



FREELING SCHOOL PRESCHOOL - YR 6

23rd October, 2023 TERM 4 WEEK – 2 NEWSLETTER # 17

Coulls Street FREELING SA 5372 Email: dl.0139.info@schools.sa.edu.au
Phone: 08 8525 2045 Mobile: 0439 973 806 Absence SMS: 0428 179 768
Website: <https://www.freelingps.sa.edu.au/> Facebook: <https://www.facebook.com/Freelingp7/>



HAPPY HAVEN IS CURRENTLY STILL ABLE TO OFFER Out of School Hours Care
OSHC Service hours (6:45 – 8:45am and 3:00 – 6:15pm)

Outside of these hours the mobile number is available for you to leave a voice message or send a text message regarding bookings/absences.

HAPPY HAVEN - FREELING SERVICE – DIRECT 0404 735 135

PLEASE REMEMBER STUDENTS ARE NOT TO BE ON SCHOOL GROUNDS BEFORE 8:30am

PLEASE STAY MINDFUL of the HEALTH and SAFETY of OUR SCHOOL & WIDER COMMUNITY

- IF YOUR CHILD IS UNWELL, DO NOT SEND THEM TO SCHOOL. PLEASE NOTIFY THE SCHOOL VIA **PHONE 8525 2045** OR **SMS 0428 179 768**
- IF THEY ARRIVE AT SCHOOL OR BECOME UNWELL, WE WILL CONTACT YOU FOR THEM TO BE COLLECTED.
- PLEASE WASH OR SANITISE YOUR HANDS AND COVER YOUR COUGHS AND SNEEZES.
- MAINTAIN SOCIAL DISTANCING - 1.5 M BETWEEN ADULTS IN OR OUTSIDE OF SCHOOL GROUNDS.

THESE ARE RESPONSIBLE AND NECESSARY ACTIONS THAT RESPECTS THE HEALTH AND SAFETY OF EVERYONE

If your child develops symptoms such as a fever, cough, sore throat, shortness of breath, runny nose, loss of smell/taste, muscle/joint pains, diarrhoea, nausea/vomiting or extreme tiredness, please get tested.

If your child tests positive, you must inform Freeling Primary School on 85252045 immediately. You must also lodge the positive test result with [SA Health](#)

POSITIVE COVID-19 CASES SHOULD STAY HOME until acute symptoms have cleared (usually 5 to 7 days).

Although many COVID restrictions have been lifted and parents/carers are welcome to be on site and enter classrooms, we ask that all adult visitors practise physical distancing when on site and not attend the site if they are unwell. Please continue to advise us if your child is COVID positive and keep them home whilst unwell.

QUICK and EASY COMMUNICATION USING the SEESAW APP

In preparation to receive school information and make contact with your child's teacher, we ask that you download the SEESAW APP available free of charge from the APP Store or GOOGLE PLAY STORE. Information about joining your child's/children's class group has been shared by the class teachers.

At this stage, all school newsletters will be sent to class teachers who will send them out to families via the SEESAW APP.

DIARY DATES

TERM 4

OCTOBER

Monday 16th

First day of Term 4

Friday 27th

Excursion/Rm's 1,2 & 3

Tuesday 31st

Governing Council

Meeting 7pm

NOVEMBER

Saturday 11th

REMEMBRANCE DAY



Thursday 16th

School Concert

Friday 17th

SCHOOL CLOSURE

Monday 20th

PUPIL FREE DAY

Thursday 23rd

Rm's 7 & 8 excursion

Assembly timetable

Week 1: Host - Rm 7

Showcase - Rm 1

Week 3: Host - Rm 6

Showcase - Rm 3

Week 5: Host - Rm 1

Showcase - Rm 2

Week 7: Host - Rm 2

Showcase - Rm 7,6

Week 9: Host - UP

End of Year



Welcome Back

Welcome back to Term 4. We hope you had a restful and enjoyable holiday break. Term 4 is the shortest term, being only 9 weeks long, and with so many events planned and learning to be done, it's sure to go by quickly. Of note are the School Concert (Thursday the 16th of November), followed by a School Closure day (Friday the 17th of November), and Pupil Free Day (Monday the 20th of November). We also have numerous transition visits planned for our 2024 Preschool and Reception students, and our Year 6 students will have their final transition visit before starting high school next year. Information about these dates will be provided shortly.

