

# OPEN PARACHUTE

## SAYING NO: OVERVIEW FOR PARENTS & CAREGIVERS

### HOW CAN I PROTECT MY CHILD FROM HARM?

Sometimes kids face situations that are unsafe or are hurting them emotionally or physically. This can be scary for parents because we never want to see our children get hurt. While we can't protect them from everything in life, we can help them build skills to set boundaries and keep themselves safe.

## TIPS FOR HELPING YOUR CHILD SET BOUNDARIES

### 1. IT IS OK TO SAY NO

Show your child that setting boundaries and asking for help are signs of strength, not weakness. You can tell them: "When we are struggling and we ask for help or tell someone 'no', we are growing strength and it gets easier every time we do it." If you share examples from your own life it really helps, because it gives them a social script and a model that they internalize in their minds and can draw on later. So you can say: "A friend asked me to go to a dinner that I really didn't want to go to. I felt nervous and scared about their reaction if I said no, so I went and I hated every minute of it and felt exhausted after! So the next time they asked me to go to a dinner I was brave and said no. It was still scary but I felt so much better afterwards! And I realised that it was ok to say no."

### 2. LIMITS IN THE HOME

When you set boundaries, if you do so calmly and firmly, without getting angry, this helps your child learn that 'no' is a normal and calm thing to say. It's easy for 'no' to become emotionally charged, which turns it into a scary word for kids. If we can give them examples where 'no' is not a big deal, this will help them stay calm and see the bigger picture when it comes to saying 'no' to someone else. You can use empathy to help keep the mood calm. You can say things like: "I'm sorry, I know it's hard, but it's not going to happen." And then lightly change the subject to something else.

### 3. RESPONSIBILITY

Give them increasing amounts of responsibility to make choices and decide what they want. You can tell them: "I would like to spend some time with you tomorrow, why don't you choose a fun activity for us?" Or: "Why don't you choose a meal that you like and we can cook it together?" It's surprisingly hard for us especially when we are young to actually listen IN to what we want – it is a skill that needs to be practiced. So the more opportunities you give your child to make an empowered choice based purely on how they FEEL, the more chance they have to build the muscle of paying attention to what is happening inside of them and setting boundaries based on that.

### 4. NON-REACTIVITY

If they accuse you of something or blame you for something, you can turn this unpleasant situation into one of the most helpful conversations you can have with your child. Validate and support their experience by saying: "I'm sorry you feel that way, that's definitely not my intention! What can we both do to change the dynamic?" This is role-modeling healthy respectful voicing and listening to boundaries. By not taking it personally or getting hooked into defending yourself, but simply listening, respecting their opinion (knowing it doesn't mean anything bad about you) and then working constructively with them to repair it, you are showing them how to disagree and set boundaries in a kind and compassionate way.



Waikerie Lutheran Primary School

# NEWSLETTER



OUR VALUES - LOVE RESPECT INTEGRITY Term 2 // Week 5 // Wednesday 24th May 2023

## CALENDAR OF EVENTS

### TERM 2

#### WEEK 5

Wed 31 May	Extra PE Day & Lunch Orders
Thur 1 June	Spanish & Choir
Fri 2 June	9am Chapel

#### WEEK 6

Mon 5 June	9am Assembly & Spanish Yr 5/6 Camp
Tue 6 June	PE Day Yr 5/6 Camp
Wed 7 June	Lunch Order Day Yr 5/6 Camp
Thur 8 June	Spanish & Choir
Fri 9 June	Student Free Day

#### WEEK 7

Mon 12 June	Public Holiday
Tues 13 June	9am Assembly & PE Day
Wed 14 June	Lunch Orders
Thur 15 June	Spanish & Choir
Fri 16 June	9am Chapel

#### WEEK 8

Mon 19 June	9am Assembly & PE Day
Wed 21 June	Lunch Orders
Thur 22 June	Spanish & Choir
Fri 23 June	9am Chapel

#### WEEK 9

#### WEEK 10

## FROM THE PRINCIPAL

Dear Families,

This week is National Reconciliation Week (NRW). It is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The dates for National Reconciliation Week are the same each year; 27 May to 3 June.

These dates commemorate two significant milestones in the reconciliation journey - the successful 1967 referendum, and the High Court Mabo decision respectively.

