

Term 1
Week 11
Thursday
14/4/2022

Tumby Bay Area School

Newsletter

Leadership Report

In what has been a very interrupted and uncertain Term 1 of 2022, we wish everyone a safe and happy Easter and term break. We hope you all get the opportunity to spend some quality time with family and friends. Although attendance at school was impacted throughout the term due to the Covid spike in Tumby Bay, we thank everyone who contributed to ensuring the learning continued to progress for our students, whether from home or at school. It always amazes me how our small community comes together during these challenging times to help and support those who are impacted. Tumby Bay – you are awesome.

Covid

Thank you to all families for working through this with us! We are crossing fingers and toes and hoping that the worst is now over for us at TBAS. Our numbers have decreased significantly and we now only have 3 cases within our school so hoping it all dies down even further over the holidays – the reverse just doesn't bear thinking about!

Interviews

Let's have another go! We would love to still have face to face interviews with parents and students so are hoping to do so in Week 2 next term. If all continues to go well with Covid, we will formalise this very early in Term 2.

Wellbeing update

Over the last 3 weeks our students have completed 2 surveys to help us gather data about our school's wellbeing focus. The first survey was the Wellbeing and Engagement survey that is completed every year by our students. The purpose of this is to seek student's views about their wellbeing and engagement with school. Students from Year 4-12 completed this survey. The information collected will help inform us about how to best improve young people's health and wellbeing. The second survey was the Resilient Youth Survey. The survey was completed by students in Years 3-12 and focused on feedback about The Resilience Project curriculum

A massive shout out to Jess Bennett, Sam Staz and our P&F crew who catered for the Youthcon event and managed to raise about \$3000 for TBAS. Such a massive effort and really appreciated by the school community!!



Have a safe and happy holiday everyone!



Contact Details

PO Box 125, Tumby Bay SA
5605
Ph: 8688 2003
Mobile: 0427 911 299
Fax: 8688 2608
E-MAIL:
dl.0743.info@schools.sa.
edu.au
WEB: www.tbas.sa.edu.au

School Values



**TRUST
RESPECT
ACHIEVEMENT
COMMUNITY**

2022 Dates

Term 1 31/1/22-14/4/22
Term 2 2/5/22-8/7/22
Term 3 25/7/22– 30/9/22
Term 4 17/10/22-16/12/22

Bank Details
BSB:633-000
Acc:153475983
Tumby Bay Area School
Governing Council



Government of South Australia
Department for Education

“ To Do All Things Well “

What's On

Term 1

- 11/4/22- YR. 10 work
- 14/4/22 Experience
- 14/4/22 Last day of Term
1—2.05 pm
dismissal
- 15/4/22 Good Friday

Term 2

- 5/5/22 Resilience
Project Parent
Session 6-
7.30pm
- Week 2 School
Interviews
- 10/5/22 Governing
Council Meeting
- 11/5/22 Year 10
Immunisations

KINDNESS COMMITTEE

Congratulations to the following students who have been selected into the Kindness Committee
- pictured are our Semester 1 students



Class	Semester 1	Semester 2
R/1	Spencer and Lola	Sienna and Mason
R/1	Zarli and Morgan	Isobel and Betty
2/3	Jack and Aria Unfortunately Aria leaves us at the end of this term.	Peyton and Archie
3/4	Selena and Maddox	
4/5	Koa and Rahni	Eva and Bella
5/6 (Primary leaders)	Narrah, Rebecca, Lily, Jacinta, Phoenix	Narrah, Rebecca, Lily, Jacinta, Phoenix

Senior Secondary students voice- Mardi Masson, Katie Rynne, Sophie Stoddard



RESILIENCE PROJECT PARENT/CARER WEBINAR



TBAS are excited to offer our parents and families a Parent/ Carer Webinar with Hugh van Cuylenburg on Thursday 5th May, 6:00pm-7:30pm (90 minutes) During this presentation, Hugh will share his experiences and combine them with practical strategies that can be implemented everyday to improve overall wellbeing. Parents/family members will need to register using the following registration link: https://us02web.zoom.us/webinar/register/WN_h2A9zar5R5eA9_655AYIUQ

Upon registration, you will receive a link to attend the webinar, along with a reminder the day prior. Please note that the webinar will include parents from our other schools. Included in this newsletter is a flyer with some information about this event. If you need any further information about The Resilience Project or this webinar, please contact Amanda Partington at the school.

