

# MARION PS NEWS



2022 Issue 9 E: [dl.0993.info@schools.sa.edu.au](mailto:dl.0993.info@schools.sa.edu.au) Ph: 08 82772293



Term 2 Week 8

Courage Harmony Integrity

Thursday June 23 2022



DATES TO REMEMBER	
<b>June</b>	
Friday 24	Sports Day
Wednesday 29	Coffee morning
<b>July</b>	
Friday 1	Movie night in the library
Wednesday 6	Reports home
Friday 8	End of term (2.15pm dismissal)
Monday 25	Term 3 commences
Wednesday 27	Coffee morning

## From the Principal

### Canteen opening

Our canteen will open for regular trading from next week Thursday June 30 and will open each Thursday and Friday thereafter. As a special to coincide with sports day they will also be open for some direct sales of snacks this Friday. Only a limited range of items available will be available this week for direct sales only (no lunch orders). Hot drinks (tea, coffee and hot chocolate) will also be available and our school fundraising committee will be cooking a sausage sizzle for lunch.

### Coffee Mornings – join us again next Wednesday

Coffee mornings are on every second Wednesday from 8.30 in the Gym foyer. We held our first coffee morning last Wednesday morning with our next one to be held next week. A group of Reception mums joined me for a coffee and a chat and I look forward to seeing more families join us next week. It is a good opportunity to build our community connections, for families to have a chat and get to know each other and for me to be available to answer any questions or concerns that may be on people's minds. Coffee mornings are on Wednesdays in our non-newsletter week.

### Enrolments for Reception 2023

Enrolments are open now to all children entering Reception in 2023. If you haven't already collected an Expression of Interest Form from the front office, please come and see us to complete and return by June 30.

### M&S \$100 Rebate

Thank you to all those who have returned this form indicating how you would like to use this rebate. Those who had outstanding M&S charges for 2022 have had this automatically applied. If you were waiting on a refund we are starting to process these this week. If we have your email on file you will receive a remittance to confirm funds have been transferred via EFT. If you were intending to apply for a refund, could we please ask that you come and collect a form prior to the end of June. Ideally we would like to have all these refunds processed by the EOFY. Could we please ask that all outstanding fees are paid before the end of term as FINAL NOTICES will be issued at the beginning of Term 3.

### Sports Day (reminder)

Sports day is on this Friday (tomorrow). While we expect there to be a little rain at the start of the day while we are setting up, current forecasts indicate a mild day with a top temp of 16°C.



Marion Primary School@MarionpsSA

<https://www.marionps.sa.edu.au>

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Our fundraising committee is running the sausage sizzle and the canteen will be open for direct sales of snacks and hot drinks. Whilst we had also planned to have a coffee van we were unable to secure a booking.

A reminder that events conclude at 2:00 and children can depart school at this time if they are accompanied by a parent/carer. Students not leaving school at this time will return to class and be supervised by staff. Students may not leave on their own (eg walking or riding their bike) until the end of the regular school day at 3.15pm.

### **Kelly Sports – afternoon sports program Term 3**

An 8 week sport program offered by Kelly Sports for Reception to Year 2 students will be held at Marion Primary School starting 4<sup>th</sup> August on Thursdays at 3:25pm. Please see the flyer on the back page for more information or click on the direct link below to view and book.

[https://kellysports.com.au/kelly\\_events/view/26421](https://kellysports.com.au/kelly_events/view/26421)

### **Relationships Australia Services – Children’s Counselling Service at Marion Primary (Reminder)**

Hello Marion Primary families, I’m Carolyn Markey and I run the free counselling Outreach service at the school on Tuesday mornings.

When hard things are impacting on families and children, change for children only happens with the support and understanding of parents and adult caregivers. I saw this happening with over 15 families I consulted with last year. Thank you for letting me into your world!

Since I began working professionally as a teacher in the 80s, I changed professions and studied and practiced to become a Family Therapist in many non-government Organisations and Schools in counselling positions. I’m a parent of 2 big kids – no longer doing the school /childcare / kindy runs!

This service can be accessed by ringing Marion Relationships Australia on 83775400. Your child’s teacher or school leaders might remind you of this service if you need a bit more support. 1<sup>st</sup> appointments are always with parent or caregivers only, in this consultation I will describe the counselling approach used and ask you about the big picture of your concerns, what you’ve been trying and your hopes for change.

