



BORDERTOWN PRIMARY SCHOOL NEWSLINK

Be honest - Practise bravery - Show kindness

ISSUE 9 | 20 September
2024

IMPORTANT DATES

Whole School Runathon
Thursday 26th September

Last Day of Term - Early Dismissal
2:25pm
Friday 27th September

TERM 4

Whole School Art Showcase
Thursday 17th October

Sapsasa Tennis Trials
Thursday 17th + 24th October

Sapsasa Girls Football
Mon 21st - Wed 23rd October

Susan McLean Parent Workshop
Tuesday 22nd October 7pm

Mount Gambier Choir Performance
Thursday 24th October

Sapsasa Basketball Adelaide
Friday 25th October

Student Free Day
Monday 4th November



A NOTE FROM THE PRINCIPAL

Dear Parents and Caregivers,

As we have come to the end of term 3 it is a great time to reflect on everything that has been achieved at B.P.S. We are very fortunate to have teachers and SSO's that often go above and beyond in their endeavours to provide quality teaching and learning experiences across the curriculum. In week 1 next term our families and the wider school community will have the opportunity to share in this learning when our classrooms will be open as part of our Art Trail/Exhibition. Our Art Exhibition is a culmination of work that has been part of Mrs. Harkness's visual arts program. I encourage all families to come along on Thursday the 17th of October to visit classrooms, check out the art exhibition and view the many collaborative art



10 South Avenue
Bordertown SA 5268
8752 1888
dl.0733info@schools.sa.edu.au
www.bordertownps.sa.edu.au



25km/h past a stationary school bus - this
applies to all traffic in both directions

FROM PAGE ONE...

installations. As part of our performing arts program - the choir and some other classes will also share what they have been learning with Mrs. Devitt. This will be a wonderful interactive night that will showcase the many talents of our students.

Classes

At the beginning of next term we start the process of formulating classes for 2025. If you have any information you would like to share that may impact on your child's placement please make a time to meet with me via the front office during Week 1 Term 4. Requests for teacher preferences are not considered. If your child will not be attending B.P.S in 2025 please let us know via the front office.

Mrs Shelley Cameron

2024 Runathon

Sausage Sizzle and Coffee Van



As part of this year's runathon, the school will be conducting a sausage sizzle - \$2.00 each. Halal option available (chicken patty) - \$3.00 each.



The sausages and patties will be cooked ready for lunch, and it will be a lovely way to celebrate our runathon and a fantastic term.

Orders and payment can be made via Qkr, no later than Friday 20th September.



Thank you to the Bordertown Bakery for their donation of bread for our sausage sizzle. This support is most appreciated.

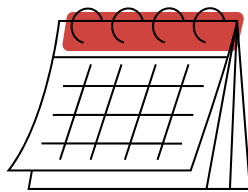


Border Brew & Café will also be on site during the day serving delicious hot drinks, iced coffee, spiders and food.

Cricket Pitch Grant

Bordertown Primary has been successful in securing a \$21,735.00 grant to establish a hard wicket pitch on our main oval. The South Australian Cricket Association offered a 'Places to Play' grant to all councils, schools and community groups in South Australia to upgrade or establish a cricket pitch. Our application included the need for a safe place for students to play during the school day and after hours, while also recognising the need for an additional oval for our Local Bordertown Cricket Club and Cricket Association teams to train and play on. Works on this project are due to start in October this year.

SAVE THE DATE



**Tuesday 22nd
October - 7pm**

Save the date for our Susan McLean 'Growing up Online' Cyber Safety Presentation. Please see flyer attached in this Newslink for details



Maths Challenge 2024

Congratulations to all the students who participated in the Maths Challenge this year. We had some fantastic results.



Distinction

Tom	Luke
Emmett	Cruze
Cora	Sarah
Brooklyn	Ivy
Pippa	Ikemsinachi
Imogen	



Credit
Oscar
Megan
Carly
Lucy
Della
Libbi



Proficiency

Gemma	Elise
Charlotte	Grace
Diana	Shuya
Jaya	Callie
Patrick	



Participation

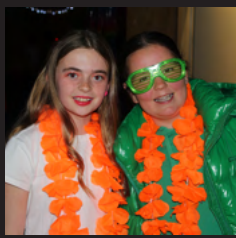
Isaac	Jessica
Hailey	Airlie
Justin	Rovan
Whitney	Skye