RESILIENCE PROJECT @TBAS

Students have been refreshing their understanding about GRATITUDE in the latter part of this term they are engaging with this learning in an enthusiastic and positive way. It has been reassuring to observe students and teachers focusing on the things we have rather than what we do not have.

DID YOU KNOW that after 21 days of practicing gratitude you are rewiring the brain to look for the positive aspects in life. You are 3x **more** likely to feel positive daily.

After 42 days you will be less likely to get sick, be more focused, more optimistic, have more energy and sleep better. There are many positives of practicing this simple but effective strategy.

I encourage families to practice GRATITUDE at home to further embed this learning. Ask each other the following questions:

What are three things that went well today?

What are you looking forward to tomorrow?

Who is someone that you are grateful for?



Through Hugh's videos, students have been introduced to a wonderful young boy Stanzin who Hugh met while teaching at his school in India. Hugh identified Stanzin as the happiest person he had ever met, even though he had nothing much in his life- no running water, decent clothing or shoes. Hugh discovered that Stanzin practiced Gratitude each day. The young boy would point out all of the things he was grateful for. He would point to things and say "Dis' Dis, for a non-English speaking person means 'this'. He would point to his bowl of rice and say dis. He would say dis when he had a good laugh with his friends. Students have been encouraged to look at the things that they could point to and say DIS # Dis # Disambassador. The Kindness Committee will be setting up a #DIS display next term for our students to add all of the things they're grateful for in their lives.

EP YouthCON

Our Senior Secondary students were involved in the EP YouthCON last Wednesday and Thursday. Students from Port Lincoln and Cummins also joined us in Tumby Bay. This amazing event was put on by the District Council of Tumby Bay, Youth Opportunities and Wellbeing SA. The 2 days allowed students to build an understanding of strategies and tools to use as they navigate obstacles in life as they enter their adult years.



A body image session was presented by keynote speaker Taryn Brumfitt of the Embrace movement. She is the fiercely passionate leader behind The Body Image Movement. Her main points were how we should aim for progress not perfection. Students also heard about Taryn's social impact documentary titled EMBRACE, which explores the serious issue of body loathing, inspiring us to change the way we feel about ourselves and think about our bodies. It can be viewed on Netflix.

The adulting workshop presented by Jim Stockholm was informative and the main take away from the session was about being a self-coach not a critic. The students were given a useful booklet to refer to about their transition to adulthood. Information such as owning a car, finances, goal setting, resumes and employment are a few of the ideas within the adulting booklet.

Youth Op speakers Paul and Steve spoke about the strategies to deal with stress and young people in the workplace. The stress action plan that students received on the day is useful to consider before stresses come along. The Young People in the Workplace workshop was created with help from SafeWork SA and past Youth Opps graduates. Its goal was to provide information about workplace power dynamics, ways to navigate workplaces and give advice on how young people can communicate more comfortably within workplace structures.

A morning session on Tuesday with our very own Luke Partington and Youth Opps CEO Erin Faehrmann, gave us all the chance to hear how resilience and the tools of Youth Opps are put into practise in real life. It was so inspiring to hear from these two highly successful people in regards to their struggles and the supports they used (and continue to use) to help them along the way.

Students really enjoyed the session by SA Youth Governor, Shania Richards as she gave simple but powerful messages about going after what you are passionate about and grabbing opportunities with both hands.



Headspace, West Coast Youth and Community Services, Beacon of Hope, and Youth Opportunities were all in attendance and offered our students some awesome resources.



Work Experience

Most of our Year 10s are currently on their week of work experience. Our staff are in the process of visiting or phoning to check-in on them, and from all reports, the students are doing well and enjoying their chosen work placements.

