



Newsletter

Term 3 Week 6 Thursday 31st August 2023
Principal: Narelle Kusabs Deputy Principal: Toni Webster

Important Dates

Fri 1st Sept
Jam Band Incursion

Mon 4th Sept
School Closure Day
No School

Tues 5th - Fri 8th Sept
Dental for
Schools Van
Visit 

Wed 20th Sept
Governing Council

Tues 26th Sept
RSPCA Aware R-Yr2

FUTURE KEY DATES

Friday 29th Sept
Last Day Term 3
Early dismissal 2pm

Please note Important and Future Key Dates are subject to change



HAPPY HAVEN
OSHC
Out of School Hours Care
contact details

Web:
www.happyhaven.sa.edu.au

Phone: 8155 5444

Email:
admin@happyhaven.sa.edu.au



From The Leadership Team

PAT Testing

The Progressive Achievement Tests (PAT) are online reading comprehension and maths assessments aligned to the Australian Curriculum. The tests are administered each year and provide teachers with information about the learning strengths and needs of their students. PAT testing will occur over the next few weeks. This test provides us with valuable data about your child's Literacy and Numeracy capabilities. Please ensure your children are on time to assist with our organisation.

Bullying No Way "Growing connections"

Friday the 18th of August was Bullying No Way Day. This year's theme was "Growing Connections". This year we focussed on building relationships with our peers through Random Acts of Kindness. Student helpers worked hard during the lead up to the day and on the day to paint rocks with messages of kindness to hide in the yard and also cover our pathways in messages of kindness for their peers. Some students even wanted to show their appreciation for the adults at school by baking some cookies! (see photos inside)



Classes during the day discussed the effects of bullying and how we can combat this with kindness. Students used "tag" cards to pass on kindness to their peers in the yard all day. It was great to see the connection between students and genuine care shown toward each other!

Book Week

This year's Children's Book Council of Australia, Book Week theme is "Read, Grow, Inspire". Many activities took place around the school throughout the week, celebrating authors and illustrators. On Tuesday, 22nd of August, Keller Road Primary School students, along with the Manor Farm Kindy children, came together and celebrated Book Week with a wonderful dress up parade. A fabulous array of colourful costumes were on display. Year 3 - 6 students shared books they had made with our community. Please see inside for photos.

Staffing News

Toni Webster will be on LSL from week 6 returning next term. Glen Hughes will be acting Deputy Principal during this time. Nathan Lowe will be on leave from Wednesday week 9. Gavin Matthews will be backfilling the coordinator position in our Disability Unit.

School Closure Day Reminder

The Governing Council has approved our School closure day to be on Monday 4th September. Please be aware that there will be no staff on site on this day.

New Parking Signs We would like to thank the Salisbury Council for providing new parking signs on Keller Road as part of their Park Safe at School campaign. Please visit [Park Safe at School](#) for more information.

Masking and Autism

What is masking?

Masking (also called 'camouflaging') describes different strategies autistic people use to hide their autistic traits during social interactions. Masking involves hiding one's authentic self across multiple contexts for extended periods of time. Many autistic people mask at work, school, with their friends, and even at home.

Why do autistic people mask?

People on the autism spectrum represent a minority group who often face stigma and discrimination because of harmful stereotypes and misconceptions about autism. Autistic people whose differences are more obvious are more likely to experience bullying, victimization, stigma, discrimination, and social exclusion than non-autistic people. They mask to avoid these negative consequences, help them fit in with their peers, and access work and other opportunities they might otherwise miss out on.



Who masks?

Males are more likely to receive a diagnosis of autism in childhood than females, who tend to be diagnosed later in life. One reason for this is that females 'fly under the radar' and learn to mask their social difficulties, even at a young age, because they want to fit in with their peers. Research shows that while males and females report similar levels of camouflaging in adulthood, the motivations and consequences of masking may vary. Males tend to find masking easier and report fewer negative outcomes, whereas females are more likely to experience stress, anxiety, and depression.



What is the impact of masking?

Masking involves suppressing natural autistic behaviours and requires a lot of cognitive effort. Autistic people say it is mentally, emotionally, and physically exhausting. Not surprisingly, it can become exhausting over time and lead to negative consequences such as:

- **Autistic burnout** is a state of extreme mental, physical, and emotional exhaustion.
- Identity confusion. Some people become so used to masking that they don't know who they are without the mask on.
- An increase in meltdowns and shutdowns to relieve the stress associated with masking (this is common among children after a day of masking in school).
- Feeling that relationships are not authentic which can lead to loneliness, isolation, and a loss of social support.
- Negative impacts on mental health, including depression and anxiety.
- Risk of delayed or missed autism diagnosis, or misdiagnosis, especially if the person masks during diagnostic assessments.

