



From the Principal

Due to several notifications that needed to go out during this week we have decided to publish an extra newsletter for the end of term.

One of the additions to this newsletter is the updated Mobile Phone Policy. I am sure that you would be aware that the government committed to banning mobile phones in schools and as a result each school has had to review its own policies to bring them in to line with the Department for Education template. During term 1 staff and Governing Council have adapted our current policy to reflect this process. There are only a very few minor changes that needed to be made to our existing policies for primary and secondary students, but one that is worth noting is that this ban includes smart watches or any other mobile device that can connect to the internet or phone network.

Students bringing these devices to school will be required to put them in their bags or lockers during the school day. These devices are quite expensive, and I would strongly recommend that students put their phones and other devices in their lockers with a secure padlock on it as they are responsible for the security of their own device.

Students who have their phones out or who are using smart watches etc., they will be asked to hand them to the teacher or take them to the front office for the rest of the day. If this happens too frequently, you will be contacted to collect the device from school. Refusal to hand over a phone or other device or take it to the front office will be a breach of the school's Behaviour Support Policy which will lead to other consequences which may include suspension in some circumstances.

CALENDAR DATES

May

- 1st START OF TERM 2
- 5th Murray Mallee Swimming
- 12th 9 A Side Football & Netball at Karoonda
- 16th Sport SA Cross Country at Meningie
- 20th Pedal Prix at Tailem Bend
- 22nd / 24th SAPSASA Football Championships
- 24th National Simultaneous Storytime

June

- 8th Sports SA Cross Country at Oakbank
- 9th PUPIL FREE DAY
- 12th PUBLIC HOLIDAY – KING'S BIRTHDAY
- 17th Pedal Prix Adelaide
- 26th / 28th SAPSASA Netball Championships

July

- 4th RMD Mixed Netball Murray Bridge
- 7th END OF TERM 2

There may be sometimes where a teacher will ask students to bring a phone to lesson for a specific purpose, which is acceptable under the policy, however this will be a one-off exemption and not permission to bring their phones to that lesson from there on. Please read the policy attached and reinforce this with your children. The evidence is very strong that mobile phones cause disruption to the learning process and also to the development of good social skills.



Term 1 has once again been a busy one with several sporting and other activities included in 11 weeks of learning. Well done to all our students who represented the River, Mallee, and Districts team in Adelaide a few weeks ago. Congratulations to those of you who received medals and broke records while at the event. Photos of these students are included in this newsletter. I know that our students are tired and looking forward to a good 2 week break to refresh and prepare themselves for next term, ready for more learning.

A reminder that we will have a student free day on the 9th June, which is the Friday before the King's Birthday weekend.

Year 3/4 Class

Julie Frahm

Science

This term in science we have been learning about heat. Last week we conducted an experiment to see what would melt an ice cube faster - a magnifying glass, the ground, a car or warm water. We discovered that a magnifying glass didn't make the ice melt faster. We also discovered that for a test to be fair you can only change one thing!



Sport

Jared Wallis



Interschool Sports Day held at Karoonda on Tuesday 14th March.

Coomandook students had a successful day in winning individual age group medals.

Congratulations to - Ashlyn, Owen, Tyler P, Jake, and Chloe P.

Congratulation to Jake (800m) and Lincoln (javelin) who broke a record on the day.

The River Mallee and Districts team competed in Adelaide on Friday 31st March. Well done to all competitors who represented Coomandook in the team.



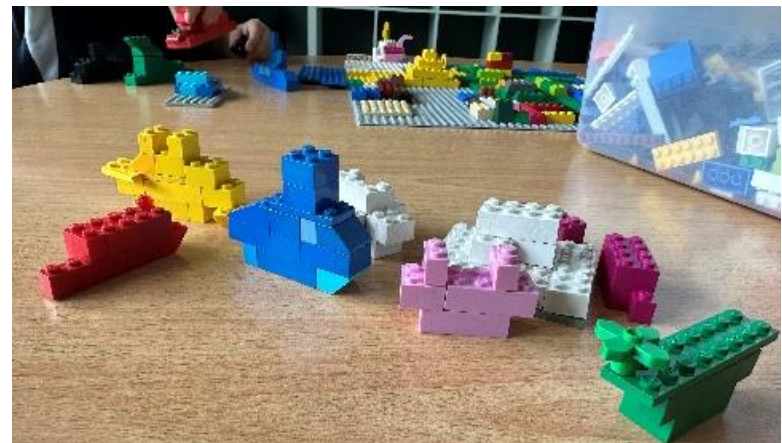
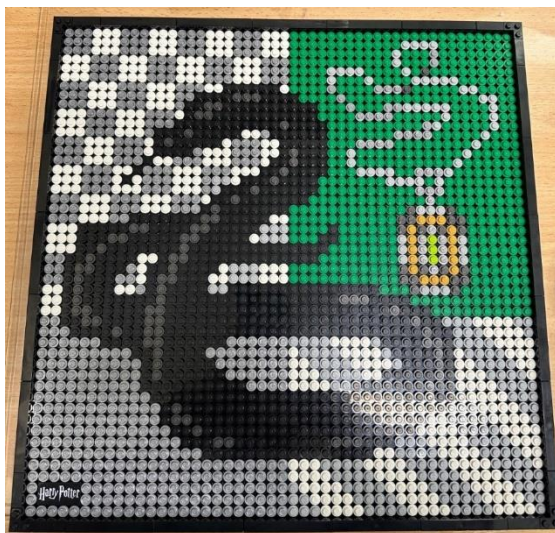


