

# FISK GAZETTE



Fisk Street Primary School Newsletter

Term 1 Week 2

## Message from the Principal ...

Dear Parents and Caregivers

Welcome back to Fisk Street Primary School for 2016. I hope you all had a fantastic holidays celebrating with family and friends. We have another exciting year ahead with lots of different events happening.

Please do not forget that our school Annual General Meeting will be held on Wednesday, 17 February 2016 at 3:30pm in the Library. If you would like to be a part of school policy, decision and change, please attend this event.

This year we have had some new staff come to our school, here is our teaching staff structure for 2016:

Room 4: Year 6/7 Mr Trezise

Room 6: Year R/1/2 Miss Dowling

Room 7: Year R/1/2 Miss Cornish

Room 9: Health and PE Miss Marijanovic

Room 10: Year 3/4/5 Mr Dunn

Room 11: Year 4/5/6 Miss Allcock

Room 12: Wellbeing Mrs Gapp

Art Room: The Arts Mrs Fisher

Leadership: Principal Mr Ollington, Counsellor Mrs Gapp

If you need anything, are worried about anything or need some advice or help, please do not hesitate to come and speak to one of our staff members.

**Mitchell Ollington**  
Principal

**PLEASE NOTE: SOME PARENTS HAVE BEEN PARKING AND DROPPING OFF STUDENTS IN THE STAFF CARPARK. PLEASE BE AWARE THAT THIS IS A SAFETY CONCERN AND AGAINST SCHOOL POLICY. STUDENTS NEED TO BE DROPPED AT SCHOOL BY PARKING ON PATTINSON CLOSE.**

## Upcoming Dates:

- School Annual Genral Meeting 17/2/16
- Pupil Free Day 29/2/16
- Adelaide Cup Public Holiday 14/3/16
- Good Friday Public Holiday 25/3/16
- Easter Monday Public Holiday 28/3/16
- Last day of Term One, early dismissal at 2:05pm 15/4/16



**0407 619 351**

Please contact us via the school phone for any of your child's

## **Reminders**

### **Uniform:**

- Plain red hat
- Plain red polo top/t shirt
- Plain black shorts/pants/leggings/skort
- Our school uniform policy can be located on our school website for further reference.
- The school has uniforms for purchase, please enquire at front office.

**Please note: Red and white checked dress purchased at Target are not part of our school uniform.**

### **Attendance:**

Students are required to attend school everyday. If your child is unable to attend can you please contact the school through phone call (8645 8842) or text message (0407 619 351).

### **Lunch Orders:**

Lunch orders can be completed by students in class. Please remember lunch orders will not be accepted after 9:15am, due to ordering from Stuart High School.

### **Pick up/Drop off:**

If students are dropped off after 9:00am and picked up before 3:05pm, they must be signed in and out of the front office. The staff car park is not to be used for student drop off and pick up at anytime, due to safety risks.

### **School Times:**

School starts at 8:50am and concludes at 3:05pm. Classrooms are open outside of school hours for parents and students to talk to teachers from 8:30am until 3:30pm.

### **School Fees:**

Shortly we will be sending out M & S invoices for the 2016 school year. If you are eligible for School Card please come into the front office to pick up the 2016 form. Payment instalments can be arranged, if required, for those not on School Card. Please enquire at the front office. Thank you.

# Message from the Counsellor...

**Wellbeing** refers to students' physical, social and emotional welfare and

development. Evidence suggests that these elements are integral rather than incidental to learning. A learner will find it difficult to engage with learning programs if they are distracted by significant physical, social and emotional issues.

Staff at FSPS therefore play an important role in fostering engagement and wellbeing so that each student is able to achieve their best and enjoy their educational experience.

DECD Statement of Directions 2005–2010 (2005a, p.8)

## What makes up an individual's wellbeing?

### *Dimensions of Learner Wellbeing*

There are many dimensions to general wellbeing that overlap and interconnect with each other. However, there are five dimensions that research has identified as particularly useful for thinking about an individual's growth and development. They are cognitive, emotional, physical, social and spiritual aspects.

- **Cognitive** aspects include information processing, memory, curiosity, mastery, motivation, persistence, thinking and intelligence.
- **Emotional** aspects are closely linked with social aspects and include emotional development and control, coping, autonomy, positive self-development, trust and attachment.
- **Physical** aspects include nutrition, physical activity, physical safety, preventive health care, reproductive health and substance abuse.
- **Social** aspects include parent-child relationships, sibling relationships, peer relationships, positive social behaviour, empathy and sympathy.
- **Spiritual** aspects may be harder to define but refer to the need to '*construct a framework of meaning, to make sense of the social reality, central to which are values*' (Hill, 2004, p.18).

Collectively these dimensions provide learners with a sense of ease, optimism and confidence in their ability to influence their world.

## Resilience

Resilience is closely connected to wellbeing. Considerable research, including in South Australian schools, has developed a compelling body of knowledge about the importance of resilience to an individual's ability to manage themselves and their environment.

Fuller (2001, p.40) provided the unique definition of '*Resilience is the happy knack of being able to bungy jump through the pitfalls of life. It is the ability to rebound or spring back after adversity or hard times.*'

**Noeline Gapp (FSPS Student Counsellor)**