WIRRABARA PRIMARY SCHOOL
WEEKLY UPDATE

East Terrace, Wirrabara, SA 5481
phone - 8668 4087 fax - 8668 4008

WEEK 5 MONDAY 23rd FEBRUARY

Dates to remember

**Week 5**
- Mon 23rd
- Tues 24th * Tuck day - Heidi, Garden –
  Vicky, Playgroup
- Wed 25th * Garden – Tammie,
  Thursday 26th* Kitchen - Coleen
- Friday 27th * I want to be…. day 2015
  Dress up as what you want to be when you grow up and donate a gold coin.

**Week 6**
- Mon 2nd *
- Tues 3rd * Playgroup, Tuck day – Di, Garden
  – Di.  Come and see my Learning Area, 7-8 pm
- Wed 4th * Garden – Heidi, Kitchen - Nicole
- Thurs 5th * Kitchen - Tammie
- Fri 6th *

For your diary
- Monday 9th March, Adelaide Cup Public Holiday
- Tuesday 17th March – School photos, Governing Council meeting 7:30pm
- Thursday 19th March – Wirrabara School Sports Day
- Friday 20th March – Student Free day
- Friday 27th March – Rocky River Sports Day @ Gladstone HS

Sent out last week:

- Materials and services invoices. Please see Lisa or Liz if you require school card application forms.
- Individual photo envelopes. Family envelopes are available from the front office.

Reminders
- Tuck day orders need to be in on the Thursday before Tuck Day.

Great Start website
This website provides everyday activities for parents to provide their children with a variety of learning experiences. As everyone knows so much learning occurs at home and these will ensure that your child has a … great start.

www.greatstart.sa.edu.au Whilst this is mostly aimed at 0-5 years there are still many ideas and activities which would be applicable to children up to 8 years.

Resilience
Did you know that: Resilience is not a trait that people are born with? It involves behaviours, thoughts and actions that can be learned and developed.

A combination of factors contribute to resilience:

- The capacity to make realistic plans and take steps to carry them out
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses.

10 ways to Build Resilience

How are you helping your children to build resilience?
**Joy Time for Term 1 2015**

With something for young, old and in-betweens.

After school to 5pm at St Margaret’s Church, High Street, Wirrabara.

Dates for Term 1 — Tuesdays 3rd, 17th and 31st March.

Fun for all.

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**BMW Netball / Footy Bags**

Available to order, $50 including logo and players name. Orders & payments to Chris Woolford by 11th March.

Phone 86672135 / 0427510963

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**Opal Pop-up Tuesdays**

During March OPAL will commence 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 Remarkables Council Office, Malmsbury

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

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

4th Tuesday each month: Southern Flinders Regional Sporting Complex, Gladstone

*We hope to see you there!!*

Emma Young

OPAL Program Manager

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