Lego Club

James Hillard

It has been a super successful first term of Lego club, with kids engaged and wanting to come back for more week after week. A big thanks to Tracey for letting us have the library open for the whole of lunch to let our creativity flow. We have had some awesome creations for our One Colour theme over the last 3 week – creations of entire worlds of fire, a fleet of one colour battleships and more! Which creation do you think is the best? We will start next term with a new challenge; Castles! Get your ideas and practice in the holidays ready for a new term of Lego Club, each week on a Thursday in the Library at lunch.

After taking 5 weeks to finish the first Hogwarts crest, which now sits proudly in the front office, it has taken only a single week (plus the frame assembly) to create the second crest – Slytherin. Built by a team of students including, Leo S, Rory K, Orlando K, Esther N, Ashlyn K, Ken D, Nellie K, Nevaeh W, Jackson M, Levi M and Henry M. Well done to everyone for their teamwork! The final product looks great and will be next to the Gryffindor crest soon. Next up; Ravenclaw!





Chat n' Chill

Stacy Seidel

In Chat n' Chill we are lucky to chat to students from all over the school. We get to cover a wide range of topics and talk about how their thoughts affect their behaviour. We thought it might be useful to include an article in this week's newsletter because having 'bad thoughts' is a common topic which worries children and young people.

How to Help Kids Worried About 'Bad Thoughts'

***Children sometimes feel guilty about
disturbing thoughts and can't stop
confessing***

Everybody has thoughts sometimes that make them think, "Whoa, where did that come from?" These thoughts can be mean, sexual or violent. Most of us just shrug these thoughts off.

But for some kids, "bad thoughts" make them worry they are bad people. This leads them want to tell or confess these thoughts, so they can get reassurance that they themselves are not bad. Some kids get stuck in this pattern and feel the need to confess over and over. To help kids handle "bad thoughts," teach them that having a thought doesn't make it true. *Thoughts are not facts!* A bad thought doesn't make them a bad person. You can tell them bad thoughts that get stuck in their heads are like a "bully in the brain." The thought is not them. The goal is for kids to learn to let these thoughts pass on their own.

If "bad thoughts" make your child so worried it's hard for them to focus on other things, working with a therapist can help. Through cognitive behavioural therapy (CBT), anxious/worried kids can learn skills to separate themselves from their thoughts and find ways to deal with them.

Kids can get very upset about bad thoughts, though of course not all of them feel compelled to share them with their parents. But when they do, the constant confession and requests for reassurance can be stressful for parents, too.

Why do kids worry about "bad thoughts" and feel the need to confess them? And what can you do as a parent to help them?

What does this thought say about me?

Jerry Bubrick, PhD, a clinical psychologist at the Child Mind Institute, reminds us that we all have random thoughts that we think are bad. We may think, Wow, that was unkind, or weird, or inappropriate! And then we dismiss them. We don't express them, or act on them, and we quickly forget about them.

In contrast, Dr. Bubrick says, kids can get upset when these ordinarily fleeting thoughts get "stuck", and they are unable to dismiss them and move on. Instead of recognizing bad thoughts as meaningless, the kids hold themselves responsible for them.

"These kids are placing value on themselves based on the thoughts they're having," Dr. Bubrick explains. So they think, there must be something wrong with me in having that thought. Or, I must be a horrible person if I'm having that thought."

Dr. Bubrick calls it "over-responsibility of thought"—kids holding themselves responsible for their thoughts, instead of letting them go. "And that's why kids feel compelled to confess. They're asking parents for reassurance, for a parent to say, 'Yeah, that's okay. Don't worry about it'" he adds. "That calms that fear: Okay, I'm not a bad person."

Why do some thoughts get stuck?

