

SWIMMING

Over the last two weeks the R-5 students attended the Learn to Swim programme at the Elizabeth Aquadome. Students participated in basic water safety skills and most importantly had a lot of fun while learning. Elizabeth North Primary would like to thank all families who supported in the swimming programme. It was the best intake we have had with 421 students attending.



National Australia Flag Day

On Monday 3rd September the Elizabeth North Primary School celebrated National Australia Flag Day. The Mayor of the Playford Council, Mr Glenn Docherty, attended the celebration with the Student Representative Council members near the flag poles in the staff car park.

National Australia Flag Day commenced in 1996 and it is a celebration of the anniversary of the Australian flag being recognised as our national flag on the 3rd September 1901. At the Elizabeth North ceremony the Year 6/7 SRC reps, Blake, Crystal, Hope and Taya spoke about the history of the flag and some interesting facts about the protocols of how it should be flown and when it can be lowered to half-mast.



SAVE THE DATE!

60TH BIRTHDAY EVENT

ASSEMBLY IN THE GYM AND MORNING TEA

We welcome old scholars, past staff as well as current parents, families and community members.

Friday 14th September, 10–12pm

RSVP the front office by Wednesday September 12th

We hope to see you there.



SPORT NEWS

District Athletics Carnival

On Friday, the 24th of August, the ENPS Athletics team travelled to Kooranowa Reserve to compete in this year's District Athletics Carnival. The weather was great and the day proved to be fun and successful. Our students were represented in all of the events; 100m and 200m sprints, 800m race, shot put, discus, long jump and high jump, and their determination and willingness to do their best was evident throughout the day. I would like to congratulate the Athletics team for all of their efforts and the way that they conducted themselves.

Well Done!!



HOT SHOTS MATCH PLAY Term 4

REGISTRATIONS NOW OPEN

- Put what you learn in lessons into a match.
- Singles and Doubles.
- Learn umpiring and the rules of tennis!
- Learn tactics.
- Play in a team environment.
- Supervised by a coach.

Red Ball - Friday's 05:00 PM

Orange Ball - Friday's 05:00 PM

Green Ball - Friday's 05:00 PM

For further information:

Email - playford@tennisgear.com.au

Phone - 08 8252 1900

\$80 for
the term
(Week 2 -
Week 10)

Pastoral Care Worker News

Community Lunch - Students had a great time at the community lunch on August 10. Students served pasta bake with salad, dessert was banana cake with cream.



DIARY DATES

TUESDAY 11TH SEPTEMBER
Governing Council 5:30pm

FRIDAY 14TH SEPTEMBER
60th Birthday Assembly 10-12pm

MONDAY 17TH SEPTEMBER
Crows Assembly 12-12:50pm

THURSDAY 20TH SEPTEMBER
Book Week Parade

ENPS BI-ANNUAL FETE

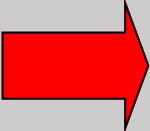
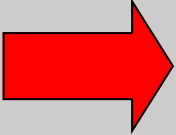
Friday 26th October ~ 3.30 to 7.30 pm



Lots of fun for all—including sideshows, camel & pony rides, hot foods, drinks, showbags, cake stall, lucky dips, raffle baskets, trail bags, face painting, fairy floss, plants, slime station, sponge throw, games and lots more!

If you'd like to book a private stall, please see Jasmine Barona via the school front office—booking fee \$25

ENPS are looking for business sponsors for our fete. If you have a business and would like to sponsor us and advertise your business at the fete please call and ask for Sally on 8255 2327

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- ⇒ Excursion to pay?
 - ⇒ Canteen order to do but have no cash?
 - ⇒ Uniforms to buy but don't have time to come to the office?
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FINAL NOTICE!

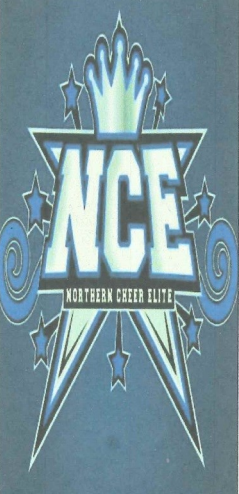


We are in the process of sending all outstanding 2018 Material & Service charges to Central Debt Collection, which may incur additional fees. If you have outstanding fees and have not organised a payment plan, please contact the finance officer asap. We are still waiting on 2018 School Card application forms to be returned also by eligible parents.

Fete donations 2nd hand store needs you!

Rooms 21 and 24 are looking for donations of unused items such as kitchen appliances (**No electrical items**) and toys for the upcoming school fete. Books and clothing at this stage are not required.

Please see John Woods or Nicole Faulbaum if you would like any more information.