Early Arrivals

We continue to have a large number of students arriving before 8:30am. Please be aware that staff are NOT on duty before 8:30am. Students are amassing by the front gate, and spilling onto the road, creating a safety concern. If you require care before this time, please visit the Happy Haven OSHC website to enrol your child in the Freeling Primary School service.

Festival of Music

On Tuesday 19th September, fifteen of our students performed on stage at the Adelaide Festival Theatre as part of the Public Primary Schools Festival of Music. The Primary Schools Festival of Music, an official state icon, and custodian of an iconic South Australian tradition, engages our students in artistic excellence, cultural diversity and social inclusion through performance in Music and the Arts.

This year musician, Paul Jarman was commissioned to compose a set of four songs entitled "World of Tomorrow". In this rapidly evolving modern world, it is hard to imagine that less than two hundred years ago there was no electricity, no running water or central heating and cooling. We lived without antibiotics and medicines. Cars, trucks, buses and planes were not yet invented. There were no telephones, let alone smart phones. While most of these differences have improved our lives, some haven't. Many of these differences are greatly influencing our lives. Are we heading the right way? The technology challenges of our changing world formed the theme of our four-part song cycle for the 2023 Festival of Music, "World of Tomorrow".

During the concerts there were a number of Guest Artists from public primary and secondary schools, other choir items that presented different musical genre, and two pieces that specifically showcased the talents of the orchestra. It was a spectacular event that our students and staff enjoyed being a part of.



Angela, Luke, Kaylene, Irene & Sonia
FPS Leadership Team

MATERIALS & SERVICES CHARGES 2023

Thank you to those families that have paid the Materials and Services charge of \$169.00 (M&S \$269 less \$100 Government Rebate). The M&S Charge was due to be paid by 10 March 2023 so if you have not yet paid please arrange to do so as soon as possible. M&S Fees 2023 are now well overdue.

A final notice and statement will be sent to families shortly. If fees are still outstanding please pay as soon as possible to avoid debt collection procedures.

PAYMENT OF MATERIALS AND SERVICES

There are many payment options (such as the instalment payment plan, and applying for school card) available to suit individual circumstances. Please feel free to reach out to the FPS Finance team on (08) 85 252 045 if you need to speak with someone about your options.

Payment may be made by cash, cheque, EFTPOS, or by EFT - Direct Bank Deposit (see details below). Payments can be made to the Front Office Reception from 8:30 - 3:30pm each day.

Name: Freeling Primary School BSB No.: 105 109 Account No.: 396 038 240

When making payments to FPS bank account for M&S fees or other invoiced amounts please remember to use the reference indicated on the invoice and family surname.

SCHOOL CARD

If you think you may be eligible for School Card, please complete the online application form at the link below as soon as possible.

[Click Here to Apply for School Card https://www.sa.gov.au/topics/education-and-learning/financial-help-scholarships-and-grants/school-card-scheme](https://www.sa.gov.au/topics/education-and-learning/financial-help-scholarships-and-grants/school-card-scheme)

INSTALMENT PAYMENT PLAN

Please contact the school to arrange a payment plan.

HAPPY HAVEN OSHC FREELING

Join us for the Pupil Free Day

Magic Mania
MONDAY 20th NOVEMBER
6:45am - 6:15pm

- Activities
- Sensory
- Craft

Bookings can be made via OWNA - on your bookings screen, select the Pupil Free Day session type.

There are no automatic rollover of bookings from Before or After School to the Pupil Free Day.

Bookings made after the 13th of November will attract the short-notice booking fee.

