



STRADBROKE SCHOOL NEWSLETTER

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Excellence and Achievement in a Supportive School Environment

24 AUGUST 2023

DIARY DATES

2023	
AUGUST	
Friday 25	Book Week Dress Up
Monday 28	ICAS Maths Year 2-4 3.20pm
Tuesday 29	ICAS Maths Year 5-6 3.20pm
Thursday 31	Music Night – 6pm Rehn Hall
SEPTEMBER	
Friday 1	Assembly hosted by OU3 and L6
Monday 4	SCHOOL CLOSURE DAY
Monday 11	Sporting Schools Gymnastics Year 1 - 2
Tuesday 12	SCHOOL OPEN MORNING
Wednesday 13	Governing Council Meeting 6.30pm
Thursday 14	Morialta Student Leader Excursion
Friday 15	Assembly hosted by L1 and FR4
Saturday 23	Stradbroke 60th Birthday Fair
Friday 29	Assembly hosted by L10 and L3 Casual Clothes Day Early Dismissal 2.10pm

All Diary Dates are subject to change/cancellation based on advice from SA Health and the Department for Education

STRADBROKE'S 60TH BIRTHDAY

As you know, we are celebrating the 60 years of Stradbroke being open on Saturday, 23rd September from 11:00am – 3:00pm.

The Fundraising Action team is working in collaboration with students and the school community to create a fun fair celebration.

There will be food, drinks, ice cream, fairy floss, popcorn, slushies, entertainment, singing, music, drinks, fun student lead buddy class stalls, games, a raffle and more!

Classroom teachers will send home information about the student buddy class stalls via their communication methods soon.

Soon your family will receive 10 x \$2 raffle tickets to sell. There are lots of wonderful prizes to win. We will let you know when we send these home so you can check your child's school bag for them!

We will also be selling a 60th Anniversary drink bottles for \$10. More information to come.

If you have some time on the day, and would like to volunteer your time, please complete the Microsoft form that will be emailed to you next week.

We would love your support.

We look forward to seeing you all there!

Michelle Parker
Student Wellbeing Leader

CHANGE OF DATE: School Open Morning

The school open morning date has changed to **Tuesday 12 September 2023**. We invite and welcome parents to visit your child's classroom to observe their learning in action from 9am to 10.30am.

STRADBROKE SCHOOL'S 60TH BIRTHDAY CELEBRATION
 FOOD | DRINKS | GAMES
 RECONNECT | RELAX | MEET
 SHARE | PLAY | PERFORMANCES

SATURDAY 23RD SEPTEMBER
11AM - 3PM

STUDENT BUDDY STALLS 12-2PM
 SLUSHIES | PLAY | DINOSAUR DIG
 MAGIC | PLANTS | AND MORE

Small Cash Only
 Please bring your change



Government of South Australia
Department for Education



Small Cash Only
Please bring your change

FR7 NEWS

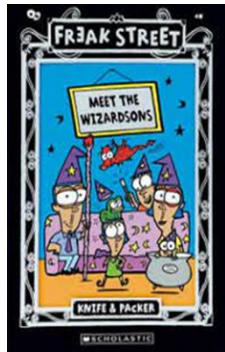
In FR7 we have been developing our persuasive techniques to convince our reader to choose our favourite book to read.

We hope we can convince you to read one of the books we have recommended. Happy Book Week Stradbroke School!

“Meet The Wizardsons” by Knife and Packer

You must know this is certainly the greatest book in history.

This is a fact: It would not be a narrative without characters so they are Wyman, he is not good at magic, but his family is the greatest at magic!



The rest of the family's names are Mr Wizardson, Mrs Wizardson, Wendy, Woo-Woo and their Dragon.

It is important that you know about the setting, this story is based in their house but they have all magical things like a magic pot and they live in a mushroom. Wow! How cool to read!