Thoughts are often driven by emotional states, Dr. Bubrick notes. For example, "when I'm happy I'm more likely to have happy thoughts, and when I'm scared, I'm more likely to have scary thoughts. When I'm hungry I'm more likely to have thoughts about



food.” When we get frustrated or angry, we can all relate to imagining bad things happening to the person who’s standing in our way.

But most of us do not become alarmed or self-critical based on our thoughts alone—what matters are the actions we take. Becoming fixated on “stuck” thoughts can be a symptom of anxiety, whether it’s just an anxious personality.

What kids consider “bad” depends on the culture and what they’ve been taught. In religious families, for instance, kids worry about “bad thoughts” they think might offend God. Worries about wanting to hurt people are surprisingly common in young children. Kids who feel compelled to confess and ask for reassurance are usually less than 12, Dr. Bubrick notes. “Older kids tend not to tell parents what they’re thinking, I would imagine, because the thoughts are darker or scarier. They’re more sexualized, or they’re more violent.”

How can we help kids handle ‘bad thoughts’? The goal is simple: to help kids recognize that their thoughts are just thoughts.

“Just because you have a thought—whether it’s a good or a bad thought—doesn’t make it true,” Dr. Bubrick explains. “A bad thought doesn’t make you a bad person—It just means you’re having that thought.”

That is the message clinicians use when they treat kids with anxiety disorders using CBT.

Kids are taught to identify their obsessive thoughts as separate from themselves—as a “bully in the brain,” as Dr. Bubrick puts it.

“When thoughts get stuck in our mind, they kind of bully us into thinking they’re more important than they are,” adds Dr. Busman.

“Seeking reassurance is a way to relieve the distress or anxiety,” she says. “And it works, for the moment.” But the only way to stop the cycle of getting stuck on intrusive thoughts and asking for reassurance is to learn to

tolerate the distress without confessing and see that the anxiety will fade.

If bad thoughts really become a problem for a child—if they continue, if they cause great anguish or interfere with the child’s functioning, it may be a sign of an underlying anxiety disorder that deserves professional help.





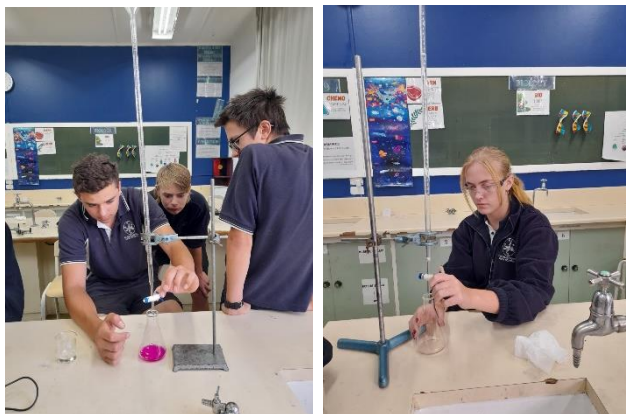
Science

Hannah Scott

Students in Biology have been learning about the cell cycle and how cells reproduce using mitosis and meiosis. They made models of mitosis using oreo cookies and a range of lollies to represent the chromosomes.



Students in year 10 have been studying chemistry. They have begun to look at acid and base reactions and practised using titrations to measure the molarity of vinegar. It can be a difficult task to get precise but some students measured the molarity accurately to 0.9M, with vinegar being 0.85M. Students will now do titrations to find the ascorbic acid (vitamin C) amounts in different juice drinks.



Kitchen Garden:

The 5/6 kitchen garden class have been learning about healthy eating and the paddock to plate process followed to farm beef. Students designed a burger box, which had to include a descriptive name, ingredients list, address, nutrition panel and picture. They then practised their food preparation skills by making some very fancy and yummy beef burgers.





Geography

Tamsin Rowntree



COOMANDOOK AREA SCHOOL
Striving to Make the Difference

VOLUNTEERS NEEDED

E: tams.martin458@schools.sa.edu.au | Ph: 8573 3007

ARE YOU A LOCAL FARMER?
DO YOU PROVIDE A SERVICE OR A PRODUCT FOR OUR FARMERS?

We would love to speak to you and promote what you do in our next class assignment!

Dear Farmer or Agricultural worker,

On behalf of my year 9/10 Geography class, I would like to invite you to share your knowledge of sustainable farming strategies with us.

WHAT ARE WE DOING?

From early April to late July, we will be working through a unit on Land Management focusing on food production, biomes, environmental challenges on farms, and sustainable land management practices. The task objective is to promote our farming community's effort to use (or support farmers in using) sustainable farming practices. Each student will write and publish an article that highlights, explains, and promotes a local farm's or farmers' best management practices. Essentially, we want to share and promote the great work our community does in producing food while also ensuring our land is sustainable and productive for years to come. This is where you come in. We need primary resources for our articles.

