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Principal

Mark Shadiac

Diary Dates

March

12th, Mon Wk 7
Public Holiday

13th, Tues Wk 7
Pupil Free Day

April

6th, Fri Wk10
A Night with the Stars

Wk 11
R-5 Swimming

**School fees are overdue.
Do you need Schoolcard
application forms?
You can apply online or
request forms from the
office.**

Dear Parents,

Aquatics

The 6/7's went to Aquatics last week at Middleton and Victor Harbor and tried their hand at boogie boarding, surfing, snorkelling and canoeing. The students took to the task with enthusiasm and vigour. In canoeing, the students paddled the full length of Encounter Lakes during the allotted time and it was the first group of students from the aquatic school ever to achieve this feat. The students' skill level increased dramatically, in a short space of time, particularly in surfing. As usual, the students were complimented for their manners and the way they conducted themselves. It is always a pleasure taking Rapid Bay students out of the school, a reason for parents to be very proud.

SAPSASA Swimming Carnival

The District SAPSASA swimming carnival was held last Wednesday and Rapid Bay managed to take out the Handicap Shield. This is the second time Rapid Bay has won the shield in the last 3 years. The lion's share of the success can be attributed to the outstanding contribution of Aleesha Krichauff, winning the 50m backstroke, breaststroke and coming second in the 50m freestyle. Well done, Aleesha! Thanks to the parents that assisted with transport and Paula Krichauff for her efficiency in organising the swimmers.

A Night With the Stars

Attached to the newsletter are details about the sleepover, A Night with the Stars. Parents are welcome to join in the festivities with a fabulous meal, courtesy of our resident sous chef, Ian Cole. Family and friends are welcome, just fill in the return sheet for us to manage the catering.

Upcoming Events

Here we are in week 5 of the term and it seems as though we are yet to have a 'normal week'. Next week, we have our new Education Director visiting, Ann Prime. Week 7 is the long weekend, followed by a Pupil Free Day on Tuesday 13/3. Week 8 looks relatively normal, then weeks 9 & 10 is Easter, followed by a Night under the Stars on Friday 6/4. In week 11, R-5 have swimming lessons, before breaking up on Friday 13/4. All in all, an action packed term.

Bullying

There is an extract below relating to bullying that is topical in the media at the moment. I will write more about this, in the next newsletter. In the meantime, I encourage you to talk to your children about the extract below and how Rapid Bay manages bullying.

Regards

Mark Shadiac

Principal



AQUATICS

The year 6's and 7's enjoyed perfect weather at Victor Harbor on the lake and at Port Elliot beach.

They learnt and practised new skills and gained confidence in canoeing, snorkelling, boogie boarding and surfing.

Community Connect Presents...



Student Wellbeing Programs

When: Monday March 5th at 10am.
Where: Annexe/Yosch building across the road from school, 206 main road Yankalilla.

All from One Small Change will take participants through a reflection activity focusing on self talk.

One Small Change
M: 0434 495 070
E: onesmallchangeprograms@gmail.com

OUR SAPSASA SWIMMING TEAM

L TO R:

JAZMYN
ELLA
DELLA
ALEESHA



Talking With Your Children About Being Bullied

Many children who are bullied do not tell a trusted adult as they think they are dobbing.

'Dobbing' is when a person deliberately tries to get attention or to get someone else into trouble.

'Asking for help' is when someone feels the situation is out of his/her control and he/she is unable to deal with it alone. If anyone sees someone else in this situation they should also ask for help.

What are students being taught at school to help them deal with bullying situations?

All students at our school are being taught that:

When I have a problem I can:

- Try to stand up for myself in a positive way
- Try to talk with the person I am having a problem with
- Walk away and ignore the person completely
- Get help from a teacher or another person I trust
- Ignore the situation and keep playing or working
- Talk to a friend to get some ideas to help me make a decision or
- Try coming to an agreement with the other person

You can reinforce these messages by discussing them with your children at home.

Talking with your children if they are bullying others

All children are capable of bullying and it is important for you to respond in a calm and helpful manner if your child is displaying bullying behaviours. These strategies also apply if you believe your child may be bullying others online.

Encouraging your children not to bully others

You can:

- Talk with your children about what is acceptable behaviour and what is not, online and offline e.g. "we should not send nasty messages to people to make them feel bad".
- Work together with your family to establish simple rules and expectations about how your family treat each other.
- Work with your family to establish clear guidelines about internet use at home.
- Encourage and provide opportunities for your children to openly discuss bullying issues, including cyberbullying with the family.
- Discuss friendship and help your children to make friends by encouraging them to play with other children at school, at home or in the neighbourhood.
- Discuss with your children how to be a friend online.
- Invite other children to your home for visits and teach your children how to make their guests feel welcome.
- Encourage your children to share and be aware of the feelings of others.