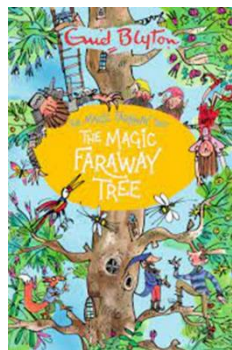
Most important is how it starts: They go outside to cook on the BBQ with their dragon but not a flame comes out! What happens next? Well, you should definitely read it.

You should certainly read this book because it's magical, adventurous and a mystery book.

Book report by Leo C

“The Magical Faraway Tree” by Enid Blyton

It's easy to see why everyone should read The Magic Faraway Tree. Why wouldn't you read it?



I'm sure you would definitely like the setting of this story. It's all about a magical tree. Who doesn't like magic? There's also a special wood plank that leads to somewhere. Read the book to find out where it leads to!

Everyone would agree that the Saucepan Man is funny. The best thing is his hilarious songs. It's as funny as seeing a dog trying to reach his tail. Silky is a very graceful fairy. If you love fairies you must love her too. We all know that the start will be very exciting. Joe, Beth and Frannie's cousin Rick comes to stay. There is someone to show all the adventures they can have too!

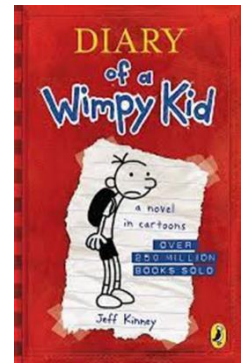
You obviously should read this book because it is funny, magical and has lots of adventures.

Book Report by Emily H

Diary of a Wimpy Kid by Jeff Kinney

It is obvious that you should read Diary of a Wimpy Kid, it is amazing.

The start is basically just Greg's mum buying him a journal, and he goes to his school only to find a rotten piece of cheese ... whoever touches it gets the cheese touch. This is the beginning of many more adventures.



The story is mostly set at his school, or at Greg's house, there are a bunch of funny characters like Greg's brothers, Manny and Rodrick, and Greg's best friend Rowley.

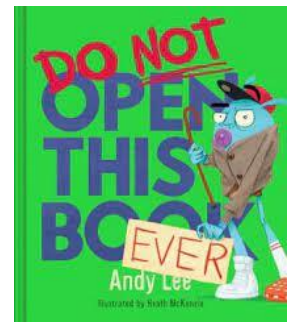
You should read Diary of a wimpy kid because it's funny, humorous and full of jokes.

Book report by Jay H

“Do Not Open this Book” By Andy Lee.

This book is super cool because it is funny!

Every time you turn the page, the book tells you not to, but we do it anyway.



My favourite part was when the blue character was almost 100 years old. He was getting angrier and angrier and it was funny.

You should read this book because there are lots of “no's” in there and you turn the page anyway.

It is so funny and there are lots of colours and words to look at.

Book Report by Kyden C



TRAFFIC MONITORS : TERM 3

Week 5	am	Mishika J, Luke O, Orlando D
	pm	Hashim H, Elio R, Elie
Week 6	am	Hannah B, Kiara McC, Aston D
	pm	Justin D, Suad H, Aariya JP

LIBRARY NEWS

BOOK WEEK REMINDER

It is that time of the year again when we celebrate Book Week.

After reading the new books published by Australian authors and illustrators over the past year, a group of judges from the Children's Book Council of Australia has selected the following books in a range of categories.

The winners are:

- Older readers: Neverlanders
- Younger readers: Runt
- Picture Book : My strange shrinking parents
- Early years : Where the Lyrebird lives
- Information : Deep
- New Illustrator : Tiny Wonders

Honour books have also been selected in each of the above areas from shortlists identified for each section.

All of these books are available for borrowing from the Library.

Friday 25 August is dress up day when students can come to school dressed up as a book character. They will also get together with their buddy class to share and read books.

L1 enjoyed a lesson on Tuesday in the Library, where they listened to stories and discussed how the illustrations were created.

They then chose a short listed book to read with a buddy.