\$68.00 BEFORE CCS

www.happyhaven.sa.edu.au 8155 5444 @contactus@happyhaven.sa.edu.au

HAPPY HAVEN OSHC FREELING

Join us for the School Closure Day

WHEELS DAY
FRIDAY 17th OF NOVEMBER
6:45am - 6:15pm

All children must bring their own wheels and helmets!

- Activities
- Races
- Challenges

Bookings can be made via OWNA - on your bookings screen, select the Pupil Free Day session type.

There are no automatic rollover of bookings from Before or After School to the Pupil Free Day.

Bookings made after 10th of November will attract the short-notice booking fee.

\$68.00 BEFORE CCS

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MATERIALS & SERVICES 2024

NOTICE OF MATERIALS AND SERVICES CHARGES 2024 The Education Department directs Governing Councils to:

Itemise the Materials and Services Charge for 2024
Invite parents who want clarification of items charged or to express their opinion about the charges.

A copy of the proposed charges for 2024 is included below for your information.
Parents/Carers wishing to have input/discuss these proposed charges are invited
to attend The Governing Council Meeting which is to be held on
Tuesday 31st October 2023 at 7pm in the Staffroom.

The charges will be finalised and endorsed at this meeting.

Any questions or concerns regarding the Charges can be directed to The Principal.
This notice was also circulated to parents via class seesaw app and school facebook page.



Freeling Primary School - 0139		
Notice of Materials and Services Charges for 2024		
Notice of Charges for Reception To Year 6		
HEADING	ITEMS AND SERVICES	COST (\$)
Printed and electronic materials related to the educational program and which are provided for the student	Workbooks	\$41.00
	Text Book Hire / E-Book Access	\$0.00
	Photocopied Material	\$40.00
	SUBTOTAL (ZPREM)	\$81.00
Stationery items that are provided for the student	Stationery Items	\$62.00
	Drawing Utensils	\$27.00
	Other [please Specify]	\$0.00
	SUBTOTAL (ZSTAT)	\$89.00
Materials and Services that are provided by the school for the student to consume or use the materials or take ownership of a finished article produced by the student with the materials	Access to Student Information Technology	\$41.00
	Access to Machinery	\$0.00
	Access to Equipment	\$0.00
	Curriculum/Subject Supplies and Services	\$40.00
	Other [please Specify]	\$0.00
	Other [please Specify]	\$0.00
	SUBTOTAL (ZACMS)	\$81.00
Materials for inclusion in the school library and to enable use by the student	Library resources including access to borrowing library resources	\$36.00
	SUBTOTAL (ZACLI)	\$36.00
Total Materials and Services Charge (excluding Subject Charges)		\$287.00

These subject charges are in addition to the Materials and Services Charge above for those students undertaking the following subjects.

Subject Description	Cost (\$)
	\$0.00
	\$0.00
	\$0.00
	\$0.00
	\$0.00

SPORTS DAY



MOOROOROO	3030
BELVIDEDE	2980
LIGHT	2810
MUDLA WIRRA	2680

CONGRATULATIONS MOOROOROO – IT'S BEEN 23 YEARS!

It was wonderful seeing all students actively participating in Sports Day last term, with our House Captains doing a great job marshalling the younger members of their teams, encouraging and supporting one another and displaying high levels of sportsmanship. Well done!

Thank you to the following people for their support:

Preparing the oval, line marking and mowing – Andy Brimer, Ian Carmichael & Brian Tomlinson

Organising lunches – Rachel Lobrovic, Lucy O'Leary and the Parents & Friends

Providing hay bales – Travis Muster

All staff for their work organising and running the day.







Student Wellbeing

A message from Mrs Nelson – Wellbeing Coordinator

Hello to all of our families and friends of FPS,

We are nearing the end of another school year, with Term 4 is set to be a busy and bustling one. It's a great time to reflect on the achievements, challenges, successes and growth that have occurred for your child over 2023.

When we start looking back at the year that has been, we often realise how many events and activities we have been involved in, and how persistent and resilient the students have been.

As the Wellbeing Coordinator, I have the privilege of working with all classes and, in particular, our school leaders.

