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23 February 2024

ASSISTANT PRINCIPAL'S REPORT

I cannot believe it is Week 4 already. Our new students, teachers and staff have settled beautifully into the rhythm of Larapinta and learning spaces across the school are calm and productive.

Thank you to every family who made the effort to join us for the Meet the Teacher evening last Tuesday. While it was a different format to previous years, the feedback from families was that it was very informative. They appreciated hearing about how things worked in each classroom, and they liked being able to ask questions and hear from other parents. There will be plenty of opportunities for families to engage more informally across the term (and the year!), starting with our BIG BREAKFAST for Harmony Day on Friday 22nd March at 7:45am. More information will be sent out in the coming weeks but mark this date on your calendar!

At assembly on Friday, we were entertained by

some of our Year 5/6 students who did the "Double Dutch Bus" challenge. While they made this look easy, it isn't, yet they showed persistence and resilience (as well as a keen sense of rhythm) to master the challenge in just four short practice sessions.

All students know our code (We are SAFE. We are RESPECTFUL. We are LEARNERS.) but we reminded them again on Friday, that we keep our hands and feet to ourselves, use kind words and include others and always do our very best listening and put effort into all tasks at school, even those we find challenging.

If your child is in Year 3 or Year 5, you would have received some detailed information about the upcoming NAPLAN tests, beginning **Wednesday 13th March 2024**. If families are keen to get an idea of the layout or types of questions, they can visit the public demonstration site:

[Click here to visit the NAPLAN Demonstration Site](https://www.nap.edu.au/naplan/public-demonstration-site)
<https://www.nap.edu.au/naplan/public-demonstration-site>

As part of our health lessons, the Year 5/6 students have been working with me to learn strategies to help them become good digital citizens. Over the past three weeks,

we have learnt about the history of the Internet, how it works and about our digital footprints. There have also been lots of great conversations about how to stay safe online.

Today's focus was on **screen time**. The recommendations are that primary school students spend no more than two hours per day on screens (including time at school). I asked each class for ways to manage this and here are some things they suggested:

- Getting involved in learning a new skill away from a device – woodwork, cooking, playing a sport, playing an instrument etc.
- Setting a time limit either within an app or on the device
- Charging devices on the weekend and not charging them again until the following weekend
- Not having screens in bedrooms
- Reading a physical book
- Turning devices off at least one hour before bedtime

Abigail talked about earning screen time by doing chores. She said her brothers earn 10mins screen time for every 30mins of reading (and they don't really like reading)! She earns 10mins screen time for every hour of reading (because she loves to read!).

Alicia said that if you fill up your afternoon time with sport and music and cooking, you won't have time to stare at a screen.

Lucien said that limiting screen time can help you be more creative as people tend to come up with new ideas when they're bored!

While not all screen time is bad, it is great to see our senior students thinking about ways to minimise the impact of **too much** screen time. This is especially important at night when our students need between 9-11hrs of uninterrupted sleep, if they are to be the best learners they can be at school.

Finally, those who know me, know I like a fun fact (think Tim Tams on Friday!), so I thought I would share some Internet history relating to the month of February, so here goes: Steve Jobs, co-founder of Apple was born 24th February 1955 and Alan Turing, computer pioneer, first suggested testing Artificial Intelligence with a game of chess way back in February 1947!

Until next time,

Jackie

SCHOOL SNAPSHOT

IMPORTANT DATES

DATE & TIME	ACTIVITY
Wed 28 th Feb 5pm	Aboriginal Parent Group Meeting
Wed 6 th March 5pm	Keeping Kids Safe Parent Information Session
Tues 12 th March 5.30pm	School Council AGM
Friday 22 nd March 8am	Harmony Day Breakfast – Family Event

Parent Contribution

The Larapinta School Council has set the parent contribution for Primary School students at \$110 per year or \$55.00 per semester. This voluntary contribution allows us to enhance the offerings to our students including IT Resources such as Apps and access up to the minute hardware and software; additional enhanced consumable resources to assist student learning; and enrichment opportunities beyond the performances parents pay for via the Back-to-School voucher.

For Preschool students, the contribution is \$200 per year or \$50.00 per ten-week term. The Preschool contributions allow us to enhance the offerings to our preschool students and enables us to run activities such as painting, making play dough, collage, and home corner dress-ups as well as cooking. This payment helps to ensure we can continue to provide a high-quality early childhood education for your child.