WHAT CAN YOU DO FOR US?

We want to speak to and learn from as many experts as possible, that's you! There are many ways you can help:

Option 1 - You can come to a geography lesson and share what you do on your farm or for the industry. We'd love to see pictures and videos while having the chance to ask you questions about current sustainability challenges, practices, and projects you're working on.

Option 2 - You can allow a student to interview you over the phone or via email. They'll prepare the questions and you will only need to answer them.

Option 3 - If you have any ongoing projects or practices (or have an idea for how to put 28 students to good use in a safe way), we would love to visit your farm and learn from you.

If you are interested in helping us out in some way, please contact Mrs. Rowntree via email or ring CAS and leave your details with the front office staff. I'm looking forward to learning alongside the students.

Thank you in advance for getting involved,



Tamsin Rowntree,
9/10 Geography Teacher



Mal Jurgis,
Principal



sizzle. Students also traced their own hands and wrote what harmony meant to them which was used to create a mural in the school.



Shelter box is a disaster relief charity which aims to donate shelter and a range of aid items to people in need. \$1000 will provide a family of 10 with a tent, bedding, blankets, plates and cutlery, light and water filtration.

Money Raised: \$350



SRC

Hannah Scott

SRC held our first meeting on Monday the 6th of March where students discussed what global goal they would like to aim to raise money for this year. They decided to aim to raise \$1000 to donate to 'Shelter Box'. Students also brainstormed a number of events to be held throughout the year. The first event held was for Harmony week where students were invited to wear a splash of orange, take part in a scavenger hunt and enjoy a range of baked goods and a sausage





SRC

Jared Wallis

The Year 11 / 12 PE class travelled to the Par 3 golf course last week to play a round of golf. We have also previously played a round at the Tailem Bend golf course. We are comparing our skills to a professional golf player. Currently we are a long way off by are going more skills and techniques each time we play.

After golf we travelled to the Pt Willunga Caravan Park and checked in before going shopping for a food for the days. Tuesday morning we travelled to Port Noarlunga to get our wetsuits and equipment and meet the instructors for the next few days. The surf was lets just say it was like glass. We decided to try some stand up paddle boarding and snorkeling before going for a surf in the afternoon.

The experience that we got whilst there were amazing, snorkeling over and around the reef, having fish swim past your mask, continually falling off a stand up paddle board, trying to stand on a surf board and then learning the skills to turn and miss everyone who is still in the water.

It was a great experience and one that the year 11s look forward to again next year. Thank you to Heather for being the mother on camp and keeping everything on track, and Mr Wallis for all the stacks while surfing and paddle boarding.



Respect


Honesty

Persistence



Community News

THE MURRAY BRIDGE PLAYERS & SINGERS INC.
presents



LEGALLY BLONDE

Music and Lyrics by Laurence O'Keefe And Nell Benjamin Book by Heather Hach

Based on the novel by Amanda Brown
and the Metro-Goldwyn-Mayer motion picture
Licensed exclusively by Music Theatre International (Australasia).

MURRAY BRIDGE TOWN HALL | MAY 2023
OPENING NIGHT 12/05 - 8:30pm for 7:30pm start
13, 19, 20, 26 & 27 @7:30pm | 14, 20, 21 & 27 @2:00pm

BOOK TICKETS - mbplayersandsingers.com.au or Ray White MB



JOIN THE FUN!

MALLEE STORM FC

Karoonda & Peake Ovals

Thursdays 5-6pm

Brad Poole 0438 743 074

Centre starts: **March 9**

play.afl/auskick



Southern Cross Cleaning

Five Star Cleaning Service

Cleaners Wanted:

Hazel Ireland - Area Manager

Mobile – 0448 169 464

Email - hazeli@southernxcleaning.com.au

Attention: Cleaning position available please contact above for more information

DCSI/WWCC, Police clearance may be required and double dose covid vax confirmation