I have been working with the Student Voice representatives and the House Captains to plan some special events for the students this term.

This term we have planned some school community events, to engage as many students as possible and make term 4 one of the best!

Student Voice representatives will be; -

- Selling ice blocks every Friday for \$1
- Running a story writing competition
- Organising a basketball competition in conjunction with the House Captains
- Hosting a Christmas themed dress up day in Week 9

House Captains will continue running lunch time activities in term 4. They will set up a fun event every Tuesday lunchtime. Week 1 was ten pin bowling. I wonder how many students got a strike...

Our House Captains did a fantastic job in the lead up to Sports Day, running lunchtime sports activities and practising the chants, to help get their teams ready for the big day. During Sports Day, the House Captains organised the younger students and got them ready for relays and team games. House Captains also ran alongside the younger students during the cross-country event, encouraging them to keep going and do their best.

Congratulations to the yellow team, Moorooroo, for their first win in over 18 years!

Preparations for our Zen Garden are coming along. It's finally time to start clearing the old garden to make way for the new plants. We will be encouraging students to get involved in the digging and planting later in the term.

As a final note, a reminder to parents that Parenting SA has a wealth of information relating to the challenges and daily events you might encounter along your journey of being a family. Follow the link for information [Parenting SA - Home](#) .

See our newsletter for updates and visit our Parent Library, near the front office, for free support information.

Have a wonderful week, and I look forward to sharing the special events of term 4 with you all.

Kind regards,

Sonia Nelson

Wellbeing Coordinator

State Country Athletics carnival

On 18th of September, Freeling had six students represent the Barossa and Light SAPSASA athletics team. Mia (Discus), Jaxson (Discus), Remi (Shot Put), Mathew (100m,200m and Relay), Quaide (800m and 1500m) and Mitchell (Shot Put) competed against the best country athletes in the state. It was all their first time at the state champs.

Students had been spending some of their lunchtimes preparing for the Carnival as well as practising at home leaving a lot of damaged backyards. (In a good way)

All competing in Division One, Mia was 8th in the state, Jaxson placed 8th, Remi placed 4th, Mitchell placed 10th, and Quaide placed 7th in 800m and 6th in 1500m.

Mathew had a very successful day being the state country champion in the 100m, 200m and relay. It was a mighty effort and all his hard work had paid off. All the students put a huge amount of effort in preparing for the day and did a fantastic job representing the school and the district.

We are all so proud of you all. Well done athletes!!!!

Mr Wilson



SAPSASA



Performing Arts

Reception and Year 1 students have enjoyed sharing their "Animal Costume Designs" with their buddies at the end of Term 3.

Their work has been displayed in the Library area, adjacent both sides of the walkway near the whole school photos for a few weeks, and will be taken down at the end of the week.

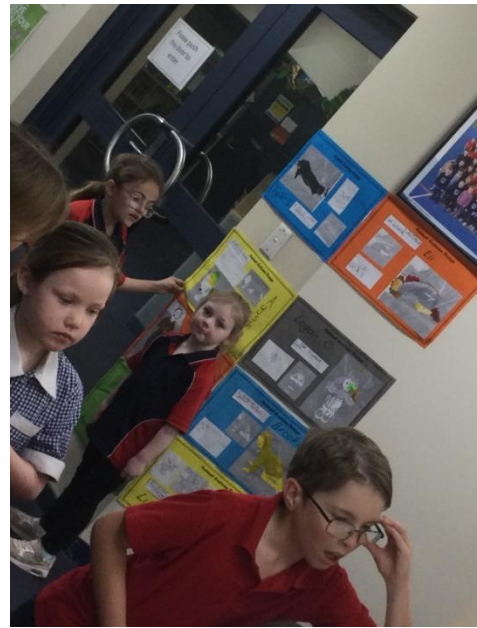
This project combined Media Arts and Drama skills, starting with "Animal Action Poses", continuing with designing and drawing a costume for their chosen animal, and finishing with a description.

Our school community is welcome to have a look at the students' work during school hours.

Emily Hewitt, JP Arts.