TAKE HOME A BIG BROTHER OR SISTER EXPERIENCE FRANCE AT HOME HOST FAMILY OPPORTUNITIES

In June each year, students aged 15 - 16 years from France will be arriving in Australia to study at local schools for 12 weeks. Opportunities are available to become a host family in a volunteer/unpaid capacity.

Host families help provide each student with the chance to study and experience life in Australia. This is a great way to practice your French, share your stories, learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.



Our students bring with them their own spending money, health insurance, a wonderful attitude and desire to learn about their new host country. Your extended family and friends will grow and learn as you all get to know your new 'son' or 'daughter' from another land. If your family can offer a friendly, supportive and caring home environment, we would love to hear from you...

For further details, please contact Jenny Hanson (SPANZ SA Placement Co-ordinator)
Ph: 08 8323 0973 / Mob: 0409 890 184 / Email: info@studentplacement.com.au

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WHAT'S ON AT THE CENTRE & LIBRARY MARCH

CHECK OUT THE
FREE
COMMUNITY
CONNECT
EVENTS THIS
MONTH

WHEN	WHAT'S ON	BOOKINGS
Monday's and Tuesday's during school term 5:00pm - 6:30pm	TRADITIONAL SHOTOKAN KARATE-DO FEDERATION First 2 lessons FREE, \$20 p/mth p/person, \$50 p/mth p/family (max of 5) and \$10 p/extra family member	Contact Strop 0409 853 443
Monday 5th March 10:00am	COMMUNITY CONNECT - FREE All from 'One Small Change' will take participants through a Reflection activity focusing on self-talk.	
Monday 5th March 9:30am - 6:00pm	ADELAIDE WRITERS WEEK LIVE STREAMED & AUTHOR TALK Sessions live streamed. BYO lunch, tea and coffee provided.	Enquire at the Library 8558 2043
Monday 5th March 6:00pm	EVENING WITH AUTHOR LYNETTE WASHINGTON.	Book at the Library 8558 2043
Tuesday 6th March 12:00pm - 2:00pm	WRITING WORKSHOP Memoir, Biography & Family History. \$45, B.Y.O. pen, paper & research material.	Bookings Dr. Kathryn Pentecost 0478 924 604 bohemianpalaceofart@gmail.com
Wednesday 7th March 2:00pm - 3:00pm	DRUMMING CIRCLE Gold Coin Donation, no experience necessary, all welcome	Enquiries Julianne 8558 0262
Thursday 8th March 10:30am	INTERNATIONAL WOMEN'S DAY Guest speakers Ruth Trigg and Margie Russell discussing the 2018 theme "Press for Progress"	Book at the Library 8558 2043
Thursday 8th and 22nd March 9:00am - 4:30pm	AUSTRALIAN HEARING.	For appointments contact Victor Harbor 8551 1600
Friday 16th March 10:00am - 12:00pm	HISTORY TALK 'Garnet Kelly's talk by Rob Malone and Pamela Wright	Book at the Library 8558 2043
1st & 3rd Tuesday of each month during school term time 7:00pm - 9:00pm	WOMEN'S WELLBEING ART THERAPY GROUP \$20, No art experience necessary	Enquiries Kerstin 0484 313 329
Monday 19th March 10:00am	COMMUNITY CONNECT - FREE Renee Newman from 'Massage for Healthy Living' will be doing an Introduction to Infant Massage	

REGULAR MONTHLY EVENTS

Monday's during school term 9:00am - 11:00am	COMMUNITY CONNECT Held at 206 Main South Road Yankalilla. Linking with Support Service Agencies	Enquiries to 0400 287 761
Tuesdays during school term 10:00am - 10:30am	WIGGLE 'N' GIGGLE Wiggling, Jumping, Dancing, Singing and Giggling - for preschoolers	Enquiries to Renee 0409 709 504 or Maddy 0417 843 107
Wednesday's from 7 February - 4 April 10:00am	STORYTIME	Book at the Library 8558 2043
Monday 26 March 2:30pm - 3:30pm	AFTER SCHOOL LEGO Gold coin donation; suitable for ages 5+	Enquire at the Community Centre 8558 0262

Yankalilla Community Centre and Yankalilla Library
181 Main South Road Yankalilla
The Centre - 08 8558 0264
Library - 08 8558 2043

