A day in the life...

At the South Australian Primary Principals’ Association annual conference I attended recently, Dr Adam Fraser mentioned that leaders in schools, on average, are ‘interrupted’ once every 3-6 minutes and just to check if this is true, he suggested a diary be kept and an audit performed. Well, after 7 weeks in the job and without keeping a diary, the theory looks to hold true. However, I don’t view these as interruptions, but rather opportunities; opportunities to connect with students, parents and staff. Opportunities to support learners and design great learning experiences. Opportunities to share innovative ideas and great teaching moments. Opportunities to share our expertise with other schools locally, nationally and internationally to promote what we do day in and day out, because we are proud of what we achieve together. This is just the short list!

Over the last 7 weeks these opportunities have manifested themselves in many ways: listening to the students in the yard bring the old piano back to life, talking to the students about paint and equestrian teams, hosting visiting teachers from Kadina to explore innovative 21st century learning, touring the Minister for Education around the school, planning for grounds improvements and supporting the planning of school events with parents. Add to these some of the behind-the-scenes jobs that are ongoing, such as working with staff to ensure a successful Site Readiness Test for NAPLAN Online, seeking funding for additional student support, providing professional learning for the analysis of achievement data, etc.

And when I say 7 weeks, some of these can happen all in one day! No wonder I’m looking for that ‘third space’ or, as Dr. Fraser describes it, that moment of ‘using life’s little transitions to find balance and happiness’. He suggests that due to our hectic lifestyles it is important to find this space to stop, and reflect on the previous activity or day at work and to dedicate that moment to asking ourselves the 3 Ws: ‘What Went Well?’ The idea is that we need that moment to reflect and rest in order to be calm and present for the next thing and then press the reset button. In resetting we get to start fresh in being clear about ‘how you are going to show up at the next task or meeting?’ or ‘how will you walk through the door at the end of the day?’

I aim to make this a part of my routine, to find that third space between those opportunities presented every 3-6 minutes and certainly to find balance between work and home. So if you see me around in the yard, feel free to ask me ‘What Went Well? Have you found your third space to reflect, rest and reset?’ and hopefully the answer will be ‘YES!’

And so, as we head towards the end of Term 3, I invite you to try the third space strategies yourself. I would love to hear about the positive differences you start noticing in your own work/life balance!
Junior Primary RACE TRACK
By JP SRC and Ms. Amy

Earlier this year a Junior Primary student brought an idea to the JP SRC to build a race track in the yard for students to play with at recess and lunch. First, we asked all the JP classes if they liked the idea. Everyone voted yes and so we asked the Principal and the teachers if we could do it and they all said yes too!

Next, we had to decide where to build the track. We did some digging to check for tree roots and found some good soft dirt under the trees near the park gate.

Miss Amy painted the bricks and we helped unload them from her car. Then our groundskeeper John did all the hard work of digging the track and laying the bricks. He made it nice and flat and even put fake grass in the middle. Thank you John!

We sent a note home to ask families to donate toy cars, trees and road signs to play with on the race track so thank you to everyone who sent in donations.

Finally the race track was officially open and students have been enjoying, playing ever since!

Let’s Get Quizzical!

GILLES STREET GAMES NIGHT

Sat 21 Oct. 7.30pm
School Hall
91 Gilles St, Adelaide
Tickets $20

Come along to have some fun and support our school’s major fundraiser for the year!

Bingo, Quizzes, Raffles, Dancing, Comedy and much more!

There will be prizes for the best 80s or 90s inspired attire.

Don’t forget to bring along supper platters & gold coins. Please no BYO alcohol as there is a licensed bar. Available from 13th Sept via Qkr & through Rod at the front office.

SAUSAGE SIZZLE LUNCH ON SPORTS DAY

Get your game face on and help raise money for the school!

Order forms sent home – or you can pre-order via Qkr!

Children orders will be delivered to their class groups (like a lunch order)
Parent/Carer/Cheer squad orders can be collected from the BBQ table at lunchtime.

Sausages are $2.50 and a choice of meat, vegetarian or halal,
as well as a choice of toppings.

Proudly brought to you by:
The Parent and Community Engagement group (PaCE).
RAISING KIDS WITH GRIT
-Bill Hansberry

By Ms Rachael Courtney

The FREE parenting workshop with Bill Hansberry was a big success with lots of positive feedback from parents about how much they got out of the workshop. He talked about the 10 Cs which are everyday things we can do to promote resilient attitudes in our children: competence, confidence, connection, conversion, contribution, coping, control, communication, competition and finally common sense!

Bill has kindly donated a copy of his book to the library (and we have purchased a second) so if you wish to find out more, please see Anthea or Claudia to borrow these from the library. You could also visit Bill’s website: http://www.hansberryec.com.au/

Upper primary students visit to Parliament House and Royal Adelaide Show Exhibit.

Our upper primary students have been very fortunate to have gone on some fun excursions these last few weeks. The Year 5s visited Parliament House where they conducted a mock debate on the Women’s Suffrage Bill from 1894. Rachel Anderson MP was very impressed with how our students spoke and the fun questions they raised following the debate!

