	5
<b>Week 2</b> Feb 8 <sup>th</sup> -12th	8	9	10	11	12 Assembly
<b>Week 3</b> Feb 15 <sup>th</sup> -19th	15 Governing Council AGM	16	17 GHS swimming carnival	18	19 <b>STUDENT FREE DAY</b>
<b>SWIMMING LESSONS R-7 GLADSTONE POOL 15<sup>TH</sup>-18TH</b>					
<b>Week 4</b> Feb 22 <sup>nd</sup> -26th	22 Swimming SAPSASA trials	23	24	25	26 Assembly
<b>Week 5</b> Feb 29 <sup>th</sup> -March 4th	29	1	2	3	4 Rocky River Performance Wirrabara Dinosaur Science
<b>Week 6</b> March 7 <sup>th</sup> -11th	7	8 RE Seminar	9	10	11 Assembly GHS Athletics carnival
<b>Week 7</b> March 14 <sup>th</sup> -18th	14 <b>ADELAIDE CUP</b>	15	16	17	18 Swimming SAPSASA
<b>SCHOOL INTERVIEWS</b>					
<b>Week 8</b> March 21 <sup>st</sup> -25th	21 Governing Council meeting	22 Young Leaders Day	23	24 Assembly	25 <b>GOOD FRIDAY</b>
<b>Week 9</b> March 28 <sup>th</sup> – April 1st	28 <b>EASTER MONDAY</b>	29 <b>School Photos</b>	30	31 Tennis/Cricket SAPSASA Trials	1 Rocky River Sports Day Folk Fair
<b>Week 10</b> April 4 <sup>th</sup> - 8th	4	5	6	7	8 Assembly
<b>Week 11</b> April 11 <sup>th</sup> -15th	11	12	13	14	15 Last day of term

