



OPENING DOORS TO UNLIMITED POSSIBILITIES

Golden Grove Primary School NEWSLETTER

OUR VALUES

RESILIENCE-EMPATHY-SELF MANAGEMENT-PERSEVERANCE-COURAGE-TEAMWORK

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BOOK WEEK PARADE

Friday 26th August
9:00am

FATHER'S DAY STALL

Wednesday 31st August

Principal
Wendy Moore



Government of South Australia
Department for Education

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Term 3 Week 3, 12th August 2022

Student Wellbeing



All children get anxious from time to time. In fact, it's a very normal and healthy reaction to stressful situations. However, when a child regularly feels anxious and these feelings are intense, it can affect their health and happiness. For most children, anxiety is short lived. But for some, anxiety seems to 'take over', preventing them from enjoying friendships, school life and even family life.

I hear from many parents that it is extremely difficult to access support programs and/or psychological help for children (and themselves) coping with anxiety. I was therefore very pleased to be introduced to the BRAVE Program at a recent professional development day.

The BRAVE Program is an online, free of charge program designed to help young people to reduce anxiety and cope with stressful situations. The program is based on cognitive-behavioural therapy and addresses all types of anxiety including:

- Separation anxiety
- Generalised anxiety
- Social anxiety
- Phobias

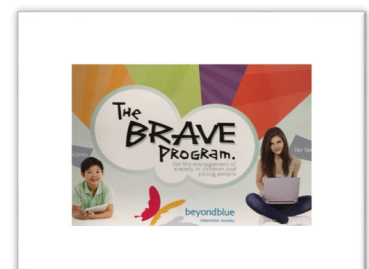
The program has courses for children ranging from 3-17 years of age. There are 10 on-line modules for children to complete, with six accompanying parent information versions. Each module takes approximately 30-60 minutes to complete and it is recommended that engage with one module per week. The modules are fun, interactive and easy for children to navigate.

If your child is struggling with anxiety or would benefit from learning strategies to deal with stressful situations, I would highly recommend looking into The BRAVE Program. Please see details below.



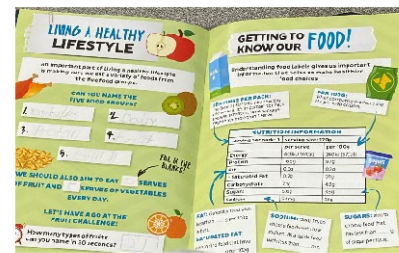
Take care,
Gerry
Student Wellbeing Leader
gerry.templeton727@schools.sa.edu.au

To access the BRAVE program:
Go to the Beyond Blue Website
Google The BRAVE program
Copy and paste the following link
<https://brave4you.psy.uq.edu.au/>





Our Year 4 students were lucky enough to be involved in **The Power Community Youth Program** over the past three weeks. All students received a special workbook to complete during the interactive and engaging lessons. Different players joined us each week to share their skills, knowledge and enthusiasm for leading an active and healthy lifestyle.



The Power's first lesson focused on living a Healthy Lifestyle. The topics covered included making good food choices, getting exercise, staying hydrated and the importance of getting a good night's sleep.



The second lesson was a definite hit with all students! They participated in STEM activities and particularly loved the challenge of the "Reaction Test" where students played against the scores from Xavier Duursma, Connor Rozee, Gemma Houghton and Liz McGrath!



On Wednesday of this week, the Port Power players invited all year level classes to a special assembly. There was a whole school warm up, a fruit challenge and special messages from the players.

CHECK OUT THE PHOTOS ON THE NEXT PAGE!





Knockout Netball



On Thursday Week 1 we travelled to St Dominics in North Adelaide to compete in the second round of the championships. We played 2 other teams St Columbia and St Dominics. With the following results

St Dominics 40 defeated St Columbia 7

Golden Grove 38 defeated St Columbia 7

St Dominics 24 defeated Golden Grove 22

It was a tough day for our girls who played 8 x 10min quarters with only a 10min break between games. A super effort by our girls and coach Rebecca Feltus.

Thanks to all the parents who transported children to the carnival. We now look forward to the SAPSASA Netball Carnival in Week 9 this Term.



GOLDEN GROVE PRIMARY SCHOOL
CANTEEN
Sausage Sizzle

FRIDAY 26TH AUGUST – Term 3

Please return this slip to **CANTEEN** by **WEDNESDAY 24TH AUGUST 2022**
 Please ensure you get your orders in by this day as **NO LATE ORDERS WILL BE ACCEPTED**

NAME: _____	HB: _____	
Order	Order @\$2.50	Cost
Sausage in bread (1 sausage/slice of bread) \$2.50		
CASH / QKR WILL <u>CLOSE 9AM 24/8/22</u> QKR receipt NO:	TOTAL\$	

NO refunds will be given if your child is absent on this day as we would have already ordered and cooked according to your child's order.

PLEASE RETURN FORM REGARDLESS OF PAYMENT OPTION

Canteen menu will still be available to order from

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Golden Grove Primary School Award Winners



Australian

Kookaburra Kids

Foundation

www.kookaburrakids.org.au

Defence Kids

PROGRAM

FREE

**FOR CHILDREN OF CURRENT
AND FORMER SERVING
VETERAN FAMILIES
AGED 8-18 YEARS**

In recognition of the high-level stress environments our veterans are exposed to and the potential impact this may have on their families, the Australian Kookaburra Kids Foundation have adapted programs to provide young people from Defence families with age-appropriate mental health education, strategies to build coping skills and resilience, all whilst participating in a range of fun activities, such as canoeing, archery, giant swings, go karts and much more.

Our Programs provide young people with a fun, positive and safe environment, with the opportunity to meet others in similar families and develop new friendships.

To register your interest or to find out more about AKKF programs scan the QR code below.



PROUDLY SUPPORTED BY:



EXAMPLE OF WHAT A TYPICAL ACTIVITY DAY MIGHT INCLUDE



9.45am
Bus Pick-up



10.15am
Arrive



10.20-11.00am
Morning Tea &
Chat Group



11-4.00pm
Lunch &
Fun Activities



4.00pm
Bus Returns





GKR KARATE

KARATE FOR EVERYONE



START KARATE NOW!

& RECEIVE A FREE UNIFORM + DISCOUNTED JOINING FEE

CONFIDENCE ■ FOCUS ■ DISCIPLINE ■ FUN

**WE RUN CLASSES IN
GOLDEN GROVE PRIMARY SCHOOL
EVERY FRIDAY**

(Classes are run throughout the school holidays)



TO BOOK IN FOR A FREE TRIAL CLASS,
PLEASE TAKE A PHOTO AND SMS TO **0403 507 049**

Name: _____ Date of Birth: _____

Guardian Name: _____

Guardian email: _____

Contact Number: _____ Date: _____

FOR FURTHER INFORMATION, Call **EDDE NIO** on **0403 507 049**