

Term 3, Week 3
Friday August 7 2015



ASCOT PARK PRIMARY SCHOOL
R-7 SPECIALIST PHYSICAL EDUCATION & SPORT SCHOOL

👍 School Values 👍

Respect
Responsibility
Excellence

📖 Diary Dates 📖

Term 3

Week 4

Monday August 10 – Enza, Sam & Jaimy's class to Park Holme Library
10:00am – 11:00am

Wednesday August 12 – Michelle's class to Migration Museum

Friday August 14 – **STUDENT FREE DAY**

Week 5

Greg (Principal) On Long Service
Leave all week

Thursday August 20 – Magic Millions Choir

Friday August 21 – National Maths Day

Leader's Report

STUDENT FREE DAY – Friday 14th August
SCHOOL CLOSURE – Friday 4th September
SSO Thanks

Next week is SSO week, where we take time to think about all the crucial work completed by SSO's across the state. We would just like to publicly acknowledge the great work our SSO staff do for both the children and staff at Ascot Park Primary School. Much of their efforts go un-noticed but they are so crucial in the operation of our school.

Many Thanks on behalf of the school community!

EXCURSIONS

We are very lucky at Ascot Park in that students get many opportunities to leave the school grounds on excursions, sporting events or camps. What I do find however is a number of 'older students are very poor at returning permission notes, despite often given TWO!! Parents please assist us with this!!!!!!!!!!

LOST PROPERTY

We continue to accumulate lost property at an astonishing rate. Please ensure your child's shirts, jumpers etc is labelled with their name so if found can be returned. Inquire at front office if have questions!

Well done to the 'Senior Soccer Team' who defeated Lockleys PS in a 'friendly' 7 goals to 3.

MULTI-CULTURAL / HISTORY DAY

A great day was had by all when we took the entire school to Marion PS last Wednesday. The day began with a 'traditional' welcome to country with a smoking ceremony and playing of the didgeridoo! Students from both schools then shared activities, played games, danced and enjoyed a sausage sizzle! Well done to Heather Smith for her organisation and Trish Clements in gaining the grant from the Marion Council.

**The more that you read,
the more things you will
know. The more that you
learn, the more places
you'll go.**

Dr. Seuss



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Ascot Park Primary School's Diving Champion!

During the July school holidays Lily Stuckey boarded a plane heading to Sydney. She was going to compete at the National Diving Championships – this would be her first time at these competitions and she was nervous and excited.

Lily (year 5) trains as part of an Elite Squad at Diving SA at the Marion Swimming Centre. Each week she trains for over 23 hours to fine tune her skills. Her ambition: *to compete against the best in the state and the country and to beat her personal best!*

With so much training it is difficult for Lily to fit in her normal school work – so she goes to Ascot Park Primary Specialist Physical Education and Sport School which helps to get her to and from training everyday using their bus service. Ascot Park Primary School is also home to other top level athletes including state level soccer players and gold medal winning state gymnasts.

At the National Competitions Lily would be participating in both individual and synchronised competitions. After her initial training and settling in it was time to compete. In individual Lily made the top ten in the country which was a good result for her. Then it was time for synchro! Lily (and her name sake partner Lily!) worked and dived brilliantly and achieved the **gold medal** – finishing first nationally! Both of these results are promising and recognise her commitment and hard work.

Some of the schools previous sports stars have gone on to Commonwealth and Olympic Games. Will Lily one day follow these greats? Only time will tell, but in the meantime we congratulate Lily and look forward to helping her achieve in both her sport and education over the coming years! Well done!



By Sam Kennedy

Class Teacher – Ascot Park Primary Specialist Physical Education and Sport School

CANTEEN NEWS



We are **URGENTLY** in need of volunteers to help out in the Canteen.

- No experience is necessary as full training is provided.
- Volunteering in the canteen is not only fun and rewarding, but also a way to get to know some other parents and carers involved in our school.

Even just a couple of hours a week, or fortnight, or even once a month would be greatly appreciated

If you are able to help out please let myself or the front office know.

Kym

(Canteen Manager - 0418 849 215)

Canteen Special

CREAMY POTATO BAKE WITH BACON



\$4.50



NEW from the “Maria’s Kitchen” range of meals.

- homemade
- no artificial colours
- no artificial flavours

PCW Corner

It has been an eventful couple of weeks for me as I attended the Pastoral Care Worker Conference in Week 1 and the Generation Next Conference in Week 2. My uncle died in week 1 and so I took my mother to Queensland for the funeral in-between conferences. It was good to be with my uncle’s family as they shared their grief and prepared for the funeral. We spent lots of time just sitting around having cups of tea and talking – supporting and comforting each

other. It reinforced for me just how personal grief is and how each person deals with it differently. And it does not matter what you think of the person who has died, or how well you were prepared for their death; the actual moment of death releases powerful emotions. This is normal and helpful. It is also a critical time in the healthy management of the expression of these emotions and this is where a comforting, supportive environment is invaluable in enabling people to mourn and to face the future with hope. The Christian funeral assured us that my uncle was in heaven with God where he would be waiting for us to join him.

Meanwhile there is a wonderful world here to enjoy. But this world also has problems which we all experience and with which we need help ie "all we need is somebody to lean on" as the song goes. This is where the conferences that I attended were so helpful. It is great to see so many other people that want to help people in school communities, no matter what the need. We were given information about support telephone services such as LifeLine; care agencies such as Anglicare, the Salvation Army, Uniting Care, Catholic Centacare and Lutheran Community Care; mental health services such as KidsMatter, MindMatters, BeyondBlue and the Butterfly Foundation (eating disorders; Seasons for Growth) loss and grief; Australian Council on Children and the Media (appropriate media content for children); Australian Council for Educational Research; Alcoholics Anonymous; Teen Challenge (alcohol and drugs); KidsHopeAus (mentoring); Cancer Council SA; and FoodBank – just to name a few.

The lectures and seminars that I attended covered topics such as Child Neglect and Abuse, Depression, Cyber bullying, Domestic violence, Social skills, Well-Being, Body Image, Marketing to Children, Motivation, Fathers and bringing up boys, Impulse Control, Shame, and Drug and Alcohol Addiction.

I am looking forward to being able to talk with you about some of the new information gained from the conference.

Til next time

Karen Tromans

PCW

Community news

ROGER RASHEED FOUNDATION CHARITY DAY



Are you on the 'right side' of 33?

Come & play in a game of
AFL Masters Football
Sunday 9th August.

Or come along and watch the main game. This will feature ex AFL and SANFL players.

It's at St Mary's Park, formerly known as "Panther Park".

The main match of the double header is at 12:00pm.

Entry will be via gold coin donation.

For any enquires call Peter on 0423 778 628

HOOKIN2HOCKEY

The Adelaide University Hockey Club is pleased to announce dates for the Hook in2 Hockey 2015 Summer Program, and would like to invite students to attend.

Commencing on Thursday 1st October and running until Thursday 17th December.

Club: Adelaide University Hockey Club

Contact Name: Mark Ucinck

Location: 1 Foreman St West Beach

Contact Number: 0412000 927

Start Date: Thursday 1st October

Time: 5:30pm

Web: www.auhc.asn.au

Additional information: Cost – Free, sticks & balls provided. It is recommended that mouth-guards be worn.

Register via email to: secretary@auhc.asn.au by 15th September 2015

Should you have any queries or questions, please feel free to contact AUHC via email

secretary@auhc.asn.au