Room 1 sharing with their Big Buddies



Room 3 sharing with their Big Buddies



Room 2 sharing with their Big Buddies



Parents & Friends

TERM 4

Week 2

TUESDAY 24th October

Chicken Burger \$4.50
(lettuce, tomato, cheese & mayo)
Unless specified

Choc chip cookie (2) \$2.00

Fruit box \$1.50

Chocolate/Strawberry milk \$2.00

Helpers: Rachel Lobrovic, Ella Wunderlich

Week 3

TUESDAY 31st October

Hot Dog (cheese & sauce) \$3.50

Ice swing \$2.50
(raspberry, cola, lemonade)

Fruit box \$1.50

Chocolate/Strawberry milk \$2.00

Helpers: Lucy O'Leary, Karina Heinrich

Week 4

TUESDAY 7th November

NO SCHOOL LUNCHES

Week 5

TUESDAY 14th November

SUSHI PRE-ORDERS

Helpers: Lucy O'Leary, Rachel Lobrovic

FREELING PS
GOVERNING COUNCIL
MEETING
TUESDAY 31st October
7pm in the Staffroom

DON'T FORGET!



 SCHOLASTIC

Book Club

orders are due:

3rd November, 2023



ZOOOPER DOOPERS

Student Voice members will be
selling zoooper doopers on
Fridays at recess.

Cost : \$1 each



**GROWTH MINDSET MATTERS
CONGRATULATIONS (Week 10 Term 3)**

Room 1 - Sue Bishop

Lucas Bartlett & Xavier Bugeja

Room 2 – Sally Gardner

Blake Miller & Scarlett Haseldine

Room 3 – Carlee Tredrea

Jayger Heutling & Saoirse Rose

Room 6 – Kristy Batson

Noah Duh & Dechlan Lubcke

Room 7 – Lynne Randall

Lucy Aspinall & Nash Cook

Room 8 – Rachel Meinhardt

Parker Rittner & Zoe Mines

Room 9 – Heidi Markwick

Hazel Hardy & Luke O’Leary

Room 10 – Emily Taylor

Imogen Wunderlich & Deakon Fitzgerald

Room 11 - Coby Rodda

Harry Selleck & Tyler Gardner

Room 12 – Anabel Pascoe

Mitchell Jameson & Mathew Hill



PLAYGROUP [AT]

FREELING P-6

Learn • Grow • Make Friends

Play, Learn
& Grow
Together



Fridays during
school Terms
9am-10:30am

WORLD TEACHERS' DAY 2023



HATS OFF



TO TEACHERS

FRIDAY 27 OCTOBER 2023



**GROWTH MINDSET MATTERS
CONGRATULATIONS (Week 1 Term 4)**

Room 1 - Sue Bishop

Logan O’Neill & Amaya Schaefer

Room 2 – Sally Gardner

Elliott Oates & Jack Selleck

Room 3 – Carlee Tredrea

Elora Schaefer & Alison Roche

Room 6 – Kristy Batson

Kyah Bliss & Ella Kearvel

Room 7 – Lynne Randall

Addilyn Gates & Oliver Buttigieg

Room 8 – Rachel Meinhardt

Lakita Smith & Connor Jameson

Room 9 – Heidi Markwick

Sophie Warner & Cooper Marslen

Room 10 – Emily Taylor

Jameson Vivian & Imogen Wunderlich

Room 11 - Coby Rodda

Jaxson O’Neill & Olivia Heinrich

Room 12 – Anabel Pascoe

Remi Lines & Lilybeth Axford



Aboriginal children
can attend preschool
once they turn 3.

Contact your local
preschool for information
about enrolling your child.

For more information visit:
education.sa.gov.au

Aboriginal children are eligible to attend preschool after their 3rd birthday. In these circumstances, children may attend for an average of 12 hours per week. Aboriginal children are eligible to access their full preschool entitlement (15 hours per week) at the beginning of:

- term 1, if the child has turned 4 years of age before 1 May of that year.
- term 3, if the children has turned 4 years of age before 1 November of that year.