New Flags

We would like to express our gratitude to Ms Marion Scrymgour, Member for Lingiari for providing us with new Australian and Aboriginal flags, and Mr Bill Yan, Member for Namatjira, for our new Northern Territory flag.

We appreciate their support and will fly them proudly at the front of our school.

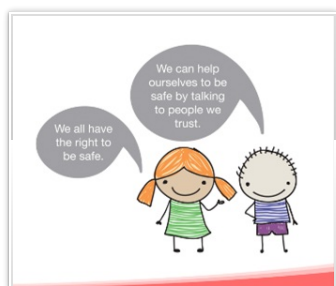
Keeping Safe Curriculum

In Term 2, Larapinta Primary School will be introducing the Keeping Safe curriculum to all students across the pre-school and school.



Keeping Safe: Child Protection Curriculum (KS:CPC)

The KS:CPC teaches children and young people to recognise abuse, tell a trusted adult, understand what is appropriate and inappropriate touching and ways of keeping themselves safe.



Themes

The curriculum is based on two main themes which are presented through topics and activities.

- Theme 1: We all have the right to be safe
- Theme 2: We can help ourselves to be safe by talking to people we trust.

Focus Areas

The two themes are explored through four Focus Areas, which are examined in growing complexity in accordance with the age of the learners.

1. The right to be safe
2. Relationships
3. Recognising and reporting abuse
4. Protective strategies.

More information can be found on the KS:CPC website:

[Click here for more information](http://ksipc.2.vu/DE_ParentsCarers)

http://ksipc.2.vu/DE_ParentsCarers

Parents of both primary and preschool students are invited to a meeting to find out more about this new curriculum on **Wednesday 6th of March at 5pm.**

Aboriginal Parent Group Meeting

Our first Aboriginal Parent Group meeting is next **Wednesday 28 Feb from 4.30pm – 6pm.** We have lots of information to share and look forward to seeing families then! Come along to make sure you are a strong voice at Larapinta Primary – we want to work closely with you so your children have great outcomes at school!

Nutrition News

IDEAS IN NUTRITION

The Power of a Colourful Plate

Want to make lunchtime exciting and nutritious for your kids? Let's think about the colours in their lunchbox. Bright, colourful fruits and veggies are not only visually appealing but a fantastic way to provide the essential nutrients they need to grow.

Each colour represents different health benefits:

- **Red** fruits and veggies, like strawberries and capsicum, are rich in antioxidants.
- **Oranges and yellows**, like carrots and oranges, have vitamin C for strong immunity.
- **Greens**, such as broccoli and spinach, are packed with vitamins and minerals for growing bodies.
- **Blue and purple** foods like blueberries provide antioxidants to boost brainpower.



School Bus Travel

All Northern Territory primary, middle and senior school students can use the school bus network to travel to and from school. To help ensure that travel is safe and enjoyable for all, the code of conduct must be followed.

Students and parents are reminded of the [Code of Conduct for School Bus Travel](#), if/when using the school bus network. For more information on the school bus network, including bus route timetables, please visit [Public transport and cycling | NT.GOV.AU](#).

Northern Territory Music School



All enrolled continuing students will receive their first lesson in Week 2 and all new students will be met by our NTMS teacher in Week 2. Parents will be emailed information regarding equipment hire and purchases by their child's NT Music School teacher. If parents have any enquiries, please contact the NTMS office on 8963 5550.

the same space in the outside area which has been well received by the children, offering them a space to relax when they need to.



PRESCHOOL NEWS

Werte from preschool

What a busy few weeks we have had with the children all settled in, they are adjusting to the new routines and are becoming more comfortable in the preschool space. We have seen some wonderful friendships develop amongst the children and they are seeking to find their friends each day.

Unit 1 have been exploring Lunar New Year and Miss Julia has provided some wonderful learning activities around this special celebration. Children have been engaging in arts and crafts, made sticky rice balls, practiced using chopsticks to pick up noodles and listened to some traditional Chinese music.

Unit 2 have been learning about Waitangi Day, learning some greetings and songs in Maori, made a collaborative art piece – a korowai (cloak), listened to waiata (songs) and attempted to paint the Maori flag tino rangatiratanga. They also explored Lunar New Year through in the form of a video – watching the dragon made of lights flash through the sky reminded them of Parrtjima!

