

1-2 Jackson

In Maths, we have been learning about measurement. We investigated the length of objects including who was the tallest in our class. We are using scales to investigate what is heavy and light. We figured out that the iPad with the cover on it is 236 pebbles heavy.



Happy Retirement

Michelle

Dear Families,

This newsletter I'll do something a little different and dedicate my section to Michelle Ewington who has decided to retire recently. Michelle has spent 47 combined years of her life working in public service, working firstly in nursing and secondly in education. When asked which profession she likes the most, that's like being asked who is your favourite child. She mentioned that both careers have allowed her to work with some amazing colleagues, patients, families and children. Michelle's goal was always to support and care for others regardless of their given circumstances and she certainly succeeded with that.

In her time working at Smithton Primary, Michelle was predominantly the Literacy Coach and implemented many improvements in our Literacy/English Program. While she says that she is not "the guru" in that area, she was an amazing coach who was able to bring about improvements in teacher practice and student learning outcomes. As a leader in the school, Michelle's wisdom has often been drawn on by myself and others when there were decisions to be made and she certainly taught me two things (plus a whole lot more):

Asking yourself "What is the purpose?"

It's about the kids and their learning.

Michelle's passion for staff and student growth was evident. She has a deep care for not just academic growth, but also for personal growth. Many students admired Michelle and were so keen to drop into her office to show pieces of writing or read to her, knowing that she would be so excited about the growth in their reading. I want to also acknowledge that Michelle was like a solid rock for the school over several years, often stepping outside of her role to make sure what had to be done was done; and this was even more evident through some of the tougher years that the school went through.

Michelle taught me that while our roles at school are important, they are not as important as the roles we play in our own families and she certainly contributed to myself being a better father and husband. I admired the way that Michelle would be honest with me during leadership meetings and even if she disagreed with a decision I had made, she would support me 100%, no questions asked. From what I have seen of Michelle in my few years here at SPS, I describe her as wise, loyal, courageous and REAL. Whilst she will be missed here at SPS, on behalf of the whole school community I want to thank Michelle for her service and wish her all the best through her retirement.

And although Mr Tuxworth does a good job in the Breakfast Club, let's be honest, he's like the apprentice... while Michelle was the master!

Wishing Michelle all the best for retirement,



Josh Smith
Principal



BRIXHIBITION

Last week we held our own Brixhibition where students were given the opportunity to free build with Lego. There were three age group categories: Year 1-2, 3-4 and 5-6.

The winners were:

Year 1-2 - Riley B

Year 3-4 - Ace

Year 5-6 - Jhett

The Kinder/Preps were also given the opportunity to create a build in their STEAM lesson. The winner in their category was Shiloh.

Well done to everyone who participated. There were some great creations made on the day!!

Jhett was the overall winner and his build will be sent to compete at the Brixhibition in Ulverstone during the school holidays.



Year 6 Trip

During week seven the Year 6 students took off on their overnight camp to Launceston. Excitement was rife in the air as the bus departed Smithton towards the first destination, Hollybank Treetop Adventure Park. Luckily the rain held out, and up the students climbed. Fears were overcome as the students dangled, climbed, balanced, and raced across the different obstacles and ziplines.



Afterwards, students enjoyed an educational trip to QVMAG, an energy release at the park, a shopping spree at Kmart and a feast at Hogs Breath. Day one was rounded off with our arrival at Hagley Farm which was our accommodation for the night. Day two was all about the karts and some fresh rain in the morning meant a slippery track for our racers. Slips, slides, and doughnuts were a common occurrence throughout the morning and students excitedly watched their peers complete lap after lap of the track. Fortunate weather, good spirits and excellent behaviour meant a great camp for all. The Year 6 students represented their school and community superbly.



“Awesome!”



“Such a good time!”



Year 6 Trip



"Loved it!"



"Can we go again!"



STAFF PROFILE



Pixie Poke

TEACHER ASSISTANT

Currently working in the Year 3-4 and 5-6 classrooms.

TELL US A BIT ABOUT YOURSELF

I moved to beautiful Tasmania at the end of last year with my husband and two step-daughters. We bought two acres on a hill overlooking the ocean at Rocky Cape. I grew up in NSW in the Hunter Valley but spent the last 14 years in Kalgoorlie WA. In Kalgoorlie I worked as a TA for six years before starting a job with BHP as a process technician in a nickel furnace. I loved the job, though it was very hard work, very dirty and extremely hot! When my husband, his daughters and I moved in together, I went back to a TA job as it fitted our work/life/family situation better. I also have two sons, 21 and 19 who live in QLD. One drives a truck in an underground copper mine and the other is an apprentice mechanic. I have one dog, 13 chooks and am hoping to get two kittens soon. My hobbies are gardening, crocheting, sewing, camping, 4WDing and fishing.