This week, a group of Year 5, 6 and 7 students were invited to display and demonstrate our 3D printing work, as part of our DECD 3D Printing Project. They had a great time and felt very proud to show and talk about their work to show-goers!

ASCOT PARK PRIMARY SCHOOL
8-7 SPECIALIST PHYSICAL EDUCATION & SPORT SCHOOL

Does you child LOVE Soccer, Netball or Gymnastics?

Want to incorporate their love of sport with their education?

Ascot Park Primary School Specialist Netball, Soccer and Gymnastics Program trials for 2018.

Registrations now open for South Australia’s only DECD Specialist Physical Education and Sports Primary School.

When

Thursday, September 21, 2017

- 4:30-5pm Information Presentation and Registration
- 5-5:30pm Skill Based Testing/ Gymnastics Skill Testing
- 5:30-6:30pm Game play - Selection Panel

Tuesday, September 26, 2017

- 4:10-4:30pm Registration
- 4:30-5:30pm Skill Based Testing/ Gymnastics Skill sessions
- 5:30-6:30pm Game play – Selection Panel

Where:

Ascot Park Primary School
1-33 Pidcock Ave, Park HQ, 5042.

On arrival register at front office

Netball – School Sports Centre
Soccer – School Oval

Gymnastics – School Gymnastics Hall

For further information and to register, visit the school website: www.ascotparksa.edu.au/specialist-sports-trials

Phone: 8276 3055 Email: dl0340.sports@schools.sa.edu.au

“Say Cheese”

MSP Photography are on their way!!!

School Photo Day is:
Wednesday 27 September, 2017

Have your child’s school memories captured forever.

Please take time to read the relevant information on the MSP payment envelopes & remember these helpful points:

- Don’t seal envelopes inside each other – You can pay for all children in one envelope however each child needs to have their own envelope on photo day.
- Family envelopes are available at the school office upon request.
- Please enclose correct money as no change is given – cash, cheques and money orders only. Credit card payments can only be made online.

Please feel free to visit our website www.msp.com.au
For photo enquiries Phone: (08) 8120 1148 or Email: enquiries.adl@msp.com.au
Sports Day Program
Friday September 22nd, 2017

9.00 am  Assemble at Oval
9.10 am  Health Hustle and Team Chants
9.40 am  Event 1
9.55 am  Event 2
10.10 am  Event 3
10.25 am  Event 4
10.40 am  Recess in Glover Park
11.00 am  Event 5
11.15 am  Event 6
11.30 am  Event 7
11.45 am  Event 8
12.25 pm  Tug of War - Students - Parents
12.45 pm  Lunch in Glover Park
1.15 pm  Whole School Relay
1.45 pm  Sprints (MF / UF Only)
2.15 pm  Presentations
2.30 pm  Pack up/Return to School

Middle and Upper Primary

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<tr>
<th></th>
<th>R1 &amp; R19</th>
<th>R2</th>
<th>R4</th>
<th>R8 &amp; R11</th>
<th>R12 &amp; R14</th>
<th>R13 &amp; R14</th>
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<td>Soccer Kick</td>
<td>Lacrosse</td>
<td>Distance Run</td>
<td>Vortex / Javelin</td>
<td>Wheel Relay</td>
<td>Hurdles</td>
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<td>Lacrosse</td>
<td>Distance Run</td>
<td>Vortex / Javelin</td>
<td>Sack Race</td>
<td>Hurdles</td>
<td>Shot Put</td>
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<td>Distance Run</td>
<td>Vortex / Javelin</td>
<td>Sack Race</td>
<td>Wheel Relay</td>
<td>Hurdles</td>
<td>Discuss</td>
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<td>Vortex / Javelin</td>
<td>Sack Race</td>
<td>Wheel Relay</td>
<td>Hurdles</td>
<td>Discuss</td>
<td>Lacrosse</td>
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<td>Hurdles</td>
<td>Bocce</td>
<td>Lacrosse</td>
<td>Distance Run</td>
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<td>Soccer Kick</td>
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Junior Primary

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<th>R10b &amp; R9</th>
<th>R10a &amp; R17</th>
<th>R3</th>
<th>R6 &amp; R18</th>
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<td>Rob the Nest</td>
<td>Sack Race</td>
<td>Spurs</td>
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<tr>
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<td>Vortex</td>
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Please remember to try and refer to the teams as their official names rather than colours.

Kaurna—Adelaide—Gillies—Lights

Turn up the radio
What do you hear
Red Team
Red Team
Give us a cheer
We're gonna beat them!
Bust them!
That's our custom
Go Red

We are the Blue Team,
The mighty mighty Blue Team
We've got no fear
We're gonna win this year
We've got might
Were dynamite
Go Blue!

Yellow! Yellow! We're the best.
We're gonna put you to the test
We are cool, we're not mean
We're gonna be the winning team
Yellow is hot to go
(spell it out)
H.O.T. T.O. G.O
GO YELLOW!!