



Allendale East Area School Newsletter



Government
of South Australia
Department for Education

Courage Excellence Respect

To build strong, diverse futures for all of our young people by providing quality education driven by needs, skills and aspirations

PRINCIPALS MESSAGE

Term 1 Week 11

Congratulations to all staff, students and community members for all the outstanding work we have collectively achieved throughout Term 1. As always, it has been a very busy time for everyone and I appreciate the time and effort that you have all contributed, in making this year as smooth as possible.

Over the course of the week and April school holidays, I would like you to take the opportunity to recharge your batteries if possible and encourage your children to spend valuable time with you and your loved ones where possible, reflecting on all of the positive achievements and events that have occurred to date in 2023. When we practice gratitude on a regular basis, it not only impacts our mental and physical health, but those around you. Gratitude is the quality of being thankful and showing appreciation for what we have. At a time when many of us are struggling to adapt to a new normal, practicing gratitude is more important than ever.

Showing gratitude has the following mental health benefits:

1. **Expressing gratitude can improve your mood.** People who regularly express gratitude for the positive things in their life are shown to be happier overall, leading to lower rates of stress and depression.
2. **Showing gratitude can make you more optimistic.** Studies show that those who express gratitude regularly appear to have a more positive outlook on life.
3. **Sharing gratitude can improve social bonds.** People have reported feeling more loved and more connected to others in their lives when they routinely practice gratitude or those around them practice gratitude.

How can your family practice gratitude? The first thing is to build gratitude into your daily schedule – and practice it! Here are a few ways you can practice gratitude to improve the overall well-being of your family and those around you.

1. Start your day by writing down one thing that went well the previous day and why it went well. You can do this while eating breakfast or before you start on work or schoolwork. Writing it down is important because it is a record of what happened that you could refer back to. This allows you to reflect on your actions and continue growing.
2. Most of us feel frustrated by something in a normal day. When you find yourself feeling upset or frustrated, hit the pause button and reset your thinking. Come up with something positive about the situation or think about something else entirely that you are thankful for.
3. Share your gratitude with others by writing a note to someone you are grateful for.

I am grateful for so many things, today, I am grateful for the connections that I have with staff, students and community members and appreciate your support for my staff and I at Allendale East Area School.

Kylie Smith
Principal

IMPORTANT DATES

Mon 10 April	EASTER MONDAY	Fri 12 May -	Cross Country, Naracoorte
Wed 12 April	Governing Council 6pm	Wed 17 May -	Governing Council 6pm
Fri 14 April	LAST DAY OF TERM Early Dismissal 2.15pm	Sat 20 - Sun 21 May	AEAS 70th Anniversary
Mon 1 May - Term 2	Student Free Day	Wed 24 May -	National Simultaneous Storytime

Allendale Contact Information

Principal - Ms Kylie Smith
Assistant Principal - Ms Suzie Mitchell
Governing Council Chairperson - Mr Rodney Virgo

Phone: (08) 8738 7218
Fax: (08) 8738 7321
Office Hours: 8:15am - 4:00pm
dl.0751.info@schools.sa.edu.au

SAPSASA

SAPSASA GOLF

On Monday 27 March Oliver Fox, Zach Howard, and Tyron Howard participated in SAPSASA Golf tournament held at Penola Golf Course. Whilst the day was a little wet, all 3 boys qualified for the regional golf event to be held in Naracoorte on Friday 25 August.

SAPSASA FOOTBALL

On Thursday 23 March Kade Gilmore, Cody Vandeppeer, Oliver Fox, Tyron Howard, and Jagger Macdonald participated in the Boy's Aussie Rules Football SAPSASA State Carnival try outs. All boys made it through to the second trials held at Reidy Park Primary School on Thursday 30 March. Kade, Tyron, Oliver and Jagger then progressed into the third round of trials being held on Tuesday 11 April. We congratulate Cody for making it through to the 2nd round of trials.



Kade Gilmore



Cody Vandeppeer



Tyron Howard



Oliver Fox



Jagger Macdonald



Zach Howard

SAPSASA ATHLETICS

On Wednesday 29 March, a number of our primary students competed in the Lower Southeast Athletics day held at Mount Gambier High School. We once again had some outstanding results!

9 Year Boys

Taj Vandeppeer: 2nd in both the 100m & 200m, also taking out 1st in the 800m

Parker Byrne: 2nd in the Long Jump

10 Year Boys

Max Pitson: 1st in the 100 & 2nd in the 200m

Zach Howard: 1st in the 200m & the High Jump, 2nd in the Long Jump

Kade Grosvenor: 1st in the Shotput

10 Year Girls

Skyla Hopgood: Equal 2nd in the Long Jump

12 Year Boys

Oliver Fox: 1st in the High Jump & 2nd in the Long Jump

Thanks to Shanen Pulkkinen for taking a few of our students up for the day.

Mark Rumbelow
PE Techer



HEAD LICE

There have been a few reported cases of headlice throughout the primary classes. We encourage all parents to be vigilant and check your child's hair for any sign of eggs and lice. Treatments are available from the chemist. Your child must not attend school whilst infected. They can return once there are no eggs or lice present.

ALLENDALE MARKET DAY

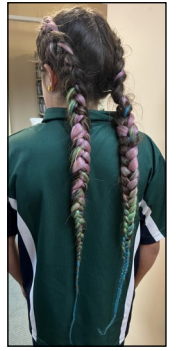
On 26 March we held our second market at school. The weather was very kind to us and we had 18 stalls inside the gym as well as 18 outside, including food and coffee vans. There was a good variety of stalls. It was very well received by the public with a steady flow of people coming through.