Whether it be school related problems, changes in the family, concerns about the impact of grief, unexpected loss, illness or other traumatic events – children always have skills and knowledge that I can gently help them find and build on with your care. Many of the appointments are held with parents. There is a 7 session limit and I can see children at the school face to face and also from the Relationships Australia Marion office at the Shopping centre. Look forward to collaborating with you to help your child be in a better place!

Regards

Carolyn Markey

BA., Grad dip. Ed., Ed Counselling ., Masters Narr, Therapy



## **Term 2 Gymnastics**

For 3 weeks all classes enjoyed the opportunity to participate in Gymnastics through the Sporting Schools Grant with MissFit Movement.



The students were taught how to move, further developing their fundamental movement skills. They had the opportunity to practice, develop and enjoy moving through a wide-range of activities. They participated in activities that were safe and helped them to progress into more advanced skills whilst building their self-esteem.





Each week there were rotational activities set up using various equipment building upon skills developed the week prior. All students had the opportunity to build upon their own individual skills each week with the assistance of the Gymnastic instructor and Mrs M.

The students had a fantastic time and would jump at the change to do it again!



## **Focus On Learning**

### **Children's chores improve brain function – highlights from a recent study by La Trobe University**

Following our last look at how jigsaw puzzles can assist with learning and development, I recently came across an article out of La Trobe University describing results of a recent study.

The study, led by PhD candidate Ms Deanna Tepper and published in *Australian Occupational Therapy*, found that the completion of regular chores was associated with improved planning, self-regulation, ability to switch between tasks and remembering instructions.

Ms Tepper said the study's results indicate that interventions that incorporate household chore-like activities such as cooking or gardening may be particularly beneficial for children.

"Parents may be able to use age and ability-appropriate chores to facilitate the development of **Executive Functions\***," Ms Tepper said.

"Children who cook a family meal or weed the garden on a regular basis may be more likely to excel in other aspects of life – like schoolwork or problem solving."

The study looked at parents and guardians of 207 children aged between five and 13 years. In mid-2020, the parents/guardians were asked to complete questionnaires on the number of chores their children completed daily and their child's **Executive Function.\***

The researchers found that engagement in self-care chores (such as making themselves a meal), and family-care chores (such as making someone else a meal), significantly predicted working memory and inhibition (the ability to think before acting).

While previous research has shown that engaging children in age-appropriate chores can increase feelings of autonomy and is associated with improved prosocial behaviours and greater life satisfaction, this is the first study to look at the association between regular chores and child cognitive development, particularly executive functioning.

#### **What is Executive Function\*?**

Some people describe **Executive Function** as "the management system of the brain." That's because the skills involved let us set goals, plan, and get things done. When people struggle with executive function, it impacts them at home, in school and in life.



There are three main areas of **Executive Function**. They are:

### **Working memory**

**Cognitive flexibility** (also called flexible thinking and can be described as the ability to move focus between tasks)

**Inhibitory control** (which includes self-control and can be described as the ability to inhibit automatic responses or suppress irrelevant information to focus on a task).

**Executive Function** is responsible for many skills, including:

- Paying attention
- Organising, planning and prioritising
- Starting tasks and staying focused on them to completion
- Understanding different points of view
- Regulating emotions
- Self-monitoring (keeping track of what you're doing)

"Typically, these skills begin to develop in early childhood and continue to develop into late adolescence and early adulthood," Ms Tepper said.

"Impairments or delays in Executive Functioning development can lead to difficulties in the ability to self-regulate, plan, and problem solve as adults, having implications later in life on reading performance and mathematical ability, as well as predicting overall academic achievement in later childhood."

Early development of Executive Functioning has also been linked to engagement in tertiary education and improved physical health and better financial status in adulthood.

"Research indicates it may be possible to improve Executive Functions by developing individualised learning activities and routines," Ms Tepper said.

"We hypothesised that children who engaged in more household chores would have better inhibition and working memory. Our findings likely reflect that most chores require individuals to self-regulate, maintain attention, plan, and switch between tasks, thereby supporting the development of Executive Functioning."

