



# KANGAROO INN AREA SCHOOL

# NEWSLETTER

TERM 1 WEEK 6 - 05/03/2025

## FROM THE PRINCIPAL

### Sports Day

Thanks to all of the people who contributed to the success of the 2025 KIAS Sports Day.

Special thanks go to

- Ayden Reid, Ange Leopold, Emma Chambers for the organization of a great day
- Tony Skornsek for ensuring the grounds looked amazing
- The KIAS Social Club for catering for the event
- The families who helped out in the canteen and on events
- The team captains and vice captains for their support and involvement with the Emu's and Dingo's teams
- The KIAS staff for supporting the day in many different ways
- And finally, the students for their sportsmanship and participation!

Congratulations to Emus for a great win!

### Interschool

On the 14th of March, we will be hosting Interschool Sports Day at Kangaroo Inn. There have been notes going out this week regarding student participation which need to be returned by Friday. As all of our staff will be required to ensure the events run smoothly, we would strongly encourage students who are not participating to stay at home for the day. If students do attend, they will be supervised in the library. No formal program will be offered, and students will need to stay in and around the library with their teacher as there will be many people on site for the day. If you have any questions, please call Annie or Amy.

### Governing Council AGM

Don't forget the Governing Council AGM will be held on Tuesday March 11th in the Collab Lab (the old computer lab.) All welcome!

### NAPLAN

NAPLAN testing for Year 3/5/7/9 will be commencing on the 12th of March and go through to the following week. If you do not wish for your child to participate, please contact Annie or Amy. Students completed a practice test last week and have been learning about the NAPLAN processes in preparation.

### Piano Lessons

We have been fortunate to access a piano teacher to run lessons during the school day for students.

Jenny Eastern, is based in Millicent and is happy to come to school one day per week and take private lessons starting in Term 2.

The lessons would be for students in Year 2 upwards, be 30 minutes duration and cost \$25.

If you would like your younger child (below year 2) to have lessons, it would be worth discussing this with Jenny.

Families would be invoiced by Jenny at the start of the term and need to pay in advance.

Students would come out of their school lessons to attend their piano lesson each week.

Once we know how many students, we will work out a day and a timetable. Please call the front office on 87343046.

Kind regards,  
Annie Matthews & Amy Oswald

## CONTACTS

### Principal:

Annie Matthews & Amy Oswald

### Governing Council Chairperson:

Natalie Sims

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## COMMUNICATION

### Community Portal



Find us on 



## DATES TO REMEMBER

Mon. 10th March - **PUBLIC HOLIDAY**

Tues. 11th March - Tues. 12th March - Yr. 12  
English Adelaide Camp

Tues. 11th March - **Governing Council AGM @ 6.30pm**

Wed. 12th March - Fr. 21st March - **NAPLAN**  
Yr. 3,5,7,9

Thurs. 13th March - Yr. 7 Immunisation Info.  
Session

Fri. 14th March - **Interschool @ KIAS**

Tues. 18th March - Yr. 8/9 Kilsby Sinkhole  
Excursion

Wed. 19th March - Lions Vision Screening  
Primary

Fri. 21st March - Yr. 7 Noorla Yo Long Excursion

Tues. 25th March - Parent / Teacher Interviews

Thurs. 27th March - Yr. 7 & 10 Immunisations

# Sports Day

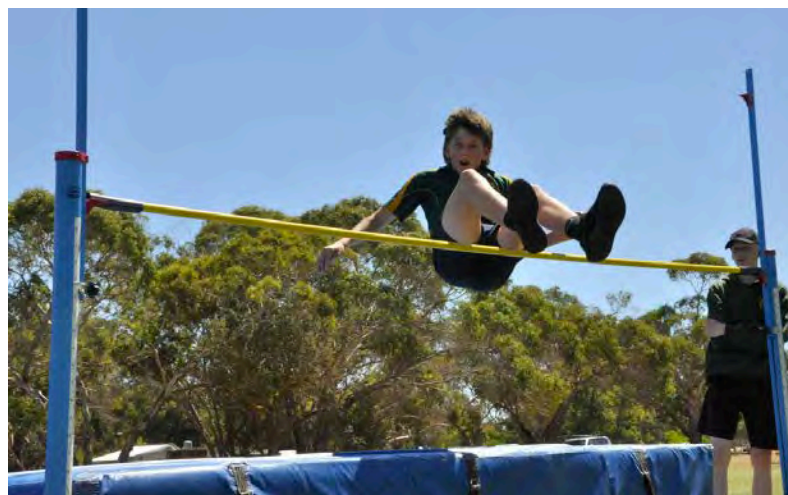


## Congratulations to the Champion Team Emus and Runner-up Team Dingoes 2025 Age Group Winners

**Sub-junior Girls Champion** - Pippa  
**Sub-junior Boys Champion** - Logan  
**Junior Girls Champion** - Lexie  
**Junior Boys Champion** - Spencer  
**Intermediate Girls Champion** - Leyla  
**Intermediate Boys Champion** - Fred  
**Senior Girls Champion** - Chloe  
**Senior Boys Champion** - Coaden  
**Open Girls Champion** - Amber  
**Open Boys Champion** - Calvin