SCHOOL DISCO





ART SHOWCASE CHECKLIST

Attend Art Showcase. <input checked="" type="checkbox"/>	Make a gold coin donation and collect your favourite ribbon award. <input type="checkbox"/>	Find your personal exhibit in the gym. <input type="checkbox"/>	Can you find your flower or butterfly? <input type="checkbox"/>
Visit the library to see the collaboration projects + 3D sculptures. <input type="checkbox"/>	Bid on the silent auction. Library <input type="checkbox"/>	Visit the glow room. Library computer room <input type="checkbox"/>	Walk the Art Trail. Map on the back <input type="checkbox"/>
Interactive artworks, Yayoi and glow room. <input type="checkbox"/>	Award your favourite ribbon award. <input type="checkbox"/>	Official Opening, Mayor Liz Goossens + Choir performance 5:30pm Shade shelter steps <input type="checkbox"/>	Get food! BBQ, Food Trucks & cake stall. <input type="checkbox"/>
Visit your classroom Open between 4:30-5:30pm <input type="checkbox"/>	Visit the choir and performing arts room Room No. 2/3 <input type="checkbox"/>	Visit the French & science rooms Room 1 & 26 <input type="checkbox"/>	Visit the art room <input type="checkbox"/>

All donations & money from the evening will be used to purchase future art supplies for the students.

Thank you very much for attending tonight's event.

All artwork will be sent home with your child/ren at the end of the term.

A HUGE thank you to everyone who helped bring this event to life, in particular: The Good Country Community Op Shop for their generous donation, Bordertown Council for funding our new front fence panels and Bordertown Little Gym for funding this evening's face painter. Your generosity is very much appreciated.

INTER-GENERAL-TIONAL ART TRAIL

WHEN: Thursday 17th October
TIME: 4.30pm - 6.30pm

To be officially launched by Mayor Liz Goossens at 5.30pm at Bordertown Primary School

- 1 Carol Murray Children's Centre
DeCoursey Street Fence
- 2 The Residents Words of Wisdom & temporary group installation with artist James Parker
Parklands cny South Tce & Park Tce
- 3 Bordertown Primary School
South Tce fence, Gym, Library and classrooms.
Classrooms open 4.30pm-5.30pm
Choir performance at 5.30pm
- 4
- 5 Bordertown High School
Front windows of admin building
- 6 The Portraits (on display until 30 November)
Walkway Gallery
Open until 5pm



Bordertown Residential Care
Carol Murray Children's Centre
Good Country Op Shop
Bordertown LittleGym

Bordertown Primary School

ART SHOWCASE

CELEBRATE WITH US!

Join us for this magical showcase and help to celebrate the boundless creativity of young local artists.

Plus explore the Intergenerational Art Trail

WHEN: Thursday 17th October
TIME: 4.30pm - 6.30pm
(Classrooms open 4.30pm-5.30pm)

WHERE: Primary School Gym, Library, Classrooms + art trail locations

BBQ + Sweet Stalls + Turkish Food Truck
Thai Food Truck + Face Painting
Choir Performance at 5.30pm
and so much more!

CASH ONLY EVENT



Let's eat CAKE!

DONATIONS & HELPERS WANTED

We are seeking donations of cupcakes, slices, brownies, biscuits and the like, for our Whole School Art Showcase evening on Thursday the 17th of October.

We are also looking for volunteers to help set up the stall on Thursday before the event from 2:30-3:30pm and volunteers to help for 30 min blocks on the evening between 4:30-6:30pm.

Food donations can be delivered to Bordertown Primary School kitchen **anytime on Wednesday the 16th of October or Thursday 17th before 2pm.** Please send in a disposable or clearly named container.

If you are able to help on the cake stall please send an email to emmaharkness283@schools.sa.edu.au

INTERGENERATIONAL ART TRAIL



- 1 Carol Murray Children's Centre find art on the front fence
- 2 Words of Wisdom find words of wisdom from the Residents in Aged Care
- 3 Temporary art installation find the group installation made with artist James Parker
- 4 Bordertown Primary School find art on the front fence, Gym, Library and classrooms
- 5 Bordertown High School find art in the windows of the Front Office
- 6 Walkway Gallery find the portrait project

Boys Knockout Football State Final



On Friday 30th August Bordertown 5-7-37 def. McCauley Community 3-2-20 to progress through to the School Boys 5/6 State Final for the second successive year. The State Final was played on Thursday the 12th September in Murray Bridge and unfortunately the boys went down in the grand final to Stella Maris Parish! The boys played well, but just didn't convert through the big sticks as well as the other team.