Emma Green
Librarian

CANTEEN NEWS

VOLUNTEERS



If anyone has 90 minutes (9-10:30) to spare on Friday 1st September to help with stickers in the morning, I would really appreciate it!

Please pop into the Canteen and let me know, or leave your details with the Front Office staff.

EATING UTENSILS



If your child requires a spoon or fork to eat food from home for their lunch, please remember to pack one in their lunch box.

We are having an increasing number of children requesting spoons and forks, and unfortunately due to the demand will need to start charging 10c for repeat requests.

Kate Majewski
Canteen Manager

STUDENT ACHIEVEMENTS

PRIMARY SCHOOLS STRINGS ORCHESTRA

Congratulations to Jessica Z (K1) on being successful in gaining a position in the Primary Schools String Orchestra for 2023.

The Primary Schools Strings Orchestra practice weekly and will be having a performance tour later in August.



STRADBROKE'S 60TH BIRTHDAY

Stradbroke's 60th School Birthday is coming up and in K8, we have been working with our buddy class FR2.

We decided to create a 'Second-Hand Toy Stall' for the birthday. At the stall we will be selling any toys that YOU are willing to donate for \$1 - \$5. All funds raised will be going to our school community.

So please, if you are ready to get rid of some old toys that you or your kids do not use, please donate them to K8 or FR2.

See you at the birthday!



SAPSASA YEAR 5/6 BASKETBALL KNOCKOUT COMPETITION

Well done to the students who travelled to Wayville Sports Centre for the Statewide Knockout Basketball Competition.

Both teams showed a great display of sportsmanship and team basketball, making their way into grand finals!

Unfortunately the boys lost however, we are all super proud.

The girls were excellent in their determination, winning their grand final, and will now compete in the final round in week 8!

Well done Stradbroke and good luck girls!

Luke Johansen
K8

SPORTS NEWS

Email dl.0923.sports@schools.sa.edu.au if you have any queries regarding Sport at Stradbroke.

BASKETBALL

Year 2/3		Coach: Alice Castello Team Manager: Courtney Nicolas			
Stradbroke White	32	Def	Trinity Titans	10	
Game Played: Tuesday 15 August					
Stradbroke White	10	Def by	EM Lightning	21	
Game Played: Tuesday 22 August					

Year 2/3		Coach: Belinda Sykes Team Manager: Angela Jang			
Stradbroke Blue Dragons	22	Def by	East Adelaide 2/3 White	27	
Game Played: Tuesday 15 August					
Stradbroke Blue Dragons	9	Def by	Walky Redbacks	30	
Game Played: Tuesday 22 August					

Year 2/3		Coach: Leilani Mortal-Antezana Team Manager: Sarah O'Brien			
Stradbroke Blue	10	Def by	SJP Bears	14	
Game Played: Tuesday 15 August					
Stradbroke Blue	8	Def	Norwood Blue	19	
Game Played: Tuesday 22 August					

Year 4/5		Coach: Michael Overmaat Team Manager: Kate Beerworth			
Stradbroke Kangaroos	4	Def by	Walky Crows	28	
Game Played: Wednesday 16 August					
Stradbroke Kangaroos		Def			
Game Played: Wednesday August					

Year 4/5		Coach: Arthur Ang Team Manager: Jess Bui			
Stradbroke Warriors	25	Def	St Aggies	13	
Game Played: Wednesday 16 August					
Stradbroke Warriors		Def			
Game Played: Wednesday August					

Year 4/5		Coach: Alexandra Pukallus Team Manager: Courtney Nicolas			
Stradbroke Stars	28	Drew	Trinity Tornadoes	28	
Game Played: Wednesday 16 August					
Stradbroke Stars		Def			
Game Played: Wednesday August					

Year 4/5		Coach: Julien Robert Team Manager: Roy Lee			
Stradbroke Tigers	20	Def	Walky Bluebirds	0	
Game Played: Wednesday 16 August					