Profit from the day for the school will be in excess of \$1600, from stall holders, sale of excess goods, and lucky squares.

Feedback from one of the many stall holders.:

"Well done organisers. I wanted to mention that the venue we held at the Allendale East Area School for market was amazing. There was space between the sites for patrons to move around, lots of space in the walkway's great having the food vans so close to the entry to the hall, and I loved the market stalls along the driveway. It looked amazing. Well done to the organisers".

Brushed by Bron



AUTISM AWARENESS MONTH

April is Autism Awareness Month and Sunday 2 April was World Autism Day.

World Autism Awareness Day is a day sanctioned by the United Nations (UN) that recognises and celebrates the rights of people on the autism spectrum. The United Nations General Assembly, in 2008, unanimously declared 2 April as World Autism Awareness Day as a way to highlight how to help improve the quality of life of people with autism so they can lead full and meaningful lives as an integral part of society. Each year the UN creates a theme for the world to reflect on for that day.



Autism is a neurological developmental difference that changes the way a person relates to the environment and people around them. Put simply, autism changes the way that a person sees, experience and understands the world.

There is not one way that an autistic individual experiences the world, this is why the term 'spectrum' is used to reflect the fact that every individual's lived experience of autism is different.

Individuals on the spectrum may have skills in particular areas, while finding other aspects of life challenging. How skills develop across a life span varies as much as autism itself and can vary significantly from person to person.

There are no physical differences between a person with an autism diagnosis and a person without an autism diagnosis as it is a neurological disability, classifying it as an "Invisible" or "Hidden Disability".

Autism can be characterised by differences in social communication, social interaction and engagement in restricted or repetitive behaviors and interests, which can include sensory stimuli.

In South Australia, more than 15,000 individuals across all ages have received a diagnosis of autism, with the greatest prevalence in the school age years. 1 in 100 people, have an Autism Spectrum Disorder Diagnosis.

April Hague, Autism Lead Teacher organised for classes various activities as part of celebrating World Autism Day.



AUSKICK 2023

Get excited kids, Auskick is coming soon!!!

It's not just about football, it's also about:

- Fresh air and exercise
- Hand eye coordination
- Team work
- Meeting new friends
- Following instructions



Come join us Mondays at 4pm, commencing on 17 April at the Port MacDonnell Football Club oval.

Register via this link [Auskick Registration 2023](#)

Sports vouchers can be utilised making this a free event to participate in.

For further enquiries please contact Lisa McGregor 0417 754 317

PRIME ENERGY AND HYDRATION DRINKS

There is an increase of students consuming drinks that are not permitted to be consumed at school nor recommended for young people. Recently trending is the *Prime Hydration Drink* in a variety of flavours and *Prime Energy Drinks*. Some facts about these drinks are:

PRIME Energy has been banned in schools, due to its high caffeine content.

PRIME Energy contains 200mg of caffeine, per 12oz. Can. PRIME Energy is not recommended for children under the age of 18, women who are pregnant or nursing or individuals who are sensitive to caffeine. PRIME Hydration and PRIME Hydration+ Sticks are caffeine-free.



Some side effects of Prime are dizziness, sleepiness, headache, nasopharyngitis (inflammation of the throat and nasal passages), increased appetite, confusion, disorientation, abnormality of voluntary movements, balance disorder (loss of balance), lethargy, blurred vision, vertigo, vomiting, constipation, muscle cramp.

For adults, the drink could be a good addition to a post workout hydration plan as it contains numerous electrolytes as well as BCAAs which can aid with recovery. But, it's not an energy drink and due to its artificial sweetening, it's not advised to drink daily.

PRIME Hydration is not permitted in schools.

A caffeine-free version, Prime Hydration, has been selling out in supermarkets, however, it too states that it is not suitable for children under the age of 15, or pregnant or breastfeeding women.

We encourage you to support our school in minimising the negative impact some foods and beverages have on student behaviour by keeping these products at home to consume under your supervision if you choose to purchase them.

Kylie Smith
Principal

COMMUNITY INFORMATION

FOOTBALL SOUTH AUSTRALIA
FUTSAL WORLD CUP CARNIVAL
TEAMS WANTED
WOLANDA REC CENTRE
WED, 26 APRIL
9AM TO 3PM
AGES : 9 TO 17
<https://form.jotform.com/230736978482874>
Register with your team today!
(via the jotform link)

FOOTBALL SOUTH AUSTRALIA
SCHOOL HOLIDAY FOOTBALL CAMPS

Football SA is hosting high quality football experiences across the Limestone Coast during your school holidays.

- Skills and ball techniques
- Footwork exercises
- Strategy and teamwork exercises
- World Cup competition.

CAMPS	Advanced Multi Day Training Camp
Date:	Wednesday, 19 April to Friday, 21 April
Time:	9am to 3pm (dependent on number of teams entered)
Venue:	Wolanda Recreation Centre, Camden Park
Age:	9 to 12 and 13 to 17

CAMPS	Futsal World Cup Carnival
Date:	Wednesday, 26 April
Time:	9am to 3pm (dependent on number of teams entered)
Venue:	Wolanda Recreation and Convention Centre
Age:	9 to 17

SINGLE DAYS	Football	Handicapped	11v11 Gender
Monday:	17 April	Monday, 24 April	Thursday, 27 April
Tuesday:	18 April	Friday, 25 April	
Start to 3pm	Start to 3pm	Start to 3pm	Start to 3pm

More Information
dhr@footballsa.com.au

Wolanda Recreation Centre
7 Margaret St, Mount Gambier SA 5290