Boys and Girls Sapsasa Hockey

On Monday Week 8 Cora, Oscar and Sophie went to Adelaide to play 9 games of hockey over 3 days. Throughout the three days South East Country Boys won all of their games and the whole tournament. I am so happy that at my first Sapsasa event I won gold. Our first game was our biggest win being 7-0.

The girls team also went undefeated winning 8 games and drawing 1. It was great weather and lots of fun. Thank you Clarry for coaching the girls team and Troy for coaching the boys team.

Cora and Oscar



"It was super fun at Sapsasa Hockey. I got sore after the games, and got a couple of bruises but I made a lot of friends and got to play the sport I love for three days! I'm normally a grass player but we played on turf, it was faster but still fun."

Sophie



SE Sapsasa Basketball Mt Gambier

On Friday week 7 the boys and girls teams both played basketball in Mount Gambier. Both teams qualified and will play in the Sapsasa Statewide Country Finals Basketball in Adelaide early in Term 4.



Sapsasa Athletics



On Monday the 16th September 6 students from BPS travelled to Santos Stadium, Adelaide, for the Sapsasa Track and Field Championship. These students earned their spot through the USE regional day earlier in the year. The Upper South East team competed exceptionally well, bringing home 20 individual medals and 4 relay medals. The Team finished 3rd in Division 1 which is to be commended.

BPS students who were lucky enough to bring home a medal;
Peyton- 1500m Bronze.
Declan- 100m Bronze, 200m Bronze, Relay Silver.
Noah- 200m Silver, 800m Gold, Relay Silver.
Stella- Relay Gold.
Angus- Relay Silver.

Sapsasa Golf

On September 12th and 13th I competed in the 12 and under Golf State Championships at the West Beach golf course in Adelaide.

It was hard competing against lots of 11 and 12 year olds but I came 25th out of 56 boys in the Country Championships on Thursday and tied 68th out of 110 boys competing in the State Championships on Friday.

I had loads of fun and can't wait to try again next year.
Patrick



MINDFULNESS

This is a word that you may have heard a fair bit, but what exactly is
‘Mindfulness’?

Headspace describes Mindfulness as the ability to be present and fully engaged with what we are doing in the moment - free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them.

The Blackdog Institute tells us that Mindfulness can help in the following ways:

- **Mindfulness reduces stress, anxiety and depression.**
(Mindfulness actually shrinks the brain’s “fight or flight” centre, the amygdala)
- **Mindfulness reduces insomnia, increases your sense of well-being, reduces lethargy and increases energy both mentally and physically**
- **Mindfulness is also very effective for pain management.**
- **Mindfulness sharpens your memory and increases your focus and attention**
- **Mindfulness increases empathy and compassion and improves relationships**
- **Mindfulness creates clearer, more focused thinking**
- **Mindfulness improves self-belief and emotional resilience**

For some people, meditation is a form of Mindfulness that they practice, but you can also practice mindfulness in a more informal sense, by taking moments throughout your day to be ‘Mindful’.

World Mental Health day is recognised on October 10th this year. Attached is a daily calendar for the month of October that gives examples of ways that we can practice informal Mindfulness as we go about our daily routines and activities. I wonder how many you can do?

Chelsea

MEANINGFUL CONNECTIONS MATTER

10 10 24

WORLD MENTAL HEALTH DAY



Mental Health Australia

NEED SUPPORT?

Lifeline 13 11 14 Lifeline text 13YARN 13 92 76
 0477 13 11 14 Beyond Blue QLife 1800 184 527
 1300 22 46 36 Carer Support Suicide Call Back 1300 659 467
 1800 242 636 SANE Australia Kids Helpline 1800 55 1800
 1800 187 283 Open Arms MensLine Australia 1300 78 99 78
 Butterfly Foundation 1800 33 4673