Stradbroke Tigers		Def			
Game Played: Wednesday August					

Year 5/6		Coach: Matt Overstreet			
Stradbroke Eagles	37	Def	Athelstone Hurricane	28	
Game Played: Monday 14 August					

Stradbroke Eagles	54	Def	EM Dragons	33	
Game Played: Monday 21 August					

Year 5/6		Coach: Maja Kruger Team Manager: Ruth Hock			
Stradbroke Phoenix	34	Def	SJMS Phoenix	18	
Game Played: Monday 14 August					

Stradbroke Phoenix	69	Def	Walky Roosters	10	
Game Played: Monday 21 August					

NETBALL

Primary: Stradbroke Tigers		Coach: Mel Carter Team Manager: Kieta Campbell			
Stradbroke Tigers	4	Def by	Loreto	10	
Game Played: Saturday 12 August					

With 3 players out this week we had to call on our friends The Royals for some last minute fill ins, thank you to Grace and Catherine for playing with us. It was a miserable cold and wet day but we went out and gave it our best. The team did not give up and still put in a great effort.

Stradbroke Tigers	12	Def	Walky Roses	5	
Game Played: Saturday 19 August					

It was great to have the full team back again this week and to watch the girls playing at their best. Kiana and Mae both had great games in the mid court showing so much improvement in their spacing and leads, while Eliza once again showed her strong defensive skills. Another great game!

Primary: Stradbroke The Royals		Coach: Sasha Moore & Anita Sebastiani Team Manager: Jackie Rice			
Stradbroke Royals	10	Def	Burnside Blue	6	
Game Played: Saturday 12 August					

Captain: Zahra Another brilliant game this week. Players used quick passes to dominant the court and all players showed confidence in new positions. Great team work Royals. You're going from strength to strength.

Primary: Stradbroke Arctic Wolves		Coach: Hannah Bartlett Team Manager: Giulia Innamorati & Monica Gonzalez			
Stradbroke Arctic Wolves	13	Def	East Marden	1	
Game Played: Saturday 12 August					

Captain: Luella the girls showed great sportsmanship by helping out the other team who were short on players. Our team played superbly despite the rain and stayed focussed during the whole game. A big congratulations on their win!

Primary: Stradbroke Allstars	Coach: Catherine Ford		
	Team Manager: Julia Coles		
Stradbroke Allstars	12	Def	Loreto
			3
Game Played: Saturday 19 August			
What a great game played by the Allstars this week against Loreto. Captained by Skyler, the girls were fantastic as they kept the ball up their end to score goal after goal. Well done team!			

Sub Junior: Stradbroke Thundercats	Coach: Melissa Danielse		
	Team Manager: Carmen Allington		
Stradbroke Thundercats	10	Def	St Martins Navy
			13
Game Played: Saturday 12 August			
Captain: Georgia G A competitive game in slippery conditions, our Thundercats gave it their best! Well Done.			
Stradbroke Thundercats	6	Drew	Walky Power
			6
Game Played: Saturday 19 August			
Captain: Matilda B Very proud of our Thundercats who fought back to a draw in a very competitive (and slippery) game! Huge thanks to Reet Sharma from the Tigers for stepping up to help us this week - you played so well.			

SOCCER

Under 12's	Coach: Antony Rinaldo		
	Team Manager: Daniela Rinaldo		
Stradbroke U12's	7	Def	Rose Park Primary
			1
Game Played: Saturday 5 August			
Congratulations Stradbroke on another great win! Captained by Maxim, this game allowed the Stradbroke team to enhance their skill level, move as a team, pass wide and get the ball to the goal area. Thank you to our goalies Frank and Alex, who saved shots, assisting in the Stradbroke win. Excellent goals scored by Joshua (4), Austin (2) and Knox (1). Great consistency and focus had by the entire team. Well done Stradbroke!			