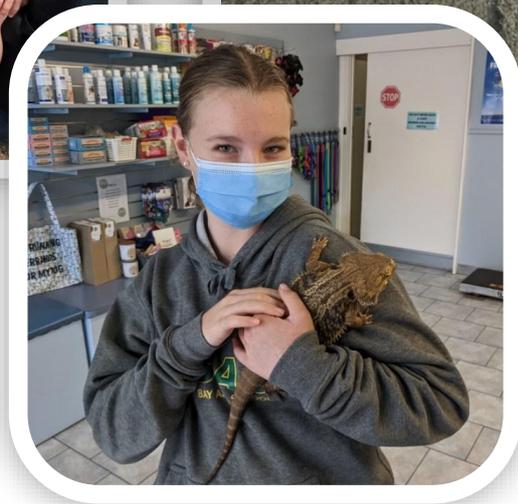
This week these students are being supported by the following businesses:

Harrison Solutions -mechanical repairs (Roxby Downs) for Lucas, Fitzgerald Construction Co. for Mitchell, Eyre Ground Handling Services (Pt Lincoln Airport) for Naylene, Tumby Foodland Butcher for Jarrad, Ungarra Primary School for Liam, Cold Logic (Adelaide) for Henry, Mortlock Motors (Pt Lincoln) for Oliver, Tumby Bay Kindy for Maisie, Katong House (restaurant in Adelaide) for Luke, Vets On Eyre (Pt Lincoln) for Caitlin, Tumby Bay Concrete for Harvey, Sharkys Electrical Service for Ethan, Nutrien Ag Solutions for Lydia, TBAS - ICT technician for Jason, Greenfields Stud (Booborowie) for Brody, Port Lincoln Music World for Torin, Spot On Fishing & Outdoors (Pt Lincoln) for Riley, Lincoln Veterinary Centre for Emma.

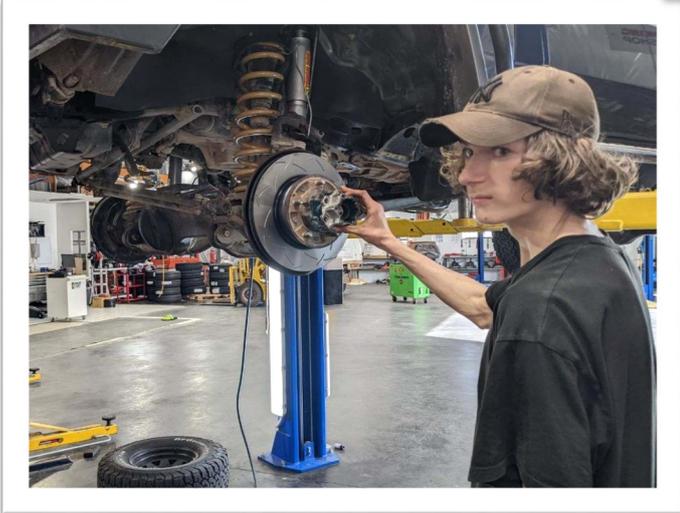
Some other Year 10 students are planning to take part in their work experience placements during the holidays. These are being supported by:

Tiny TAFE Child Care Centre (Pt Lincoln) for Tennent, Curtis's Sales & Service for Nick, Butler General Builders for Will, Lincoln Veterinary Centre for Lance.

We are very grateful for those businesses and their generous support for our school and these students. This is a wonderful opportunity for our students, many of whom are experiencing a week of work in the real-world for the first time.



Work Experience continued...



stop by!

have a yarn, chat, seek advice or check out the centre with our friendly team

Our 3 core support areas are:
 Social & emotional wellbeing
 Physical & sexual health
 Drugs & alcohol

headspace is a safe, confidential and FREE services for all young people aged 12-25.
 If we aren't the best fit for you, we can assist you to find the best support.

headspace Port Lincoln
 19 Oxford Terrace
 Port Lincoln 5606
 Ph: 8621 3880
 headspacepi@cobh.org.au

Wednesdays
 3-5pm

Enquiries from friends, families and service providers also welcome

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

open night
 for family & friends

For family, carers, friends & community members to come and see the space, meet the team and hear more about the service.