More information can be found at:

<https://www.understood.org/en/articles/what-is-executive-function>

<https://developingchild.harvard.edu/science/key-concepts/executive-function/>

<https://www.positivepartnerships.com.au/resources/practical-tools-information-sheets/executive-functioning>

*David O'Connell*

*Principal*

### **Assembly awards**

Each fortnight, class teachers select two students who are presented with a school Values Award at our school assembly. Values Award recipients from our week 7 assembly are listed below. Congratulations and well done to all students.

### **Week 7 Awards**

<b>ROOM</b>	<b>AWARD TYPE</b>	<b>STUDENT FIRST NAME</b>
1	HARMONY	HAYLEY
1	COURAGE	JASMINE
3	HARMONY	AMIRAH
3	HARMONY	LIA
4	COURAGE	SAMUEL
4	COURAGE	SCARLETT
6	COURAGE	MASON
6	INTEGRITY	SIENNA
7	INTEGRITY	IZABELLA
7	INTEGRITY	LIAM
10	COURAGE	HARVEY
10	INTEGRITY	DAMARQUES
11	COURAGE	OLI
11	COURAGE	LILY



# OUT OF SCHOOL HOURS CARE

<b>Hours of Operation</b>	
Before School Care: 7:00-8:30am	After School Care: 3:15-6:15pm
<b>Fees</b>	
Before School Care: \$15	After School Care: Casual \$25
Pupil Free Day: \$53	Vacation Care: \$53 per day
<b>Contact Details</b>	
	Mobile: 0428 257 789
Email: <a href="mailto:Robyn.Shanahan17@schools.sa.edu.au">Robyn.Shanahan17@schools.sa.edu.au</a> (Please note: this is direct contact with Director Robyn Shanahan)	
<b>Bookings / cancellations</b>	
Cancellation and Emergency bookings can only be made through contacting OSHC directly on 0428 257 789	
Enquiries can be made directly to OSHC or through the school Front Office	

Hi Everyone,

A very exciting Vacation Care Program is happening in the July school holidays.

Outdoor campfire fun toasting marshmallows and making damper. Also footy team face painting and a footy challenge on the oval.

Please feel free to offer suggestions for activities for the program including art, craft, cooking, games, excursions and centre based activities.



OSHC Director  
Robyn Shanahan

## In the Community

**KELLY SPORTS** **WICKED WINTER SPORTS!**

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MARION PRIMARY SCHOOL

FOR THE LOVE OF SPORTS  
**25 YEARS**

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**KELLYSPORTS.COM.AU**

*Children and Family Counselling*  
at Marion Primary

Children and Family Counselling supports and strengthens family relationships, mental health and wellbeing.

It can help you:

- Feel less stressed or worried about your children or family
- Understand what your child is feeling
- Support your children with their emotions and life's challenges
- Be a calmer and more connected parent
- Manage problem behaviour.

This service is suitable for families with infants and children aged 0-12. Other family members can be involved if needed. Receive up to six ongoing sessions.

When: Tuesday mornings, during school terms | 9.00am or 10.15am  
Where: Marion Primary School | Malcolm Ave, Marion  
Cost: Free

For more information, or to book, contact Relationships Australia South Australia's Marion site. 08 8377 5400 | [rasas@rasa.org.au](mailto:rasas@rasa.org.au)

[www.rasa.org.au](http://www.rasa.org.au) | 1800 182 325

Relationships Australia  
SOUTH AUSTRALIA

**This IS ME**

Ethan Hall

umbrella 20 | 22  
MARION

TICKETS

Songs from stage and screen and in between  
**Marion Cultural Centre**  
July 10 - 2pm - \$20  
287 Diagonal Road, Oaklands Park

@ethanhallofficial

**SoccaJoeys**  
AUSTRALIA'S LEADING CHILDREN'S SOCCER PROGRAM

adelaidesouth@soccajoeys.com  
0429 408 992

*A super-fun, non-competitive kid's indoor soccer program!*

- Minis Classes (2.5-3 year olds)*
- Preschool Classes (3-5 year olds)*
- Junior Classes (5-8 year olds)*
- Premier Classes (9-11 year olds)*

**Term 3 Registrations Now Open!**

**Friday PM:** Seaview High School

**Saturday AM:** Brighton Secondary School

**Sunday AM:** Marion Primary School, Seafood Rec. Centre

**REGISTER NOW**

[www.soccajoeys.com.au](http://www.soccajoeys.com.au) | (300) 781 735



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