**Sub-junior Girls Runner-up** - Lily  
**Sub-junior Boys Runner-up** -  
**Junior Girls Runner-up** - Sydney  
**Junior Boys Runner-up** - Dexter  
**Intermediate Girls Runner-up** - Charlotte  
**Intermediate Boys Runner-up** - Eli  
**Senior Girls Runner-up** - Zoe  
**Senior Boys Runner-up** - Eli  
**Open Girls Runner-up** - Kodie  
**Open Boys Runner-up** - Ethan

# Sports Day



STRIVE FOR LIFE

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For those new to The Resilience Project concept, and those who need a reminder of what we do here during our Resilience Project lessons, this is the perfect place to start!

Every week, students from Reception all the way up to Year 12 are involved in a GEM lesson. Each week has a different core focus of either Gratitude, Empathy, Mindfulness, and the new addition of Emotional Literacy.

As well as having a weekly GEM lesson, the program is embedded into every school day through daily diary prompts, mindfulness sessions to reset after break times, and exit questions every day.

Ask your child what GEM practise they had in their day today!

# THE RESILIENCE PROJECT™

 <p><b>Gratitude</b> Paying attention to what I have.</p>	<p><b>Empathy</b> Understanding others' feelings and showing kindness and compassion.</p>	 <p><b>Mindfulness</b> Paying attention to what's happening right now.</p>	 <p><b>Emotional Literacy</b> Labelling, understanding and expressing my emotions.</p>
 <p>Gratitude involves recognising and expressing appreciation for the people, places and things in our lives. Practising gratitude allows us to pay attention to what we have, increasing feelings of happiness and leading to a more positive outlook on life.</p>	 <p>Empathy involves understanding others' feelings and perspectives and is practised through kindness, compassion and curiosity. Developing empathy fosters deeper connections, increases our likelihood of acting kindly, and helps us experience positive emotions.</p>	 <p>The practice of mindfulness is about an awareness of life as we are living it. It allows us to be responsive to our experiences rather than being reactive, and to live with greater balance, presence and connection.</p>	 <p>Emotional Literacy involves learning to identify and label our emotions, as well as developing emotional regulation skills. When we can accurately name our feelings and emotions, it reduces the impact of uncomfortable</p>
<p><b>Expressing and practising gratitude</b></p>  <p>Thank you...</p>	<p><b>Expressing and practising empathy</b></p> 	<p><b>Practical mindfulness tools and strategies</b></p> 	<p><b>Naming emotions and understanding feelings</b></p> 
<p><b>Learning how to form everyday gratitude habits</b></p>  <p>What are three things you are grateful for today?</p>	<p><b>Strengthening connections</b></p> 	<p><b>Applying new skills and knowledge</b></p> 	<p><b>Linking body cues to feelings and emotions</b></p> 
<p><b>Benefits of regular gratitude practice</b></p> 	<p><b>Respecting and celebrating differences</b></p> 	<p><b>Benefits of mindfulness</b></p> 	<p><b>Understanding that emotions have a purpose</b></p> 
<p><b>Barriers to an attitude of gratitude</b></p> 	<p><b>Barriers to empathy</b></p> 	<p><b>Barriers to mindfulness</b></p> 	<p><b>Processing, managing and responding to emotions</b></p> 

# Welcome to The Song Room!

Your child is taking part in a Song Room Program in 2025, exploring either music, art, drama or dance.

Through the fun and interactive weekly lessons, our programs have been shown to deliver:



Improvements  
in reading,  
writing and maths

Increased  
communication  
skills, creativity  
and ability to work  
with others

Improved school  
connection

Social and  
emotional well-  
being



The program is designed especially for the students at your school. When there are school performances and parent days, we would love you to come, be involved and share the fun!

To learn more about The Song Room programs you can visit our website: [songroom.org.au](http://songroom.org.au). You can see our programs in action on socials too - find and follow us at @thesongroom.

We're looking forward to working in your school this year. Should you have any questions - please feel free to contact me on (03) 9521 3990 or at [enquiries@songroom.org.au](mailto:enquiries@songroom.org.au). Have a fantastic 2025!

Warmly,



Amelia Christo - Director, Arts Learning



**CREATIVE KIDS  
BRIGHTER KIDS**