



Port Broughton Area School

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Volume 2, Issue 1

30th April, 2020

Welcome Back to Term 2



On the last day of term 1, the Reception - Year 2 students made paper plate Easter bunny baskets. We then went on an Easter hunt together around the school yard. Unfortunately a few eggs started to melt in the sun but they still tasted delicious!

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Government of South Australia
Department for Education

Principal's Comment

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COVID Updates

Dates to Remember

Thursday 7 May
Year 10 Vaccinations
Monday 8 June
Queens Birthday Holiday
Tuesday 9 June
Student Free Day

It has been great to see so many students return to school this week. Thank you to staff, students and parents for remaining positive and being adaptable as things change so rapidly.

At this stage, attendance is very good and it is not viable to offer the live 'learning at home' sessions we were anticipating. For those students not attending school, teachers will provide work and support for continuity of learning.

There are still two vacant positions on Governing Council. If you would like more information, please don't hesitate to contact me.

There will be no early closure on Tuesday 12th May, it will be a normal school day. The student free day on Tuesday 9th June will go ahead.

Joelene Anderson
Principal

Message to parents and carers from
Professor Nicola Spurrier,
Chief Public Health Officer



It is safe to send your child or children back to school,
kindy and day care.

Don't send them if:



They are sick.



They have a health problem and you want to talk to your doctor first.

I am confident it is safe for them to return because:



We have a low rate of community spread in SA.



Borders are still closed.



Lots of the community has been tested.



Good social distancing and hygiene.

To keep schools safe we are:



Increasing cleaning.



Making sure there is soap, sanitiser and tissues available.



Not having large gatherings.



Teaching kids to not spread germs.

sahealth.sa.gov.au/COVID2019



****NO lunch orders****

Unfortunately our lunch order provider has closed until further notice.
Sorry for the inconvenience.

SCHOLASTIC  **Book Club**

BOOK CLUB IS HERE—Virtual Catalogue
while Students Learn from Home

In these unprecedented times we're all being asked to change the way we work and live. For Term 2, we're doing things a little differently. We have a Virtual Catalogue on line.

Closing Date is 15th May 2020

Copy and paste into your browser

<https://scholastic.com.au/book-club/virtual-catalogue-1/>

If you are having problems please ring Tresia Lenthall Book Club organiser on 86352863

I will be able to help.

The books that you order will come to the school and when I receive them, I will phone you so you can collect your order.



Resilience ~ Success ~ Persistence ~ Respect

Maths in the Reception/Year 1 Class

For Math rotations, the Reception / Year 1 students ordered numbers before and after a given number. The student's used number charts to recognise trickier numbers! Each student has a number goal that they are working on, please ask your child what this is so they can practice at home.



PBAS Agriculture

The Royal Adelaide Agricultural Show has been cancelled due to the pandemic but things are still happening at school.

Our pregnant boer goats are in the maternity ward on Mr Smith's farm and will return mid term 2 after the kids have been born. Diana, Kate and Meghan are due week 2-5. We are running a poll on facebook on how many kids they will have. We are also taking suggestions for royal names.

The merino wether competition may still happen even if the show doesn't, so we are still preparing our 10 wethers. At the last weigh in our sheep are doing better than last year. In 2019 we came 2nd for weight gain, if we can sustain this weight gain we might have a good chance of a blue ribbon in 2020.

How many kids are we going to have?

If you would like to get involved in our poll on facebook just go to the goat update and put in your guess as to how many kids the goats are going to have.

Also any royal name suggestions for the kids would be greatly appreciated.



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From Counsellor Dave

Hello and welcome back to Term 2 at Port Broughton Area School. We certainly do find ourselves living in interesting times, however the show must go on. On a personal note, it has been wonderful to return to classrooms full of students, and has made me remember why I decided to enter into a career of teaching. Children and young people have an irrepressible zest for discovering new things and an infectious energy that makes me look forward to each working day.

During the past month or two, many families have faced the challenge of having their children at home full time. This can place extra pressure on everybody involved, and the absence of social interaction outside of the family unit can really take its toll. Connecting over social media such as Skype, Facetime and Zoom can help ease the feeling of isolation, but it's not the same as catching up face-to-face. I hope that you, like me, have found the occasional safe chance to speak to a friend or loved one in person, albeit at a distance of 1.5 metres with no hugs or handshakes.

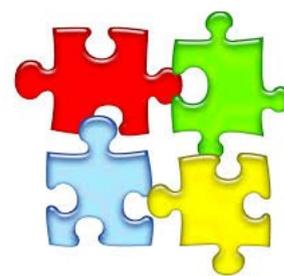
A number of years ago I was speaking to a friend who had recently retired. He had been in the same profession for over 40 years and sincerely loved his work. I was somewhat concerned about his mental, social and physical health, as such a dramatic disconnection from others can be very detrimental. I brought this up in conversation and thankfully he allayed my worries by describing his plan for retirement.

This plan revolved around what he called "the four pillars of a happy life". The concept is to address each pillar in some way on a daily basis. The first pillar is domestic duty and includes any and all tasks that we undertake in the home to keep our lives moving. These include washing, dishes, food preparation, cleaning and tidying amongst others. The second is intellectual activity, essentially making sure keep your mind active and take on some sort of thinking. The third is physical activity, and this is critical to maintaining physical health and reducing the occurrence of many avoidable medical issues. Physical activity also promotes better mental health too. Finally comes social connection, either in person or via phone or social media. Feelings of isolation and loneliness can be debilitating and lead to serious mental health issues.

Several years have now passed since his retirement, and to his credit he has kept up this regime and is reaping the benefits. Such a simple system of ensuring he addresses each area on a daily basis has allowed him to stay healthy and happy. I decided to give his theory a go during the school holidays, and I must say that it helped greatly. With so many of us restricted in what we can do and where we can go as a result of COVID-19, now more than ever is the time to practise good self-care, and make sure our minds and bodies stay healthy.

If you or anyone in your family is struggling, there is help available. Services such as Lifeline (131114) for adults and Kids Helpline (1800551800) for children provide confidential, free support in difficult times. There are many other services available that can be found via a simple Google search. I am available here at school to support families and students with advice and strategies as well, and can be reached by phoning 86352105 or emailing david.remfry823@schools.sa.edu.au

Stay safe and happy,
Dave Remfry



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