Tuesday 10th May, 4.30pm - 6pm
 at the centre - 19 Oxford Terrace

Follow us on our socials for event information*
 @headspaceportlincoln

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

Eight is Great as Yarranyacka take both shields at the 2022 Sports Day

Shane Masson PE Teacher/Sports Coordinator

COVID did not dampen the Sports Day spirit, as Yarranyacka claimed their 8th consecutive title, by winning the 2022 Tumby Bay Area School Sports Day, which was held on Friday 25th March in fine conditions. Yarranyacka's participation in each age group, particularly in the 4x100m Relays, discus, long jump, triple jump and javelin, gave them the advantage over the much improved Meringa by 541 points, with Pintaboo coming third with 87 more points behind.



Dale Murphy presented the Doug Murphy Memorial Sports Day Shield, to the Yarranyacka captains on behalf of the Murphy family, in memory of the massive contribution his father, a former staff member, made towards Sports Day and other sports at school and in the community.

Alexis Southern presented our new John Southern Senior Memorial Sports Day Participation Shield to the Yarranyacka captains on behalf of the Southern family, in memory of the huge contribution her husband, made towards the local community. John still holds the Senior Boys record for the 400m, set back in 1971 and had a passion for sport in particular football, along with volunteering in the community. He was a strong advocate of giving everyone a fair go, no matter what their background was. Students were awarded 1 point for every event that they participated in at trials and on Sports Day, with Yarranyacka first on 782 points, Pintaboo 2nd 687 and Meringa third 681.

The Ball Game events will be held later on in the year when safe distancing restrictions are eased and to also increase the participation rate for students.

1 new record was broken on the day, with Mardi Masson smashing the Senior Girls Discus by over 3 metres, which was held by Jocelyn Ashworth since 1996.

The day was successful due to:

- Donald Baillie, Hayley Masson and Rob Turnbull, along with the year 8 students who assisted with setting up the shades and equipment the day before and in the morning
- Georgia Stratford who officially opened the carnival and Jalen Burgoyne who performed the Acknowledgement of Country
- Sam Stasinowsky who coordinated the Sausage Sizzle, along with Jess Bennent
- Andrew Stanley who as announcer kept the day running smoothly
- Darian Treasure for marshalling the students into the track events
- Roxanne Richardson, Kyle Hanson and Teena Norton-Fahey for scoring
- Rhianna Carmody and Hayley Masson who took photos
- All the staff and students who assisted with events and trials
- To the fantastic house captains for organising their teams
- The students for their enthusiasm and friendly competition, who supported each other no matter what team they were on

Thank you to all the staff and parents, who stayed behind after the carnival to assist in packing up equipment and cleaning up the oval

Thank you to parents and grandparents who provided fantastic support to the teams and jumped in and volunteered to help run events (I appreciate your support especially with the help in field events), and to Tracey Couper and Michael Butler from Butler Builders for donating the use of their safety fencing around the discus.

A team will now be selected to represent Tumby Bay Area School at the EEPASSA Interschool Athletics Carnival which will be hosted at Tumby Bay later on in the year.

Congratulations to Yarranyacka on achieving the "double decker" title, in winning both the swimming carnival and sports day in the same calendar year.

And the winners are.....!

Sub Junior Boys

- 1st Leroy Calderwood
- 2nd Xavier Lawrie
- 3rd Arthur Pucci

Junior Boys

- 1st Leroy Richardson
- 2nd Brock Hissey
- 3rd Robert Beenham

Inter Boys

- 1st Liam Carr
- 2nd Henry Challenger
- 3rd Harry Lebrun

Senior Boys

- 1st Ben Devine & Hudson Franks
- 2nd Harvey Masson
- 3rd Lance Stasinowsky

Sub Junior Girls

- 1st Thea Foster
- 2nd Lily Cave
- 3rd Scarlett Foster

Junior Girls

- 1st Poppy Stoddard
- 2nd Kalani Doley
- 3rd Ruvae Curtis

Inter Girls

- 1st Lily Walker
- 2nd Macy Foster & Sadie Curtis
- 3rd Tayla Seidel

Senior Girls

- 1st Mardi Masson
- 2nd Kelli Anesbury
- 3rd Lydia Smith

Records

Event

New Record

Old Record

Senior Girls Discus

Mardi Masson 30.46m

Jocelyn Ashworth 27.18m



2022 Sports Day Snaps!

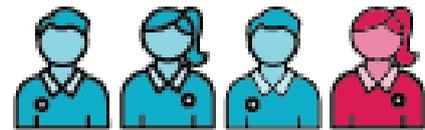


Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instill positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



Alarmingly, one in seven primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion: **Gratitude**, **Empathy** and **Mindfulness** (GEM).

Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

Our Parent & Carer Presentation will help you...

- Equip yourself with simple, practical tools to look after your own wellbeing.
- Be informed of the confronting mental health statistics in our country, and understand why prevention is the key to changing this narrative (especially for our children).
- Learn about GEM (Gratitude, Empathy & Mindfulness) - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- Feel confident in holding positive wellbeing discussions with your family.

Is NAPLAN a pass/fail test?

No, NAPLAN is a point in time test. It assesses student literacy and numeracy performance at a given point in time to gauge how they are progressing. NAPLAN tests provide valuable information to schools and educators to better understand their students' needs. Results also highlight focus areas for school, regions and the department that will influence change and drive improvement. There is no pass or fail mark for NAPLAN. It is a test that assesses a range of abilities and reports against a common scale with questions ranging from easy to challenging.

The tests provide parents with a snapshot of their child's performance against the population of Australian students for that year level and the national minimum standard.

NAPLAN might place too much stress on my child

Students do not need to stress about NAPLAN as the results will not go towards their academic result. The Years 3, 5, 7 and 9 tests each take less than four hours over three days. Students have always been given tests by teachers and it's perfectly normal to get nervous. NAPLAN tests skills that are essential for every child to progress through school and life.

Does my child need to practise for NAPLAN?

Students are not expected to practise for NAPLAN tests. NAPLAN assesses the literacy and numeracy skills described in the Australian Curriculum which is used in all South Australian state schools as part of everyday learning in the classroom. Schools may choose to administer a practise test to ensure that students are familiar with the types of questions that are contained in NAPLAN.

The best way to help your child prepare for NAPLAN is to reassure them that NAPLAN tests are just one part of their school program, and to encourage them to simply do the best they can.

My child has a disability and can they still participate in NAPLAN

Reasonable support and adjustments are available for students with disability to participate in NAPLAN tests where possible.

Students may be able to access assistance such as a scribe for a writing task, a NAPLAN support person, rest breaks or additional time to complete the test. Adjustments should reflect similar support provided in the classroom for students to show what they know and can do in the tests.

Parents of students with disability are encouraged to discuss options with their child's teacher before the tests to support their participation in NAPLAN. It is important that NAPLAN results are representative of the entire student population, including students with disability. For more information on adjustments, visit the ACARA website.

I think NAPLAN will be too hard and confusing for my child to understand.

NAPLAN tests are designed around the literacy and numeracy skills your child is expected to have at a given age and stage of their education, in line with the Australian Curriculum. The tests assess their literacy and numeracy skill levels to identify areas where they may need additional support.

Questions are multiple-choice or require a short written response. The test alters the question difficulty depending on how the students are going. The writing task requires students to write an extended response. To give you an idea of what the tests look like, sample questions and a sample writing task are available on the NAPLAN website.

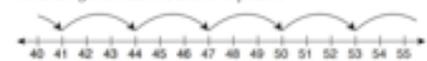
Can you draw this picture of the main street in her town.



Which building is between the hairdresser and the butcher?

- Bank
- Library
- Chemist
- Video Shop

Kia is using a number line to show a pattern.



In Kia's pattern, what number comes before 41?

- 36
- 37
- 38
- 39

What do I do if I am concerned about my child participating in NAPLAN?

Talk to your child's teacher about your concerns. There are a lot of ways that students can be supported to successfully participate in NAPLAN.

Is all children's participation important?

Yes, NAPLAN results are used to report the effectiveness of current curriculum programs and to plan for future resourcing. It is important that NAPLAN results are representative of the entire student population as schools use NAPLAN to monitor the effectiveness of various initiatives undertaken to improve student learning. If there is low participation in the tests, the information available to improve learning outcomes will be less inclusive of all students' needs.

How will NAPLAN benefit me as a parent?

NAPLAN tests are designed to identify where a student may need additional support or extension to improve their learning outcomes. By understanding how a student is progressing, schools can work with students on particular areas of their education.