SHORT TIPS FOR A MONTH OF MINDFULNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<p>01 Write down your mental health goal for this month</p>	<p>02 STRETCH IT OUT Start your day with a 5-minute stretch</p>	<p>03 SENSE CHECK Connect with your senses and practice being present</p>	<p>04 SPREAD GOOD VIBES Send a kind text to a good friend</p>	<p>05 CONNECT Catch up with someone who sees your value</p>	<p>06 TO-DO LIST Write a to-do list for the week ahead to achieve your goals</p>		
<p>07 DANCE Put on your favourite playlist and lift your mood</p>	<p>08 MEDITATE Listen to a free 10-minute meditation on YouTube</p>	<p>09 PRIORITISE SLEEP Go to bed early and get 7-9 hours sleep tonight</p>	<p>10 WORLD MENTAL HEALTH DAY Share your meaningful connections and tag #WMHD24</p>	<p>11 HYDRATE Aim to drink 6-8 glasses of water today</p>	<p>12 FEAST Grab some friends for a potluck dinner</p>	<p>13 SLOW DOWN Find time to listen to your favourite music or podcast</p>	
<p>14 MOVE YOUR BODY Run, stretch or do any physical activity that suits your body</p>	<p>15 SCREENS DOWN Put your screens down at least 30 mins before bed</p>	<p>16 CHECK IN Call a friend and ask how they're feeling</p>	<p>17 GRATITUDE ATTITUDE Write down or think of 3 things you're grateful for</p>	<p>18 JOURNAL Connect with yourself by jotting down your thoughts</p>	<p>19 RESET Go outside for a stroll, roll, or a few deep breaths to reset</p>	<p>20 SPRING CLEAN Declutter one room today to free up your mind</p>	
<p>21 NOURISH Start the day with a healthy breakfast</p>	<p>22 INDULGE Treat yourself to a favourite meal today</p>	<p>23 COMMUNITY Think of one way you can volunteer or help your community</p>	<p>24 OLD CONNECTIONS Connect with a friend you haven't talked to in a while</p>	<p>25 HAVE FUN Take time today to do one of your hobbies or try a new one</p>	<p>26 I AM... Write 3 positive affirmations about yourself</p>	<p>27 ME TIME Grab a hot drink and get lost in a good book</p>	
<p>28 HIGH FIVE Celebrate a small achievement today</p>	<p>29 SOCIAL DETOX Unfollow toxic people and accounts on social media</p>	<p>30 GET OUTDOORS Go outside and feel the sun, rain or wind on your face</p>	<p>31 FUTURE YOU Which tips can you keep practicing for good mental health?</p>	<p>CONGRATULATIONS on finishing a month of daily wellbeing tips!</p>			

worldmentalhealthday.com.au

#WMHD24

@AUmentalHealth





Growing Up Online



An educational & empowering session for parents and carers, Susan's unparalleled knowledge leaves audiences shocked at the reality of the online world. It is a wakeup call to even the most switched on parent and is delivered with Susan's famous 'no nonsense' approach. The session will cover the positive benefits of technology as well as what parents need to be aware of:

- **Reality & Risk.** The reality of the online world. It's not a matter of if – rather than when.
- **What are kids doing online.** Learn the latest apps and platforms your kids are either on, want to be on or are being told about at school. TikTok, Omegle, Discord, Yolo, Wink & more.
- **Online Grooming.** What is it and when/how does it occur? Preventative measures. What are the warning signs & what to do if you suspect this is happening to your child.
- **Cyberbullying.** What it is, where it happens, what it looks like, how to prevent and what to do if it occurs. Also, the legal consequences and the possible criminal charges.
- **Sharing Nudes.** The taking and sending of explicit images. The social and emotional consequences as well as the Law and the serious issue of Sextortion.
- **Problematic Gaming.** How to manage digital devices in your home to avoid problems and what to do if/when they arise.
- **Exposure to damaging content.** Including online pornography & site that encourage suicide, self-harm & eating disorders.
- **Top Tips.** How to assist the children in your care to stay safe online with rules, parental controls and restriction passcodes.
- **The session will conclude with time for questions.**



**Tuesday
22nd October**
**7pm at the
Civic Centre
Theatre**

Susan McLean is Australia's foremost expert in the area of Cybersafety and young people. She was the first Victorian Police Officer appointed to a position involving Cybersafety and young people. Susan took her first report of cyberbullying in 1994 and since then she has conducted extensive research and has completed advanced training and tertiary studies in both the USA and UK and is a sought after presenter and advisor to Schools, elite sporting bodies such as the AFL, GP's, and both State and Federal Governments.

She has authored resources for the Victorian DET, writes and reviews school Policy, provides crisis management/advice to schools & national & international companies. A sought after media commentator for television, print and radio, she recently co-authored the NSW Govt. review into mobile phones in schools.

She is the most highly qualified & experienced presenter in Australia & is internationally renowned. Susan is a proud ambassador for Collective Shout. A published author, her book 'Sext's Texts & Selfies', is the definitive guide for parents, teachers and carers to help children stay safe online.

What Susan doesn't know about Cybersafety is not worth knowing! She is absolutely brilliant, and her presentations are dynamic and entertaining. She has the unique ability to connect with each audience from young people to adults.