Both groups have been having lots of intentional teaching activities around social and emotional regulation. The zones of regulation are an important part of our learning, and each room has a 'take a break space' where children can go to regulate their emotions – this can be independently or alongside an educator. We have created

Lunch boxes:

Please remember to pack foods in lunch boxes that can fill up hungry tummies – sandwiches, fruit, crackers, yoghurt, home baking, leftovers are perfect foods for children to sustain their energy for their long days at preschool. Keep a look out over the next few weeks as we will be having a nutritionist come in and hold an information session around lunch boxes.

Change of clothes:

Packing a change of clothes each day is important as the children can get a little messy/wet when we have water play. As they are adjusting to the new environment they may also have toileting accidents so please make sure there is at least one full change of clothes in their bags.

Thank you to the families who stayed for a chat during our meet the teacher sessions. We are always happy to share your child's progress at any time throughout the year so please don't hesitate to contact us. We share lots of learning, activities and information on seesaw so make sure you download the app and sign in following the log in details on the QR code we handed out. If you have not received or have misplaced it, please let us know.

CHILD AND FAMILY CENTRE (CFC)

Our vision is that every child has the best possible start to life.

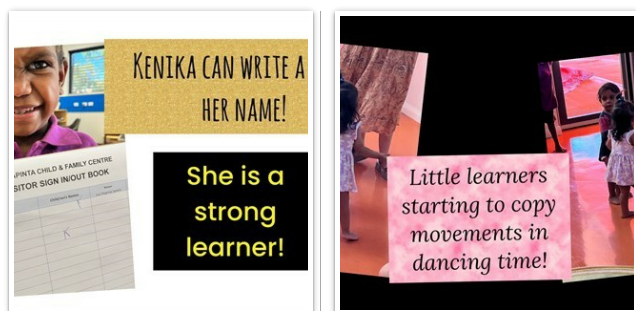
Children and families are at the centre of all we do.

We live and work on Arrernte Country.

Werte!

Families as First Teachers (FaFT)

Over the past few weeks families and children have been busy exploring all the learning spaces at the CFC. Our little people are learning new things everyday through experimentation, engaging with other kids and support from their families and CFC staff. Playing improves the cognitive, physical, social and emotional development of children. It gives them opportunities to learn about themselves and their world.



both as a parent and community member. We look forward to her joining our team.



Kele Mwerre!

Bikes Mwerre

The Bikes Mwerre after school program has commenced for Term 1. Kids and families can head over to Albrecht Oval after school on Mondays and Thursdays for some bike fixing, riding and fun. Parents, please ensure you fill out a consent form if sending your child by themselves.



New Staff Member

We are excited to welcome Deanne Cook into the Larapinta Child and Family Centre team. Deanne is stepping into the FaFT Family Liaison Officer position. Deanne has been connected to the CFC for some time

COMMUNITY NEWS

Raising Children Network Webinars for Parents

[Raising Children Network webinars](#) offer free, live advice from trusted parenting experts on topics that matter to you. Their webinars bring experts to you. They are delivered in real-time and it's easy to join from the comfort of your home.

Each live event is also recorded, so you can view the video later if you miss a session.

From sleep and behaviour to anxiety and screen time, they cover a range of important parenting topics.

Deadly Heart Trek



We welcome you to be a part of the 'Deadly Heart Trek' to help end rheumatic heart disease (RHD)

The Deadly Heart Trek is coming to Larapinta Primary

School Monday 26th February.

What is rheumatic heart disease (RHD)?

RHD is a preventable disease but if it's not diagnosed or treated, it can cause heart failure, disability and even death. It starts with a sore throat or skin sore caused by Strep A bacteria and can permanently damage the heart.

What's this Deadly Heart Trek all about?

The Deadly Heart Trek team are a group of experienced doctors, local health workers and Aboriginal leaders who will be in Mpartnwe (Alice Springs) between February 26th and March 8th. We listen, learn and respond to the needs of Aboriginal and Torres Strait Islander Communities in regard to rheumatic heart disease.

This Trek is in consultation with Aboriginal and Torres Strait Islander Communities, Central Australian Aboriginal Congress, Tangentyere Council and other local organisations. The team will offer education on RHD and where requested, identify and treat those affected by RHD. This is not a medical research program, this is a team of dedicated health professionals and Aboriginal people who have Community interest at the core of their work.