Aboriginal children may either start school when they reach the age of eligibility for enrolment at a government school or continue at preschool until they turn 6 years of age.

Grief and loss



Growing up is an ongoing process of change for children that involves times of loss as well as times of gain. Children grieve from an early age, but not in the same way as adults. They often grieve in bursts and can show their feelings in their behaviour and play.

Changes such as losing a family member, moving to a new home, family break-up or starting child care or school bring new feelings, challenges and learning for children. The support they receive at these times help children learn to manage and deal with losses that will happen throughout their lives.

When children grieve

Children can feel grief and loss over the same things as adults, e.g.:

- a parent or family member dying
- parents separating or the family breaking up
- the loss of a friend or friendship
- moving house or changing schools
- having a disability
- being in hospital
- the loss of a pet
- loss of culture and homeland when moving to a new country
- loss related to crises, e.g. fire, flood, accident or other community tragedy (see Parent Easy Guide 'Dealing with a crisis').

Children can also grieve over things that seem small to adults but are big to them, e.g. losing a special toy, comforter or other possession.

Children's understanding of death and loss

Preschool children

In the preschool years children don't understand that death is forever. They feel grief when they lose someone close to them. The impact of the loss may be greater because they don't really understand what's happening. They don't understand what is real and what is not real and may think they have caused what happened. They may be more clingy and needy and have trouble separating from you.

Losing someone who cares for them is a major stress for children. It takes time and love and care to overcome.

Early primary school

Children are beginning to learn that death is permanent and to realise that when someone dies they are not coming back. Some children may feel responsible for the death or separation and think it was because of something they did. They may also worry about who will look after them. If they have lost a parent they may worry about losing the other parent as well.

They may be very matter-of-fact in the way they talk about death and want lots of information such as what happens to the body. They may need to hear what has happened many times over. They may not know what it is they are feeling or have the words to say how they feel. They may show their feelings in their behaviour and play.

Children feel grief and loss from a young age. They need your help to deal with their feelings.



Later primary school

Children now understand that death is permanent. They can also understand why death happens, e.g. because of illness, accident or old age. They can talk about their feelings better although they might not always do so. They are less likely to blame themselves for what has happened but they might blame others, e.g. blame one parent for a divorce. They have a strong sense of right and wrong and might have strong views about what has happened.

They may be interested in life after death and ask questions about it. They may still want to know all the facts about what happens to the body or details of an accident.

As they get older, children are more able to understand what other people are going through.

Teenagers

Teenagers grieve in much the same way as adults. At this stage in their development they often have emotional 'ups and downs' and can become deeply distressed. They can grieve over the break-up of friendships and relationships, parents' separation or the death of someone close. They can become withdrawn, depressed and moody. They may want to spend more time with friends than family, but they still need to know you are there to talk to if needed.

Young people often show their sadness through angry behaviours that cover up their underlying feelings. Some may turn to drugs or alcohol, drive too fast or do other dangerous things. These young people need lots of support.

Others just need to do active and noisy things, e.g. go for a run, dance to loud music or play sport with friends. Some may find comfort in art, music, writing poetry, walking alone or being in a quiet place to deal with their grief.

How children show grief

Each child experiences loss differently. It can depend on their age, maturity and 'connectedness' with the person or whatever is lost. They can grieve in bursts and seem OK one moment and not the next.

Young children especially don't have the words to talk about their feelings. They may not really know what they feel. Their grief can lead to more demanding behaviour as they try to get closeness, care, information or reassurance from you.

Some of the ways children show grief are:

- physical pain, e.g. tummy aches, headaches
- sleeping problems, bad dreams, wetting the bed
- eating too much or too little
- angry play or playing the same thing over and over
- being aggressive towards parents, friends or toys
- temper tantrums
- being destructive
- being mean to others
- being sad and easily upset
- showing fears
- not wanting to be left alone
- acting like a younger child
- acting more like an adult
- not being able to concentration for long
- problems with school work
- wanting to be left alone or not wanting to talk
- crying or giggling without obvious reason
- 'switching off' and acting as if nothing has happened
- running away, avoiding school, stealing
- taking risks, using alcohol or drugs.