Stradbroke U12's	5	Def	East Adelaide White
			2
Game Played: Saturday 12 August			
What another great win by Stradbroke! Captained by Knox, this game was competitive and exciting to watch. The team followed instruction to pass along the wing, control the ball and take opportunities. Josh, Elton and Alex were our goal scorers, Josh scoring a hat-trick! A special mention to Maxim as centre defender and Elton as left midfielder - they are always consistent and controlled. Thank you to our goalie Frank, who is always ready to step up and help out the team. We had our full team available so a special mention to the rest of them (Nate, Maddie, Mimi, Mason and Austin) for an excellent performance. Well done Stradbroke!			

Stradbroke U12's Game 1	4	Def	Linden Park 2
			2
Stradbroke U12's Game 2	2	Def	St Joseph Hectorville United
			1
Game Played: Saturday 19 August			

Stradbroke played two games on Saturday, one which made up for a 'bye' in round 1. Both games were against top teams, competitive and 'nail biting' to watch. Captained by Josh and Nate, the team secured two victories, which were well deserved and fought to the end with effort and skill. Nate and Maxim were excellent in defence, with Maxim's speed incredible to watch. Thank you to Knox and Frank for goal keeping, this role is not always recognised, but is invaluable to the

team's formation. Alex, Joshua, Mason, Austin, Elton, Knox and Mimi were great in assisting the ball down the line, working as a team in attacking and defence duties. Joshua (2), Austin (2) and Alex (2) secured goals for the team and the end celebration was deserving. Thank you to all the parents who came along, cheered, fed and supported the team. Families were on the pitch for over 3 hrs (due to two games) - thank you for the support. Congratulations Stradbroke!

Year 5/6 SAPASA Knockout Basketball Team Photos





TENNIS OPEN DAY

SUNDAY 17 SEPTEMBER 2023
42 JENKINS AVE, ROSTREVOR

We look forward to seeing you there!
Contact Todd Perry at todd@toddperrytennisacademy.com.au
or 0414 014 566 for more information

EVERYONE WELCOME
from beginners to advanced players

FREE COACHING
Juniors 9am - 11am - 12 noon
Seniors 1pm - 2pm

FREE BBQ
12 noon

www.rostrevortennisclub.com.au



PARENT FORUM

15th September 2023 , Adelaide

You are invited to a Parent Forum for parents and carers of children and young people with disability.

The forum will include information about Department policies and initiatives and presentations by Kindship and Siblings Australia.

The forum will provide a safe and supportive environment to share your experience, obtain information and helpful strategies as well as providing the opportunity to have your questions answered.

The information you provide will also assist us in the planning of future forums.

This workshop is for a limited number of parents and carers and will be held maintaining current COVID 19 guidelines.

WHEN: Friday 15th September 2023

9.30 am – 10.00 am Register/tea/coffee

10.00am – 2.00pm Parent Forum

WHERE: Statewide Inclusive Education Services (formerly SERU)