WHAT MADE YOU DECIDE TO WORK IN EDUCATION?

I come from a family of nine children (I'm number six) so I think I have always been comfortable and happy around children. My mother was passionate about our education, and I think this rubbed off on me. When my sons were in lower school, I would often do parent help and ended up getting offered a position as a TA at their school. I love my job and have worked in mainstream classrooms and special education classrooms in both primary and high school for over 10 years. I spent three years in a school for Indigenous kids in Kalgoorlie which was one of my favourite jobs, as I learnt so much about the culture and learning styles of our First Nations children.

WHAT IS YOUR FAVOURITE THING ABOUT YOUR JOB?

I would have to say my most favourite thing about my job is building positive relationships with kids who sometimes struggle within the school environment. I love seeing the growth these kids make when they feel safe, happy, and supported in school. I am passionate about trying to provide a positive environment for kids to learn in and understanding and accepting that everyone of us has different needs and learning styles.

STAFF PROFILE



Regan Smith

YEAR 5 - 6 TEACHER

TELL US A BIT ABOUT YOURSELF

I am from country WA, moved over (with my trusty rabbit Winston) at the start of the year for a chance to explore all the wonders Tasmania has to offer. I have two brothers and a sister who still live in WA. As mentioned before, I have a pet rabbit Winston, who is lucky enough to come into the classroom daily. He enjoys grapes, carrots and afternoons spent at the beach, in that order.

WHAT MADE YOU DECIDE TO WORK IN EDUCATION?

Mum was a primary school teacher and always spoke about the positive impact you can make on the lives of the students.

WHAT IS YOUR FAVOURITE THING ABOUT YOUR JOB?

Brain breaks, sometimes it's not just the students who need them.

Drink Bottles

Please remember to bring a drink bottle to school.

Kids Need Water!

Water is essential to life and kids need plenty of water in order to feel good, focus, concentrate and think. Water will also give your children the necessary energy and brainpower to help them learn easier and better.



Nurse Rob's corner



Scoliosis

It is recommended that all school girls in year 5 to 7 participate in the National Self-Detection Program for Scoliosis.

Scoliosis is a sideways curve of the spine. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

After reading the Fact Sheet, if a curvature is seen follow-up with the family doctor is recommended.

Simple instructions to check for scoliosis are in the fact sheets below. More information can be found at <https://www.scoliosis-australia.org/>



How to detect Scoliosis

Information for adolescents aged 10-14 years and their parents

What is scoliosis?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. The age range when scoliosis first appears can be different for girls and boys because boys tend to start their adolescent growth spurt a bit later. It usually develops during early adolescence (age 10-12 years for girls, or 12-14 years for boys) when growth is most rapid.

What is the cause of scoliosis?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called adolescent idiopathic (cause unknown) scoliosis (AIS). 90% of patients are females but this can occur infrequently in males.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or eating junk food.

Why is early detection important?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants

medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. Any boys with scoliosis need review by a medical specialist. If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms.

The best way to detect scoliosis is to look for it!

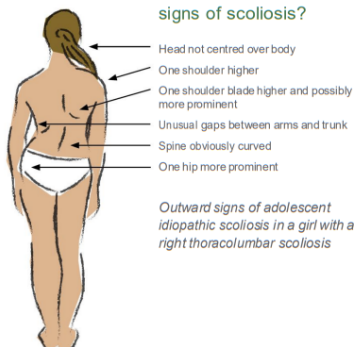
Self-detection for scoliosis

This information is designed to make adolescents and their parents aware of the outward signs of scoliosis.

If after reading this Fact Sheet you or your parents think you may have this condition, please consult your family doctor.

It would be helpful if you could show this Fact Sheet to your school and request them to consider downloading it from the Scoliosis Australia website at www.scoliosis-australia.org and distributing it to students aged 10 and 12 years, or linking to the Fact Sheet in their school newsletter.

What are the outward signs of scoliosis?



Outward signs of adolescent idiopathic scoliosis in a girl with a right thoracolumbar scoliosis



How scoliosis is detected

Apart from the outward signs with a teenager standing as illustrated, the reliable **Forward Bend Test** is used in the diagnosis of scoliosis.

This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she/he can go with the hands, palms facing each other, pointed between the two big toes.

In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be **more than 1cm higher** than the other. The prominence is most often on the right side in the thoracic region.

If the difference between the two sides is less, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is torso asymmetry and is of no significance.

What about brothers and sisters?

Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

Is treatment successful?

Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a significant scoliosis or halt its progression.

What will happen if scoliosis is not treated?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life, on average 15 to 30 degrees.

Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

How do you detect scoliosis?