Each child experiences grief and loss differently. It is important to work out what will best help each child.



Extra stresses for children

There can be extra stress for children when:

- parents or other adults are so upset they are not available to support children
- routines are suddenly changed
- people around them act differently, are upset, crying or not keeping to routines
- there are new situations to cope with, e.g. funerals, moving house
- they are asked to be different, e.g. be quiet, be helpful, be good
- they are not really sure what to think or do.

When a parent dies children need to feel they will not be abandoned.

What parents can do

Help children express their feelings

- Let children know you understand they are having difficult feelings. Provide an environment where they feel safe to express their feelings in whatever way they can.
- Help them find ways to express their feelings, e.g. through play, writing a letter, a story, a poem, painting, drawing or music.
- Allow children time to talk, ask questions and share their worries. They might be very confused and need to ask lots of questions. You may have to answer the same questions over and over as children try to make sense of things.
- If a child finds it hard to talk you could open the way by saying something like 'Some things are hard to talk about but talking things through can really help.'
- If you can't talk about it, find someone you both trust they can talk to, e.g. aunty, uncle, grandparent, teacher or counsellor. If children can't talk about the

loss they may feel that it is not safe to talk about it and continue to have muddled or scary feelings.

Share your feelings

- Share your feelings and tell children you are sad too - it helps them accept their feelings if they know others feel the same.
- Telling children how you are managing your feelings, even if you are sad, shows them that grief can be coped with. You will help them understand grief is a normal part of life.
- If you are really distressed it may not be wise to share this too much with children - they need to feel you are in control and can keep them safe.

Be honest

- Tell children what's happened simply and honestly in ways that suit their age and development. This helps them find ways to cope.
- If you don't tell children you may prevent them from dealing with the loss. It may cause problems when they have other losses later in life.
- Children need to know what's happened even if they don't ask.

Provide routine and support

- Stick to family routines as much as you can - doing the same things as usual helps children feel safe. Keep to the same rules about what children are allowed to do.
- Make extra time to spend with children and teenagers - they will need closeness and comfort.
- If your family has a spiritual belief this can be a support to children and adults.
- When the time feels right help your child or teenager to move on and try something new.

Involve children in funerals and ceremonies

- When children or teenagers have lost someone close it can help to have a role in a funeral service or ceremony, or to remember the person in a special way.
- Sharing emotions and feeling connected with others can be a great support.
- You could create your own way of remembering the person, e.g. release some balloons or plant a tree.





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Let your school or child care centre know what's happening - they can keep an eye on your child and may offer counselling or other support.
.....

When your child needs extra help

Seek help from a professional that knows about grief if your child or teenager:

- talks of not wanting to live or being better off dead
- seems to be preoccupied with death
- is acting angrily, crying, sad or depressed much of the time
- is unable to concentrate or is 'withdrawn' at school months later
- doesn't want to join in or play with other children months later.

.....
It is important to look after yourself too. Talking with a friend and sharing your feelings can really help. Seek professional help if you need it.
.....

Want more information?

Parent Helpline

Phone 1300 364 100

For advice on child health and parenting

Beyond Blue

Phone 1300 224 636

24 hours information, phone and online support for people suffering grief and loss

www.beyondblue.org.au

Youth Beyond Blue

Information and support for young people dealing with anxiety or depression

www.youthbeyondblue.org.au

Kids Helpline

Phone 1800 55 1800

Phone and online support for children 5 to 25 years

www.kidshelp.com.au

ReachOut

Information, tools and support for young people dealing with everyday troubles or tough times

www.reachout.com

Kids Matter

Information for parents and carers about children, grief and trauma www.kidsmatter.edu.au

Trauma and Grief Network

Information and resources for parents and carers of children and young people affected by trauma, grief and loss www.tgn.anu.edu.au

GriefLink

Information and resources for those experiencing death related grief www.grieflink.asn.au

Parenting SA

For more Parent Easy Guides including 'Dealing with a crisis', 'Family break-up' and 'Young people, feelings and depression' www.parenting.sa.gov.au

Raising Children Network

Information about raising children www.raisingchildren.net.au



**Government of
South Australia**

Parenting SA

A partnership between the Department for Education and Child Development and the Women's and Children's Health Network.