72A Marlborough Street, Henley Beach SA 5022 Ph: 82352871

Please enter via Northey Street

Contact: Education.ParentForum@sa.gov.au if you have any questions

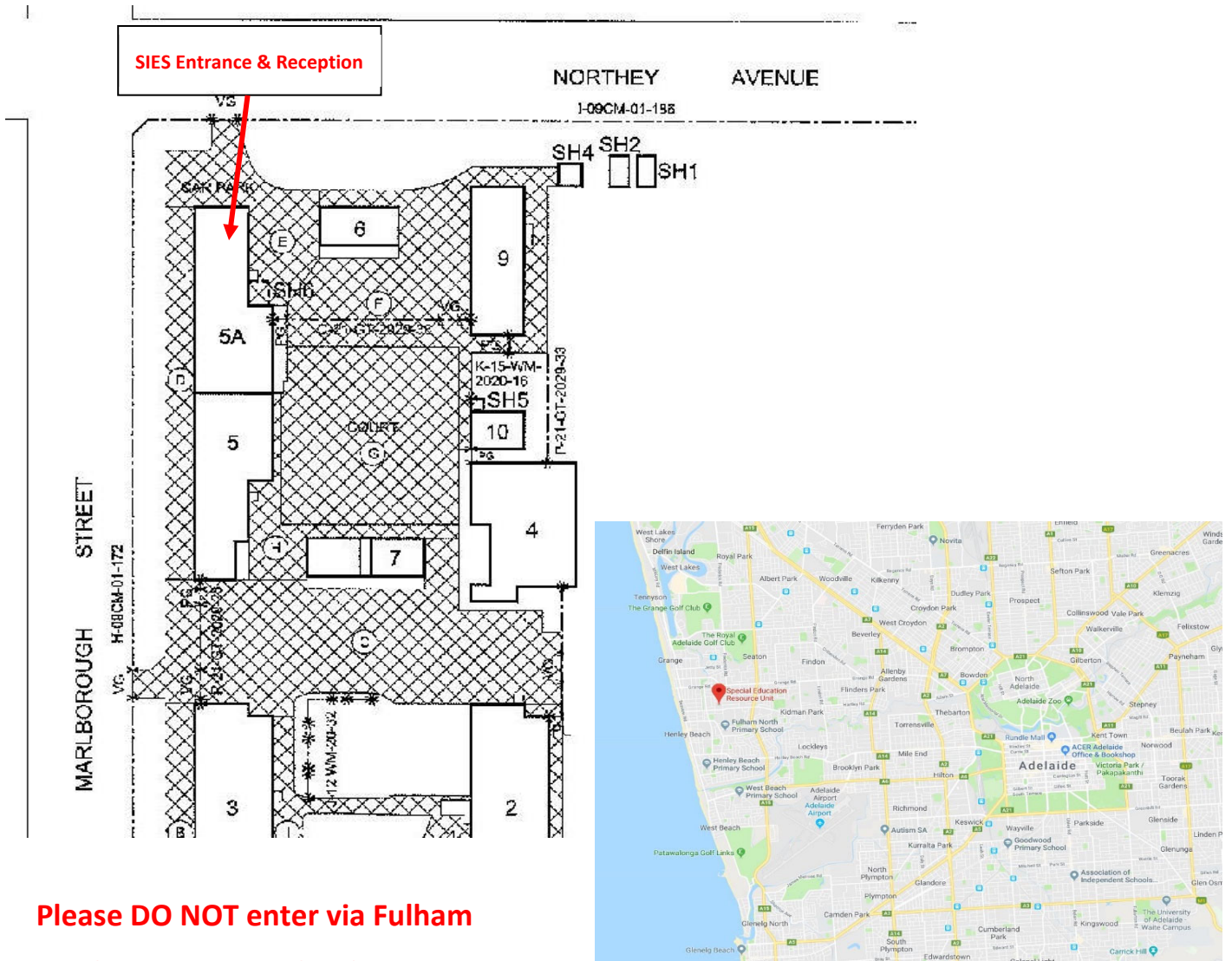
Lunch/refreshments provided

Register via: [Eventbrite](#)

For other information and resources available please visit SIES website: web.seru.sa.edu.au



Location and access to Statewide Inclusive Education Services (SIES)



Please **DO NOT** enter via Fulham Gardens Primary School

Location and access to the Statewide Inclusive Education Services

Parking and Registration

Parking is available in Northey Avenue, Marlborough Street and surrounding streets.

The entry to the conference is via SIES entrance and reception office from Northey Avenue. You will be greeted at SIES where you can sign in before being shown through to the conference room in the grounds of Fulham Gardens Primary School.

Buses

The H33 bus travels to and from the city via Marlborough Street. Stop 27 is the closest bus stop to SIES.



We Need to Talk About Parent Wellbeing

Mental Health is on everyone's lips. With 44% of Australian adults having experienced a mental disorder over the course of their lives, and 1 in 5 having experienced symptoms of a mental disorder over the last 12 months, it's no surprise that Google searches for mental health queries reached an all-time high in 2021.