Respect

Honesty

Persistence



APRIL HOLIDAYS

RIVERLAND YOUTH THEATRE
17-28 APRIL

PRESCHOOL	SECONDARY
MUSIC AND MOVEMENT Games, songs, dance & stories. Renmark Institute, April 17 & 24, 9am Berri Main Street Pavilion, April 18, 10am No bookings required	3RD PLACE Just a chill hang out. Play games, swap memes or just chat with your friends. Renmark Institute April 17 & 19, 2pm-6pm
PRIMARY	RAINBOW AWARDS
PLAY IT LOUD Come and try musical instruments with music teacher Alistair Ward! Renmark Institute, April 18, Sessions: 10am-11am, 11:30am-12:30pm & 1pm-2:30pm Walkerie Lutheran Primary School, April 19 Sessions: 10am-11am and 11:30am-12:30pm	HOME TURF: FILMMAKING & CREATIVE CLUB Explore the art of filmmaking in a 4-hour practical session with Laura Franklin and Nic Tubb. Or drop into Creative Club with RYT's Community & Digital Artist Alysha Hermerlin and work on your own creative projects with support. Filmmaking 1pm - 5pm Creative Club 2pm - 4pm Pinnaroo Hub, April 18 Lameroo TBC, April 19 Walkerie Library, April 20 Morgan Activity Centre, April 21 Bringing you Home Turt:

BOOKINGS: RYT.ORG.AU/APRIL-HOLIDAYS/

MAKING THESE PROGRAMS POSSIBLE

CARCLEW Berri Barmera Council

APRIL HOLIDAYS

RIVERLAND YOUTH THEATRE

BOOKINGS: RYT.ORG.AU/APRIL-HOLIDAYS

YOU PERFORM!	PERFORMANCES
OBSESSION PARTY AT MALLEE FOWL! You know that thing that makes you light up? Lego or HPC University or a TV show that's been off the air for 25 years? Here is your chance to tell everyone about it. Learn what makes our weird and wonderful brains glow and celebrate obsession. On and THERE'S A TWIST: some participants will have workshopped their presentations with guest artist Mary Angely during the afternoon and some will be handed a slide show they have never seen before and present on something they know NOTHING ABOUT! Berri Town Hall, Workshop, April 20, 1pm-5pm Mallee Fowl Restaurant, April 20, 7pm Book via Mallee Fowl: 0439 340 664	GRIEF LIGHTNING: A SATIRE IN 78 SLIDES Reviews for Grief Lightning "A captivating hour that reflects commitment to fandom culture in comedic glory" ★★★★★ - On The Record "Every now and again, a show tumbles out... as the start of something much, much bigger. This is one of those shows." ★★★★★ - Stage Whisperers Part-theatre, part-standup, part-PowerPoint Presentation. One lecturer desperately tries to prove a popular Grease fan theory: that Sandy drowns in the opening beach sequence and the rest of the film is her coma fantasy. Renmark Institute, April 21, 8pm For ages 16+
MUSICAL CABARET Join us for a musical night by talented local performers. This is the brainchild of Year 11 student, Elise Lambert. Elise is inviting the community to come together to create a night of fun where performers of all ages (yes, that includes you, grownups!) can share their musical talent. Rehearsals Thursday April 27 Performance Friday April 28 at 7pm Renmark Institute	BEHIND THE SCENES WITH GUTHRAK Join us for a work in progress showing and chat about the making of Guthrak! Guthrak is an interactive theatrical experience for ages 12+ inspired by the tabletop game Dungeons and Dragons. Guthrak combines live music, interactive storytelling, a luscious hand-crafted tabletop map and gameplay mechanics to question what it takes to heal our hurts and remake the future. Morgan Sporting Complex, April 21, 6pm Renmark Institute, April 22, 6pm
HOME TURF: POP UP PROJECTION Come and learn more about the art of projection mapping and see artwork by local young people (and you!) projected BIG. Riverland projection artist Nic Tubb will be on hand to answer questions, brainstorm ideas and help see a blank wall in a new way. Blanchetown, April 17, 6pm Pinnaroo, April 18, 6pm Lameroo, April 19, 6pm Walkerie, April 20, 6pm Morgan, April 21, 7pm	

Coorong Community Skate Park Opening

Monday
17 April, 2023
Coorong Community Skate Park
Meningie Oval Precinct
11:30am - 3pm

OFFICIAL OPENING
SAUSAGE SIZZLE
SKATEBOARDING
KIDS ACTIVITIES

BYO SKATEBOARD, BMX, SCOOTER
HELMET & PROTECTIVE GEAR
MUST BE WORN AT ALL TIMES

Australian Government

Scan QR Code to Register Today!

inspiration lives here.

REGIONAL DANCESA HUB KAROONDA

THURSDAY APRIL 27TH | 9AM-3.30PM

4x3 hour face to face sessions
Online video learning platform
Age groups 5-9 and 10+ years
Jazz, Hip Hop, Contemporary with Ballet Fundamentals
\$100 Government Sport Vouchers available
15% Sibling discount
Performance Opportunities

0408 988 483 | info@dancesa.com.au
WWW.DANCESA.COM.AU