Ph: 08 8303 1660

www.parenting.sa.gov.au

Parent Easy Guides are free in South Australia.

Important: This information is not intended to replace advice from a qualified practitioner.

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Revised: 10/2015.

COMMUNITY NOTICES

KIDS HALLOWEEN DISCO

Book Online:
www.trybooking.com/CLIQG

\$8 Entry
 Plus Booking Fee

Presented by
 Freeling Christmas Street Party

SESSION 1 AGES 4 - 7 TIMES 5:00PM - 6:30PM
SESSION 2 AGES 8 - 13 TIMES 7:30PM - 9:30PM

FEATURING DJ SPARKS

FRIDAY OCTOBER 27TH

FREELING INSTITUTE

Made with PosterMyWall.com

GAWLER HALLOWEEN DISCO

FRIDAY 3 NOVEMBER 2023

7:00 PM TILL 9:30 PM
 AGE 8 - 15 YEARS

\$7 ENTRY

POLICE SUPERVISED/LOCK-IN EVENT
 ALCOHOL AND DRUG FREE ENVIRONMENT

GO TO THE EVENTS PAGE ON WWW.BLUELIGHTSA.ORG TO GET YOUR TICKETS TODAY!

HEWETT CENTRE
 28-30 KINGFISHER DRIVE

HALLOWEEN THEME-PRIZE FOR BEST COSTUME

DJ FOR THE EVENING,
 PHOTO BOOTH AND
 AIR BRUSH TATTOOS

SOUTH AUSTRALIA POLICE
 SAFER COMMUNITIES

Government of South Australia

Blue Light SOUTH AUSTRALIA

Term 4 2023

Wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	OCTOBER 16	17	18	19 Assembly – Rm 7 Showcase: Rm1	20 Playgroup 9-10.30am
2	23 NEWSLETTER	24	25	26	27 Playgroup 9-10.30am World Teachers Day Rm 1, 2, 3 Pevan Exc – Starplex
3	30	31 State Hiragana Comp Gov Council 7pm	NOVEMBER 1	2 Assembly – Rm 6 Showcase: Rm 3	3 Playgroup 9-10.30am
4	6 NEWSLETTER	7 Melbourne Cup	8 Pre-entry & Preschool - Rec Transition (parent meetings)	9	10 Playgroup 9-10.30am Remembrance Day 11/11🌐 →
5	13	14	15 Pre-entry & Preschool - Rec Transition (parent meetings) Assembly – Rm 1 Showcase: Rm 2	16 SCHOOL CONCERT	17 School Closure
6	20 PUPIL FREE DAY NEWSLETTER	21	22 Pre-entry & Preschool - Rec Transition	23 Exc - Rm 7&8 Parliament House & Art Gallery	24 Playgroup 9-10.30am
7	27 Incursion Rm 9 & 10 Bunnings Craft	28	29 Pre-entry & Preschool - Rec Transition	30 Assembly – Rm 2 Showcase: Rm 7,6 PRC Awards	DECEMBER 1 Playgroup 9-10.30am
8	4 NEWSLETTER Swimming Yr 5 – all week	5 PARENT/ VOLUNTEER THANK YOU M/Tea Gov Council 7pm	6	7 KHS Transition	8 Playgroup 9-10.30am
	Yr 5 Swimming Lessons – Week 8				
9	11	12	13 9am EOY Assembly - UP Yr 6 GRADUATION Vine Inn Dinner	14 Reports to Parents NEWSLETTER XMAS DRESS UP CASUAL DAY CLASS XMAS PARTIES	15 Playgroup 9-10.30am LAST DAY! Dismissal 2.15pm