Book Week fun!



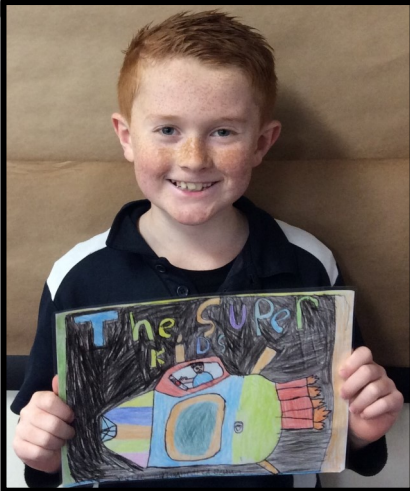
CHILDREN'S BOOK WEEK
19 to 25 AUGUST
#CBCA2023

READ
GROW
Inspire





KUTA 1 have been super busy so far this term: Viewing the Musical Charlie & the Chocolate Factory, Adventure to Thrive, Book Week and of course plenty of work!



Bullying NO WAY Day



Parent Information

Father's Day Stall

THANK YOU for supporting our Father's Day Stall this week. A special THANKS once again goes to our volunteers, Linda and Amanda for running the stall and helping students choose some lovely gifts for their Dad, Grandfather/Pop or other significant person in their lives.



TRANSITION DAYS PARA HILLS HIGH SCHOOL

Thursday
7 December 2023
Friday
8 December 2023



Are you ready for your next adventure? Scan me to find out.

8.40am to 3.00pm each day
Bring your sense of adventure

Bring a water bottle & hat

Wear your primary school uniform

Fun activities

Healthy recess & lunch provided

90 Beafield Road
Para Hills West SA 5096

08 8258 5466

dl.0574.info@schools.sa.edu.au

Parent & Community Information



PARK SAFE AT SCHOOL



Read the signs.
Check for lines.
Know the rules.
Park Safe at Schools.

For more information scan the QR code or visit
salisbury.sa.gov.au/parksafe



DENTAL FOR SCHOOLS

Scan the qr code to fill out the Consent form online instead



Dental for Schools will be at Keller Road Primary School:

5th - 8th of September 2023

Please fill in a form to have your child seen by a dental clinician at school.

The visit is **FREE** for families eligible for Medicare's Child Dental Benefit Scheme & will include:

- Check-up (oral examination)
- Clean (removal of plaque/calculus)
- Application of fluoride (remineralisation agent)
- X-rays (diagnostic bitewings)

If your child requires any further treatment (fillings, crowns, extractions etc.) we will contact you to discuss a treatment plan that we may be able to complete at school. You will also receive a dental report that will be provided in your child's take home pack.

If you are not eligible for Medicare (or not sure of eligibility), please fill in the form and our team will contact you.

We look forward to visiting your school soon!



E. info@dentalforschools W. dentalforschools.com.au P. (08) 7225 8142

KIDS TAEKWONDO

Resilience, Confidence, Discipline, Fitness.



Monday	Munno Para PS, Maltarra Rd 6.00 pm Turramurra Recreation Centre, 1000 Lower NE Rd 6.30 pm
Tuesday	Salisbury East Community Centre, 28 Smith Rd 6.30pm
Wednesday	Greenwith Community Centre, The Golden Way 6.30 pm
Thursday	Modbury West Community Hall, Capulet Crescent 6 pm Golden Grove PS, 140 Bicentennial Dr 7 pm

Access to all of the above Centres at no extra charge!

- Children can start at the age of 5+
- Self defence and anti-bullying program
- Non-Contact Training
- Experienced WWCC Instructors
- Sports Voucher approved provider
- Olympic Sport

BEGINNERS WELCOME

Enquiries: info@worldtaekwondo.com.au Ph: 0412 909 500
Website: www.worldtaekwondo.com.au Sports Voucher Approved Provider

SALISBURY Athletics Club

CELEBRATING
50 YEARS
OF LITTLE ATHLETICS

ATHLETICS!
THE FOUNDATION FOR
ALL SPORTS



We are Fun!

Learn the fundamentals! Run, Jump, Throw and Play in a Fun, Family Friendly environment.



We are Family!

Everyone is welcome, if you're beginning your athletics journey, striving for the Olympics or just want to keep active, we will help you achieve your goal!



We are Salisbury!

You don't have to be the best, we just want you to do YOUR best!



OPENING MEET:

SATURDAY 16TH SEPTEMBER

TIME: 8:30AM START

CRAIG PH: 0402 335 374

TRACEY PH: 0418 858 834

SATURDAYS

AT BRIDGESTONE ATHLETICS CENTRE
FROST ROAD SALISBURY