27 May 1967 - On this day, Australia's most successful referendum saw more than 90 per cent of Australians vote to give the Australian Government power to make laws for Aboriginal and Torres Strait Islander people and recognise them in the Census.

3 June 1992 - On this day, the Australian High Court delivered the Mabo decision, the culmination of Eddie Koiki Mabo's challenge to the legal fiction of 'terra nullius' (land belonging to no one) and leading to the legal recognition of Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of lands. This decision paved the way for Native Title.

Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

National Reconciliation Week (NRW) started as the Week of Prayer for Reconciliation in 1993 (the International Year of the World's Indigenous Peoples) and was supported by Australia's major faith communities.

In 1996, the Council for Aboriginal Reconciliation launched Australia's first National Reconciliation Week.

In 2001, Reconciliation Australia was established to continue to provide national leadership on reconciliation.

In the same year, approximately 300,000 people walked across Sydney Harbour Bridge as part of National Reconciliation Week-and subsequently across bridges in cities and towns-to show their support for reconciliation.

Today, National Reconciliation Week is celebrated in workplaces, schools and early learning services, community organisations and groups, and by individuals Australia-wide.

Credit: <https://nrw.reconciliation.org.au/about-nrw/>

Be a voice for generations!

Have a blessed week.

Tania Fragnito  
Principal

### Waikerie Lutheran Primary School

6 McIntosh Street  
Waikerie SA 5330

Phone: 08 8541 2344

Principal: Ms Tania Fragnito

Website: [www.wlps.sa.edu.au](http://www.wlps.sa.edu.au)



NATIONAL RECONCILIATION WEEK 2023

27 MAY — 3 JUNE

**BE A VOICE FOR GENERATIONS**

#NRW2023

NRW.RECONCILIATION.ORG.AU



# SCHOOL NEWS

## Student Free Day Advance Notice

Please be advised that we will be having a student free day on **Friday, 9th June** where staff will be engaging in professional development.

## Public Holiday

The school will be closed for a public holiday on **Monday, 12th June**.

## Change of Dates for PE

Please note there will be a catch up PE lesson tomorrow, **Wednesday, 31st May**.

## Year 5/6 Camp

Next Monday the Year 5/6 class will be heading off on a 3 day camp at Woodhouse in the Adelaide Hills. We pray they have a great time and look forward to hearing about the camp on their return.

## LLL Interest

On **31st May** interest will be added to all deposit accounts. If you would like to have your passbooks updated, please drop them into the office.

## Late Arrivals and Early Departures

Children who arrive late to school or need to leave during school hours **must** be signed in or out in by a parent/guardian via the front office. Thank you for your assistance.

## ICAS

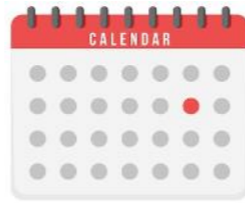
Please find included a letter outlining the ICAS competitions that are on offer for children in Year 3 to Year 6.

## Medication at WLPs

If your child requires medication at school, please ensure that you provide the Admin team with a medication plan. Thank you for your assistance.

## 2023 Term Dates

Term 2: 1st May to 7th July  
 Term 3: 24th July to 29th Sept  
 Term 4: 16th Oct to 14th Dec



## School Office Hours

8:30am - 4.00pm  
 (Mon, Tues, Wed & Fri)  
 8:30am - 3.00pm (Thurs)

## Office Staff

Administration  
 Ms Dee Prevedel  
 Mrs Melissa Schmidt



## Waikerie Lutheran Parish

### Worship Roster

Sunday, 4th June 2023

Lowbank: 8:45am

Ramco: 8:45am

Waikerie: 10:00am

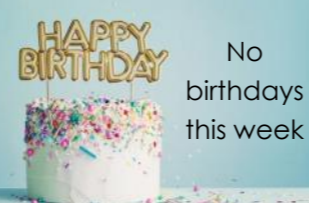
Office: 8541 2689

Open: 11am - 3pm Thurs &  
 10am - 3pm Fri

Manager: Trudi Edwards



## Birthdays This Week



GOD BLESS YOU!

