



## DIARY DATES

12th November 2024  
Assembly 3pm

15th November 2024  
Jump Off Day  
Jump Rope for Heart

18th – 22nd November 2024  
Swimming Week – Wulanda

19th November 2024  
Questacon

6th December 2024  
Wheels Day & Excursion

10th December 2024  
End of Year Concert &  
Graduation

## Reminders

**Assembly 3pm**  
**12th November 2024**

**Jump off Day**  
**Jump Rope for Heart**  
**15th November 2024**

**Casual Day**  
**(Gold Coin Donation)**

## From the Principal

Dear Families,

On Wednesday of Week 4, our staff participated in a professional development day focused on refining our high-quality teaching practices and exploring ways to use data to guide our instruction and better support students. We began with a site visit to Glenburnie Primary School, where teachers and SSOs observed literacy and numeracy programs in action. This experience allowed us to see their explicit instruction strategies firsthand, sparking fresh inspiration to bring back to our own classrooms. Our team returned with practical insights to fine-tune their current approaches, adding new layers to the rich learning experiences we offer here at Kongorong.

In the afternoon, our team took part in a workshop on Multi-Tiered Systems of Support (MTSS), an approach becoming increasingly popular in Australian schools for its impact on both teaching and student support. We looked closely at MTSS's tiered system of high-quality instruction and intervention, as well as its four-step problem-solving process, to see how it could be adapted to suit our smaller school setting.

Looking ahead, we're excited about the potential for MTSS to enhance our practices in 2025, with a focus on explicit instruction, targeted support, and consistent approaches across our classrooms. Through this commitment, we aim to continue improving the quality of teaching and learning at Kongorong Primary.

Warm regards,  
Jamie  
Principal



# Eat a RAINBOW !

This term in Miss Ryan's HPE class, our Lower Primary students have been learning about the importance of making healthy choices. They were introduced to the Australian Guide for Healthy Eating and have explored how to categorise foods into different food groups, understand portion sizes, and learn about the recommended daily servings.

Through hands-on activities, students practiced identifying portion sizes of fruits and vegetables using their hands, a simple and practical tool to help guide healthy choices. They discovered that fruits and vegetables come in five different colour categories, each with its own unique set of phytochemicals – the compounds responsible for their vibrant colours and health benefits. Students learned that by "eating a rainbow" of fruits and vegetables, they can ensure a balanced intake of essential nutrients.

To consolidate this learning, students prepared a rainbow platter, enjoying a colourful and nutritious fruit time!



## Making Healthy and Safe Choices

In HPE this term, our Upper Primary class has been exploring how to make informed choices that support health, safety, and wellbeing. They've learned to identify and practice strategies to promote personal and community health and have investigated the importance of preventative health in supporting long-term wellness.

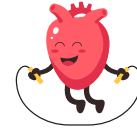
Students examined various sources and types of health information, learning how to interpret health messages and understand the goals of popular health campaigns. This knowledge inspired them to start creating their own health campaign posters, where each student selected a key message and target audience to promote around the school. Keep an eye out for these informative posters, designed to inspire a healthier school community.

## SPECIAL LUNCH - HOT DOGS

In Week 3, students enjoyed a much-anticipated special lunch featuring hot dogs and flavoured milk! The lunch was a hit, with students excited to gather and share a meal together. Thank you to our wonderful SSO's, Stacey and Marilyn, who help make this possible every term – it's always a highlight and a great way to bring everyone together.



# Jump Rope for Heart



Our students are skipping their way toward our goal of 20 hours this term in the Jump Rope for Heart campaign! It's been wonderful to see their enthusiasm, not only in HPE classes but also as they continue jumping during their playtime. The energy and dedication they're bringing to this challenge are truly inspiring. Keep going, everyone – every skip counts!



## Swimming Lessons – Week 6 Reminder



A quick reminder that Week 6 is swimming week!

Students will depart for the pool at 9:00 am sharp and return by 11:45 am. We kindly ask that all students arrive at school by 8:50 am on these days. Please note that Breakfast Club will be adjusted and will conclude at 8:45 am accordingly. For students living in Mount Gambier, you can meet us at the pool at 9:20 am—please confirm this with the front office if applicable.

We warmly invite parents to come along and support the students but kindly ask that food and drinks are not purchased for the children.

### ***Please remember to pack:***

- A swimming bag with a towel and spare underwear.
- Students are encouraged to wear their bathers under their school uniform to help ensure we get everyone in the pool on time.
- A water bottle.
- A fruit snack and recess.
- We look forward to a fun and active week of swimming!

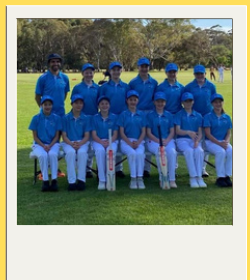
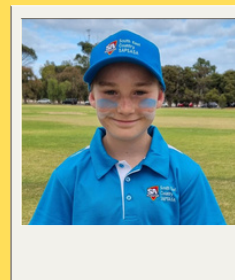


## SAPSASA Cricket

Claire spent this week in Adelaide playing SAPSASA Cricket.

The South East Country girls finished 3rd in the State and were the top Country team. Claire made 57 runs, took 4 wickets, 1 catch and 1 run out over the 3 days.

Well done to the South East Country team on their success.



Our school values— Working Together, Respect, Striving for Success, Honesty, Tolerance  
Our school vision—We encourage a love of learning, a strong sense of self, respect for others and the desire to become good global citizens. We promote independence and responsibility as we guide our school towards a positive future.



Jamie Ryan –Principal



# Bat night



Friday 15 November 2024

Naracoorte Caves from 6.15 pm

- Come and learn interesting facts from local bat expert Nicola Bail
- Witness the spectacular site as thousands of micro bats emerge from the cave
- View the Southern bent-wing bats up close in the Bat Observation Centre

FREE SAUSAGE SIZZLE

## BOOKINGS ESSENTIAL

SCAN  
TO REGISTER

OR VISIT

LC.LANDSCAPE.SA.GOV.AU



Naracoorte  
Caves

WAVY LANDSCAPE  
SOUTH AUSTRALIA  
LIMESTONE COAST

This project is funded by the Australian Government's Natural Heritage Trust and delivered by the Limestone Coast Landscape Board, a member of the Commonwealth Regional Delivery Partners panel.

**envisage<sup>it</sup>**  
Enabling Vision and Growing Expectations

EVIDENCE BASED

## FREE PARENT PROGRAM FOR 2025

ARE YOU CONCERNED ABOUT YOUR CHILD'S DEVELOPMENT, OR ARE YOU RAISING A CHILD WITH A DISABILITY?

Envisage is a fully funded program for parents and caregivers raising children aged 0-8 years with developmental concerns or disability. Your child does not need a diagnosis or NDIS plan.

What will I learn?

The program is designed to help you feel confident, connected, and supported including topics such as:

- child & family development,
- 'Parenting is a dance led by the children'
- Looking after myself so I can look after my family
- communication, collaboration, connection.

Mount Gambier Children's Centre has been offered the opportunity to host this free parent program in early 2025.

To help us with planning it would be appreciated if you could complete this quick survey to express your interest in the program.

<https://www.surveymonkey.com/r/G3JT5YB>



For more information :

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