Additionally, across Australia there are 102 days dedicated every year to raising awareness of important mental health and wellbeing related topics, including Neurodiversity Week in March, World Infant, Child and Adolescent Mental Health Day in May, and R U OK? Day in September. A growing number of Australian states and territories are also promoting Mental Health Month in October.

With all the talk about mental health and wellbeing, it's valuable to understand that mental illness and mental health are actually different things. On the one hand, we have mental illness. Low mental illness means you aren't experiencing symptoms of mental illness (such as depression and anxiety), high mental illness means you are. And on the other hand, we have mental health. If you have high mental health, you have a generally positive mood and outlook on life and are functionally optimally. You are said to be 'flourishing'. If you have low mental health, you may feel hollow or empty, and have a generally low mood. You are said to be 'languishing'.

For most people experiencing mental illness, interventions such as therapy and medications are both valuable and necessary. However, to improve mental health and lead a flourishing life, there are simple changes that anyone can make even if they are struggling with mental illness.

Let me ask you a simple question.

What makes life most worth living for you?

The simplest way to experience improved mental health and wellbeing is to identify the answer to that question and then find a way to do a little more of those things each day. Let me outline a few things science points us to that can help:

1. Sleep

This might be the most boring thing I can put on the list of ideas to bolster wellbeing (for you and your kids). But it might also be the most valuable item on the list.

Have you noticed what a difference it makes when you feel well rested? Have you noticed how much better you behave (not to mention the kids) when you've had a full night's sleep? It's no surprise that sleep loss is

associated with negative moods and impacts emotional regulation. Sleep makes you a better parent. It makes you a better partner, employee... it makes you a better person. Prioritising a solid 8 hours of sleep per night is just about the best thing you can do to be happier.

2. Build Connection

Relationships are at the core of our wellbeing. Find ways that you and your children can connect with one another and with others regularly and in healthy, positive ways. Simple ways to build connection are smiling at each other (even fake smiles can amplify and initiate feelings of happiness), spending quality time together, and telling the people around you that you love them.

3. Get Active

A recent study from the University of South Australia found that exercise is 1.5 times more effective than counselling or the leading medications at improving symptoms of depression, anxiety, and distress. Physical activity also keeps our brains healthy, increases positive mood and increases self-esteem, as well as reducing the risk of heart disease, cancer, and increasing bone health. The World Health Organisation recommends that children and adults aim for about 60 minutes of moderate to vigorous aerobic activity daily, but if you're just starting out, replacing sedentary time with physical activity of any intensity will offer health benefits.

4. Slow Down and Smell the Roses

Nature is fuel for the soul. Spending time interacting with nature has a long list of benefits (including improved academic and task performance, stress reduction, reduced violence, increased inspiration, and improved mood), which can be achieved in as little as 120 minutes a week. You can boost your nature time by shifting the route of your walk to go through your nearest green space, taking your lunch break outside, or planning a weekly family trip to the forest, beach, or botanic gardens.

5. Have Fun

It might seem like a simple thing, but having a once-a-week family adventure can build connection, encourage physical activity, and get us out into nature, plus it is fun! Having fun can be free, take the soccer ball to the park, do a scavenger hunt, or take a bucket and spade to the beach.

On the road to flourishing

Work, school, homework, cleaning the house, finances... these are all important things, but they're not the things that make life worth living. If we want to get on the road to flourishing, we may need to re-prioritise our time, making sure that we build in opportunities for sleep, connection, movement, nature, and fun. Simple swaps are all it takes to bring greater positivity into your life.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.



Ages
7+

COME AND TRY BASEBALL

SATURDAY 2ND SEPTEMBER

10 - 11 AM



NEWLAND RESERVE
HALLETT ROAD, BURNSIDE

Scan QR code for
more information



Nathan 0408 824 781



secretary@kensingtoncardinals.com.au



@kensingtoncardinals



STRADBROKE SCHOOL'S 60TH BIRTHDAY CELEBRATION

**FOOD | DRINKS | GAMES
RECONNECT | RELAX | MEET
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