# MEET OUR STAFF - MRS KIRSTY SMITH

## ABOUT ME

*I grew up in Victoria, near the Grampians, with my parents and 2 sisters. I have 2 children and one grand daughter.*

## MY HOBBIES & ACHIEVEMENTS

*I love spending time with my family, going for walks and cooking. I have an Associate Diploma of Arts in Child Care.*

## MOST REWARDING PARTS OF MY JOB

*Building relationships with the students and supporting them with their learning*

## WHAT IS MY ROLE AT WLPs

*I am an LSO and currently support students in the F/1 and Year 4 classrooms.*



# RPSMF CONGRATULATIONS

Congratulations to Samrath who has been selected as the Narrator for the song "I am the Earth" for the Riverland Primary Schools' Music Festival. We are very proud of your efforts and look forward to the performance in August.

Due to Mrs Schmidt's absence last week, rehearsals for the potential Assisting Artist audition item will commence this week.



# SAPSASA CROSS COUNTRY & FOOTIE

On Friday 26<sup>th</sup> May, Max, Jordan, Legion and Ashley competed in the Cross Country Run at Martin's Bend, Berri. Max and Jordan ran the 3km track for 11+ year olds. Max finished in 3<sup>rd</sup> place behind 2 high school boys and Jordan ran hard to complete the 3kms. Legion gave it his all running the 2km track for the 10 year old age group. Although the run was for 10+ year olds, capable 9 year olds were encouraged to have a go too. Ashley was one of the 9 year olds running and finished 2<sup>nd</sup> in the 10 year old age group. Max has been invited to compete in the SAPSASA Cross Country Race at Oakbank on Thursday June 8<sup>th</sup>, Ashley is too young to attend the Oakbank carnival.



The SAPSASA football carnival was held on 22<sup>nd</sup> to 24<sup>th</sup> May at Barratt Reserve, West Beach. Max was selected as the captain of the Riverland team, which consisted of 15 Year 5 & 6 boys from Riverland Schools. The Riverland team competed in Division 1 and played 9 games over the 3 days. There were some close and tough games and at the end of the carnival the boys came away with one win and one draw. Max had a great time playing in the carnival, making lots of new mates and getting a tour of West Adelaide Football Club.



# STUDENT OF THE WEEK AWARDS

Well done to the following students who have received a Student of the Week Award for being Knowledgeable over the past 2 weeks.

## Year 5/6

**Amarlee** - Amarlee chose to independently continue her research on Uluru at home to build her knowledge of this amazing Australian landmark. Great work Amarlee!

**Joel** - Joel used our class "Curiosity Wall" to build and share his knowledge. It was wonderful to see all the questions and answers/

**Zach** - Zach made wonderful use of our class "Curiosity Wall" to learn more and build both his, and another classmate's knowledge.

## Year 4

**Constance** - Constance has been working very hard to build and maintain her knowledge around vertical addition. All your hard work has paid off Connie. Well done!

**Harriet** - Harriet has shown her knowledge about animal habitats and has applied this knowledge to her student agency goal. I love hearing your passion for animals, Harriet.

**Navraj** - Navraj has shown how knowledgeable he is in Maths by joining in with class discussions and sharing his ideas. Well done, Nav!

**Sophie** - Sophie has shown the Learner Profile of Knowledgeable in Maths. She has shown a good understanding of carrying and regrouping in addition. Well done, Sophie!

## Year 2/3

**Ashley** - Ashley is always willing to work with a partner to share her knowledge and understanding. Well done Ashley!

**Bradley** - Bradley confidently explained his knowledge and understanding of Coding when sharing his solution to a challenge. Well done Bradley.

**Dominic** - Dom enjoyed sharing his understanding of how to measure with his partner in Maths. Well done Dom!

**Jainnav** - Jainnav did a great job of sharing her understanding of numbers when doing the "Today's Number" activity. Well done Jainnav.

## Foundation/Year 1

**Ariki** - Ariki has been applying her knowledge of SSP into her daily writing, creating some great stories.

**Blake** - Blake has been very knowledgeable in our recent work on skip counting, applying strategies in order to count by 5's well in to the hundreds. Well done!

**Lakyn** - Lakyn has been progressing at a fantastic rate in SSP, applying his knowledge of the green and purple code level into his daily reading and writing. Well done!

**Thomas** - Thomas has been demonstrating a good understanding of 2D shapes, sharing his knowledge with his peers.