NORTHERN CHEER ELITE

*Adelaide's Newest
Cheerleading Club
In the North*

*Performances include
Cheer, Pom,
Hip Hop, Jazz
And Lyrical*


Ages from 4 years to Adult

**13 Priority court
Edinburgh North**

*Like us on facebook
Northern Cheer Elite
Or Contact Diane
0403067822*

**FREE COME AND TRY
WEDNESDAYS
5:30 to 6:15**

Stay with recreation
Or join a
competitive team
in 2019



Connect to Reading

Dear Parents/Caregivers

As part of our celebrations for Book Week we are holding a parade on **Thursday 11th of September at 1:30 pm** in the Gym, all welcome!

Teachers are encouraging all students to come in costume with many classes designing and making costumes in class.

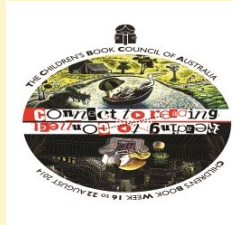
Classes have created displays and contributed work for the Learning Centre around our Book Week theme -

'Connect to Reading'

The Learning Centre will be open before and after school during Week 8. Please come in and have a look.

We look forward to seeing you!

Ms Powell, Mrs Levitt and Ms Merchant



CHOIR

On Wednesday 23rd August, the Elizabeth North PS school choir went to their first Festival of Music rehearsal- 'Magic Millions', at Morphettville Racecourse. The choir performed and behaved beautifully! It's shaping up to be a wonderful concert. The choir will perform at the Festival Theatre on Friday the 21st September, with a rehearsal in the theatre that morning, and the concert in the evening, starting at 7.30pm. Tickets are still available through BASS on 131 246. Hope to see you there!

Mrs Marsha Seeböhm

Choir Trainer & Arts Teacher at Elizabeth Nth PS



DEPRESSION PROOFING YOUR KIDS

Over the course of the past few years there have been more and more cases of students who display symptoms of depression. At Elizabeth North we are working with some students whose behaviours demonstrate these symptoms and we need to be aware of how to support them best.

About 20% of people experience depression at some time in their lives. That means that almost every family has someone with some times of depression. Unfortunately once someone has experienced depression, they are at far greater risk of feeling that way again. While I can't guarantee that we can protect everyone from depression, there are things that we can do to make it less likely.

Sadness is not always bad

Everyone loves being happy but being sad at times is not such a bad thing. Sadness gives us time for thinking things over, sometimes regretting things we have done and helps us to resolve to be better people. Feelings of sadness, disappointment and set backs are part of human lives and without them we don't live whole lives.

We all want our kids to be happy but know that there will be times they will be sad. Helping young people to know that they won't be happy all the time is important. Realising that all feelings pass and that we can learn from the whole range of feelings, sadness included, is part of being human.

Find some good friends

Friends are a treasure. Along with family, having a few good friends that we can talk things over with enriches our lives and protects us in difficult times.

Eat healthily

What we eat changes our moods. For example, countries that eat low levels of fish have higher levels of depression. Fish contains a fatty acid known as EPA, which is lacking in those with depression. Fatty acids are also found in flaxseed, walnuts and chia seeds and are good fats.

These are the good fats so if you are hesitant about eating them don't be. Whole grain oats have been shown to help with depression as they have folic acid and B vitamins and helps with a slow release of energy versus the crash and burn of blood sugar levels that can happen. Foods high in selenium which is found in meat, fish and cereal grains has also been shown to decrease symptoms of depression. Leafy greens have magnesium in them which helps with depression and helps with sleep patterns.

Get enough sleep and rest

Getting enough sleep is one of the most powerful ways we can protect ourselves against depression. The structures in the brain that support the most powerful anti-depressant, serotonin, are built and re-built between the sixth and the eighth hour of sleep.

Over 60% of people who sleep 5 or less hours a night end up obese and depressed.

If you are having difficulty sleeping:

- *decrease caffeine consumption late in the day
- *decrease sugar in your diet
- *go to bed at the same time every day and wake up at the same time every day.
- *avoid late nights
- *avoid naps especially after 4pm
- *avoid spicy, sugary or heavy foods before bedtime
- *have the room at a comfortable temperature (some kids want to heat up the room and sweat the night away)
- *block out distracting noise
- *don't sit in bed while studying get in the habit of reserving it for sleep
- *warm milk before bed is good as it is high in tryptophan, which aids sleep.
- *try relaxation methods before sleeping
- *write out a to-do list for the next day before getting into bed.
- *have a pre-sleep ritual e.g. reading or warm bath
- *switch off the electronics especially phones

If you believe that your child is displaying symptoms of depression please make a time to see your doctor.