- **Dr Michael Carr-Gregg Adolescent Psychologist**

The best cybersafety talk I have ever seen! This is why I only choose to have Susan present. Our community deserves the best.

- **Principal**



Proudly sponsored by Helping Hands and D&M Rural



TATIARA

TENNIS

TO JOIN
FOLLOW LINK
BELOW

REGISTER
BY
4TH OCT

JUNIORS

Junior coaching
Friday at 4.30pm- 5.15pm from 18th October- 13th December 2024.

Junior competition
Friday at 5.30pm- 6.30pm from 18th October- 13th December 2024 +
4.30pm- 5.30pm from 31st January - 21st February 2025.

Junior coaching + competition
Friday at 4.30pm- 6.30pm from 18th October- 13th December 2024 for
both then ONLY competition 4.30pm- 5.30pm from 31st Jan - 21st Feb
2025.

CLUBSPARK / TATIARA TENNIS ASSOCIATION / TATIARA TENNIS
ASSOCIATION MEMBERSHIP / TENNIS AUSTRALIA

CONTACT ANDREW 0429986287 OR JODIE 0438019859



FRIDAY NIGHT SOCIAL TENNIS

Join us for a social hit of tennis every Friday night
starting 18th October from 6.00pm for BBQ tea with
play starting at 6.30pm.
Only \$10 per night.

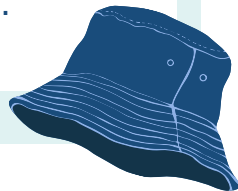
LOST PROPERTY



We have an abundance of lost property, especially unnamed school jumpers.

Could all clothing, lunch boxes and water bottles please be named so they can be returned to the owner.

Any items not claimed by the end of the term they will be donated to the second-hand shop.



SATURDAY 21ST SEPT
11.00AM TO 2.00PM

CONNECT FM OPEN/MARKET DAY

90 DECOURCEY STREET,
BORDERTOWN S.A

FUN FOR THE WHOLE FAMILY
• MARKET & FOOD STALLS



106.1 BORDERTOWN - 104.5 KEITH - 89.7 NARACOORTE
CONNECTFM.COM.AU

Bordertown Colour For Life



A FUN DAY OUT TO RAISE VITAL FUNDS FOR SOUTH AUSSIES IMPACTED BY CANCER

DATE: SUNDAY 20 OCTOBER
TIME: 11.30 AM
LOCATION: BORDERTOWN FOOTBALL OVAL

TICKET PRICES:

FAMILY \$30
ADULT \$10
KIDS \$5 (5-15)
KIDS \$2 (UNDER 5)

To register visit:

<https://www.relayforlife.org.au/event/sa-bordertown-colourforlife2025>



Term 4 Timeline 2024

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1	14 Oct	15 Oct	16 Oct	17 Oct	18 Oct	19 Oct	20 Oct
				Sapsasa Tennis Trial 1 Whole School Art Exhibition 4:30pm - 6:30pm			
2	21 Oct	22 Oct	23 Oct	24 Oct	25 Oct	26 Oct	27 Oct
	Sapsasa Girls Football	Susan McLean Parent Workshop	Susan McLean Student Workshop Choir Rehearsal	Sapsasa Tennis Trial 2 Choir Performance	Sapsasa Basketball Adelaide Assembly 3pm		
3	28 Oct	29 Oct	30 Oct	31 Oct	1 Nov	2 Nov	3 Nov
			Governing Council Meeting High School info session	High School info session	Newslink		
4	4 Nov	5 Nov	6 Nov	7 Nov	8 Nov	9 Nov	10 Nov
	Sapsasa Boys and Girls Cricket Carnival Student Free Day		Year 6 High School transition	Year 6 High School transition	Assembly 3pm		
5	11 Nov	12 Nov	13 Nov	14 Nov	15 Nov	16 Nov	17 Nov
6	18 Nov	19 Nov	20 Nov	21 Nov	22 Nov	23 Nov	24 Nov
	Sports Day		Sapsasa Boys and Girls Tennis Carnival Year 6 High School transition	Year 6 High School transition	Newslink Assembly 3pm		
7	25 Nov	26 Nov	27 Nov	28 Nov	29 Nov	30 Nov	1 Dec
8	2 Dec	3 Dec	4 Dec	5 Dec	6 Dec	7 Dec	8 Dec
	Year 6 - High School Transition – Full Day				Assembly 3pm		
9	9 Dec	10 Dec	11 Dec	12 Dec	13 Dec	14 Dec	15 Dec
					Newslink Last Day of Term 2:25pm Early Dismissal		