

Appin Park News

LEARNING
FOR LIVING
I SHOW RESPECT
I AM RESPONSIBLE
I CARE

3rd August, 2023

Save the Date

August

7-15 Scholastic Book Fair
14 Assembly

September

5 Athletics Day
14 F-2 Sleepover
15 Footy Day
15 End of Term



Hi families of Appin Park,

Another glorious week at Appin. This week we welcomed back Chaplain Bec. Bec has worked with us before and is going to be working along side some students that may benefit from some extra check-ins and practice in regards to identifying daily challenges and developing strategies to cope with and overcome these challenges.

Our school is conducting a survey to find out what parents/caregivers/guardians think of our school. The Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education that is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior and student engagement. The survey is optional, but we encourage all families to participate. Our school will use the survey results to help inform and direct future school planning and improvement strategies. All families are invited to participate in the survey. The Parent/Caregiver/Guardian Opinion Survey will be open from **Monday 7 August to Friday 8 September 2023**. You will have received an email on Monday with details on how to complete the survey.

Our school captains have been working hard on their assembly presentations and are trying to engage the audience of 161 Appin students. This week they had everyone up and dancing to a Go Noodle dance and also had a sport team challenge, where grade 4s Chaise, Bonny, Atelaite and Ashlynn went head-to-head in a race of stacking cups and having your partner knock them down with a table tennis ball.

Thanks to those who had a go at last week's brain teaser which was *A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?* I had over 20 students come up to me early morning on Friday with an answer – but it was Lucas and Hunter Hart who were waiting at my office door at 8.30 on the dot! Well done boys. Here is this week's to try and solve at home.

How many squares are there?

This week, if you know the answer, there'll be a letterbox at the drive through tomorrow morning to put your answers in and we will pull one lucky winner out once everyone's had a chance.

Have a great week,

Craig Kerlin – Acting Principal

Principal's Award

Sam Savage for continually displaying all the values of what it takes to be a great Appin Park student. Sam continues to work to his best in class and is always willing to lend a hand to others.

A note from CASEA - Praise & Encouragement

Praise and encouragement helps children feel good about themselves and also teaches them about behavioural expectations.

- Catch your child being good – don't wait for everything to be perfect.
- Be specific in your praise and describe exactly what it is that you like. For example, "I love the way you shared your Lego with your brother."
- Praise immediately, with smiles, eye contact, and enthusiasm.
- Help your child recognise the positive changes and progress they are making.
- Praise and encourage the 'process' of their learning. For example, "I can see you worked really hard on your homework."
- Model self-praise and positive self-talk. Children notice how we talk to ourselves about our own challenges and achievements.

Adapted from the Raising Children Network and Carolyn Webster-Stratton

This week, keep your eye out for opportunities to give praise to your child, even for small or everyday things. If you would like support regarding your child's self esteem and resilience, contact: casea@awh.org.au



POETRY

by 5/6 M



Students had an opportunity to use one of these three photos as a prompt for their own choice of poetry. Working in pairs, they showed a great understanding and empathy for the person in the photo they chose. The poems may seem dark but the students were recognising feelings in others. Emotional Literacy on show.

Sitting in the dark with nothing but emptiness
Can only hear the sound of rain
And the dripping from the drain.
There is nothing more lonely or terrifying than
feeling unheard
I am so lonely in this world that I do not know
who I am
What's the point of life?
Being alone, I only wish to sleep
Sleep so much that I do not want to wake up
All I feel is alienation.

Huntah & Declan

Alone

Sitting on the bench
My heart bent
My whole life sent
To darkness and sadness.
Rain pounds on my face
Heart so sad can't even keep a
good pace
Although I feel sad and all
alone
I know I have some good
things in life and a nice warm
home.

Hayden & Indie



I'm tired of loneliness
I'm tired of swimming alone in my tears
Why me? Why?
Stuck. With no friends to call for help
Everyone is so heartless
I feel so alone. So alone
No-one knows me - the real me
I feel dead inside
The world seems so cruel.

Sam & Kaite

Secluded
Lost
Words, pointless words swirling around in my head
Empty
Broken
More pointless words joining the pile, unable to forget
Frozen in one moment
I have two words left, joining the pile
Forgotten
Why?

Owen & Jesse



Alone in the smothering sun
In silence
Tangled
Twisted
Thoughts in my head
I reach out to where he used to be
Drowning in air
Drowning in life
There is nothing left
Everything's still here
But it doesn't feel like it.

Toby & Imogen

I feel like someone's missing, feel threatened, I'm all alone
I think I'm forgotten, heartbroken, trapped in this world, alone
I can't hear any laughs with me, all there is, is silence
Nobody to hold hands with, no-one to reach out for, nobody to talk to
I'm worried,
I feel shattered, friendless, frozen in this world
Silent tears roll down my cheeks, emptiness inside.

Linken & Logan

CHILDREN'S
BOOK WEEK®
#CBCA2023
19 - 25 August 2023

THE CHILDREN'S
BOOK COUNCIL
OF AUSTRALIA

READ
GROW
Inspire

Book Parade Wednesday 23rd August
Students from all grades are invited to
come dressed as a character from a
book. More information to come.