Why? Children and Young people are living with undiagnosed cases of RHD and it is very serious.

Who is involved? We are a group of committed doctors, many of you would know us as we've been working in Communities for decades on RHD. Also supporting us is Heart Foundation Australia and the Champions4Change led by Aboriginal cultural advisor Vicki Wade, and The Snow Foundation, a philanthropic organisation supporting Aboriginal and Torres Strait Islander communities. Congress is supporting this Deadly Heart Trek with team members and support. We are also supported by the RHD Control Program.

Lead Doctors include: Dr Gavin Wheaton, Dr Bo Remenyi, Dr Ben Reeves and local Alice Springs Hospital Doctors Dr James Dowler and Dr Angus Baumann.

Other News

KINDNESS IN MOTION

Womens Wellness Retreat

Save the date

Retreat Dates for 2024

March 17/03/24
June 02/06/24
September 15/09/24
November 17/11/24

Join us for a rejuvenating escape, take a break and indulge in some 'me time' and connect with like-minded women

Retreat includes
Exploring self-care techniques
Embracing mindfulness practices
Engaging in fun and transformative activities

Nourishing food, yoga, massage and mindfulness activity
Time from 9-4pm
At Campfire in the Heart Lot 147 Ragonesi Rd

Cost is \$250 or come with a friend for \$200 each

Bookings essential - scan QR code for more info or to book

COME PREPARED & BRING A FRIEND

FEDDIES SIGN ON DAY

Saturday February 17th
Club Eastside 2-3pm
ALL AGES & GRADES
Uniforms will be available to TRY ON.

TRIALS & JUNIORS FUN SESSION

Saturday February 24th
Juniors (8's, 10's & 11's) 1:30-2:30pm
Dance & have fun with Charmaine.
Enjoy an icy pole after.
13's & 15's 2:30-3:30pm
17's & Seniors 3:30-4:30pm
Pat Gallagher Netball Courts
Seniors are invited for pizza and drinks at Club Eastside after.

CONTACT US VIA EMAIL
FEDSNETBALL@OUTLOOK.COM
OR
FACEBOOK

SEE YOU ALL THERE

SUPA Club

Why come to SUPA club?

- Eat yummy afternoon tea
- Play games
- Do crafts
- Experience bible stories
- Meet new friends



What happens at SUPA Club?

SUPA Club is a group of primary age kids who meet once a week. We have fun, build friendships and talk about what it means to follow Jesus. There's games, crafts, stories and a whole lot more.

You need to get your parent or caregiver to fill out a form so you can come. Grab a brochure at the office or click on the link to register.

<https://brushfire.com/sua/other/570760/details>

To register click on the QR code



When?

Every Monday during school term
2:50pm until 4pm

Where?

In the Culture Room at Living Waters Lutheran School (next to the canteen)



FOR MORE INFO PLEASE CONTACT:
Mel Quilliam
(Ministry Catalyst - SU Australia)
0428 048 169
melanie.quilliam@sua.org.au



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BOOK HERE

ALICE SPRINGS

INTERNATIONAL WOMEN'S DAY

EQUAL FUTURES FAIR

COUNT HER IN: INVEST IN WOMEN. ACCELERATE PROGRESS.

5-8PM | SATURDAY 2ND MARCH

WOMEN'S MUSEUM OF AUSTRALIA, 2 STUART TCE

FREE BBQ 5-6PM

LIVE PERFORMANCES

LIVE BROADCAST ON 102.1FM

LOCAL CRAFT STALLS

ENTRY BY DONATION



102.1FM
BROADCAST COMMUNITY RADIO



CAWLS
Women's Legal Service



MHACA
Mental Health Association of Central Australia



WSSCA



NORTHERN TERRITORY GOVERNMENT



WOMEN'S MUSEUM OF AUSTRALIA



ALICE SPRINGS TOWN COUNCIL



JUNIOR PRE-SEASON COME & TRY!

Wednesday 21st February

U8s, U10s, U11s & U13s: 3:30 - 4:30pm
U15s: 4:30-5:30pm

WHERE: Living Waters School

Uniforms available for try on/purchase.
Card payment preferable.