Simply look for it! It only takes 30 seconds.



Scoliosis Australia is a project of the Spine Society of Australia



The Scoliosis Australia website is supported by a donation from Evolution Surgical



Visit our website www.scoliosis-australia.org

Feel free to contact me at the school if you would like to discuss this topic.

Nurse Rob - School Health Nurse



Premier's Reading Challenge (Prep – 6) Monday 26th June – Friday 1st September

We are excited to once again be participating in The Premier's Reading Challenge at SPS and we would like as many students, as possible, to participate in this great event.

It is not a competition, but rather a personal challenge and is a great opportunity for our students to challenge themselves to read as many books as they can in the 10 week period.

Students will set a personal reading goal for the Challenge and then work towards achieving that goal.

This year, the rules have changed somewhat to allow student the freedom to choose books they want to read for the Challenge.

They can read books in a variety of formats including print, digital, audiobooks and graphic novels. For younger children, a book that is read to them also counts toward their total.

Larger chapter books can be counted as more than one book – students should please discuss this with their teacher regarding how many chapters or pages can be counted as “one book”.

Completing this Challenge is definitely something to be proud of and we can't wait to celebrate the reading success in our school.

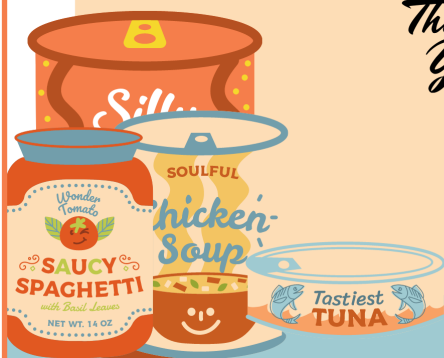
Parents and Friends Raffle Donations

Parents and Friends are holding a winter raffle fundraiser and are asking for your support.

If you could contribute a non perishable item or two they would be greatly appreciative.

Any donations can be dropped into the school office by the end of this term.

*Thank
You*



LIBRARY BOOKS

As the end of the term is getting closer please check if your child has any library books at home and return them to school.

**Thank
you!**



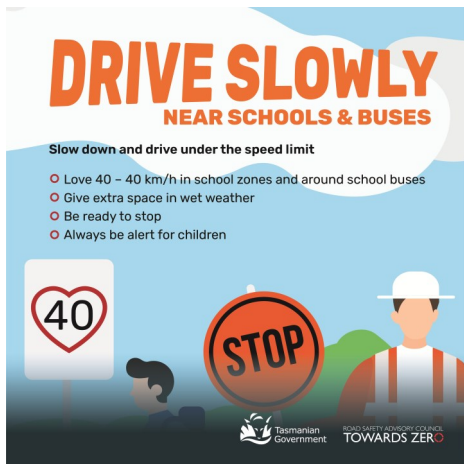
Dates To Remember

June

Every Monday - 11:15am to 12:30pm	Launching into Learning - Mother Goose with Mrs Charles (Birth - 5 years)
Every Friday - 9:00am to 10:00am	Launching into Learning - Launchpad with Mrs Charles (Birth - 5 Years)

July

Every Monday - 11:15am to 12:30pm	Launching into Learning - Mother Goose with Mrs Charles (Birth - 5 years)
Every Friday - 9:00am to 10:00am	Launching into Learning - Launchpad with Mrs Charles (Birth - 5 Years)
Tuesday 4th - 9:10am	End of Term Assembly
Friday 7th	Last day of term for Students
Monday 24th	Student Free Day
Tuesday 25th	Term 3 starts for students



Student Absences

If your child is away from school for any reason it is important that you contact the school to provide a reason. Information is recorded electronically by the Department of Education to monitor absences. Parents may be required to provide a medical certificate for students who are absent with illnesses for 5 or more days in a calendar year.

- Ring the school office on 6452 1955 on the day your child is away
- Send a written note to the school office
- Email the school on smithton.primary@education.tas.gov.au on the day your child is away

IMPORTANT: If you happen to forget to notify the school regarding your child/childrens absence and you receive a text from the school please reply to the text as to why your child/children are absent.

Every Day Counts



2023 School Term Dates

Term 1	Wednesday 8th February to Wednesday 5th April
Term 2	Wednesday 26th April to Friday 7th July
Term 3	Tuesday 25th July to Friday 29th September
Term 4	Monday 16th October to Thursday 21st December

Student Free Days

Tuesday 7th February
Thursday 6th April
Monday 24th July
Friday 3rd November

CONTACT DETAILS

27 - 43 Grant Street, Smithton, TAS, 7330

Phone 03 6452 1955

Email smithton.primary@decyp.tas.gov.au

Web www.decyp.tas.gov.au

