



[Click here for Calendar](#)

Assembly

Tuesday 19th November

Year 7s Canberra Trip

Sunday 3rd to Saturday 9th
November

**Virtual Reality Anti
Bullying**

Monday 11th November

Baseball

11th, 12th, 19th and 26th
November

Transition Days

13th, 20th and 27th
November

Dancify

15th, 22nd, 29th November
and 6th December

Wheelinet

Tuesday 3rd December

End of Year Concert

Tuesday 10th December

Waterworld

Wednesday 11th
December

Term 4 Ends

Friday 13th December

Greetings all,

We are almost half way through our last term for the year. There is a lot happening at our school and in the community. Staff and students are looking forward to welcoming new students and parents/caregivers for transition visits starting on 13th November.

Cow Pat Lotto – I would like to thank our hard working Fundraising committee, staff, students and wider community for all of their hard work in organising and running this exciting day.



Canberra Trip – I am currently in Canberra with our Year 7 students. More information will be in our next newsletter. We are having a great time. We are due back by bus next Saturday.



Anti-Bullying policy - Our policy was revised and updated by staff and ratified by Governing Council. The updated policy better reflects our changing world and includes cyber bullying. It has useful contact information for parents if needed. We will be doing more work across the school in Anti Bullying week starting on Monday 11th November. For this and other policies please refer to our website www.kersbrookps.sa.edu.au

Lions Eye Health – Lions Club have provided each child with a plastic magnifying glass to help promote eye health. Please see the information on the back of this newsletter.



Community Pantry – There are times in our lives when we all need a helping hand in some way or another. We are seeking your support to assist Lions Club to provide non-perishable food items for the Community Pantry based in Birdwood. We will have a collection box in our front office and also at our Christmas concert. Please see details in this newsletter.

Modes of Communication – We hope that you are visiting our website which is normally up to date: www.kersbrookps.sa.edu.au The school mobile 0419862579 is used for emergency broadcasts in conjunction with other media. Newsletters are available at the front office, on the website, or via the SchoolStream app. Please ensure you are on our e-mail list. If you have not been receiving e-mails from us (usually just once per fortnight) please let us know. You can send a request to andrea.wilson874@schools.sa.edu.au

Kersbrook Play Space Upgrade – Adelaide Hills Council are keen to hear from our Kersbrook community to get your view on what you would like in the play space at the Soldiers Memorial Park. I have included their message below.....

Kersbrook Play Space Upgrade

Help us find the pieces that will make your ideal local play space!

Adelaide Hills Council are planning to upgrade the play space at Kersbrook Soldiers Memorial Park and want your views.

We want all park users, including local residents, key community groups, local schools and child care centres to have their say.

You can get involved by:

- *Jumping online: [Hills Voice Your say page](#)*
- *emailing engagement@ahc.sa.gov.au*
- *calling 8408 0400*
- *sending a letter to PO Box 44 Woodside SA 5244*

Please provide your comments by Friday 22 November 2019.

Home Stay opportunity - Due to our excellent track record with hosting international students we have been given the opportunity to host up to 20 Chinese study tour students in Week 2 of Term 1 next year. The students would be spread across Room 2 and Room 3 as the students will be Years 4 to 7. We are looking for Host Families and the Chinese prefer double placements for their students if possible. If you are interested in hosting or would like more information please contact Jill before Friday 15th November.



Jill Gurner
Principal

Cow Pat Lotto

Thank You to our Fundraising Committee and Sponsors

Our Fundraising Committee excelled in organising the Family Fun Day and Cow Pat Lotto on Sunday 3rd November. Thank you for all your hard work in the months leading up to the event, on the day and the following days.

It wouldn't have been possible without our Major Sponsors:

Kamcheyenne Limousin – you can buy their excellent value quality meat at the One Tree Hill General Store Diner: <https://www.kamcheyennelimousin.com/> Thank you Sarah and John Popow. If you are interested in cows on your property – have a look at their website.

Maughan Thiem – Thank you again, for your generosity. If you are in the market for a new car, be sure to drop down to see Daniel Thomas or his staff at 1013 Port Road Cheltenham or visit: <https://www.mtford.com.au/>

Thank you to all the local businesses who contributed to raffle prizes, the mystery bottles and in any other way. Thank you to Kersbrook Soldiers Memorial Park for their generous use of the oval and clubrooms. And thank you to all of the dedicated volunteers who contributed their time and money to make it such a successful day. What a great way to showcase what our area produces. Thank you also to: stallholders, Kersbrook Hill Wines, Green Valley Strawberries, Sue James, Unique Edge Styling, Honey Bees, Roy Batman, Church of Christ Kersbrook, Hill Top Flowers and Kersbrook Footy Club.



Thank you to the Fundraising Committee, our main volunteers, Kamcheyenne Limousin and Maughan Thiem Cheltenham

Cow Pat Lotto

Cow Pat Lotto was so much fun and the atmosphere was amazing. Lots of people participated in buying and browsing stalls, purchasing mystery bottles, raffle tickets and grid numbers through trybooking.com.

Approximately \$4500 was raised on the day.

Congratulations to all the winners:

\$100 Grid

1st Prize \$2000 - Owen Lampe
from 3 Boys Honey

\$30 Grid

1st Prize \$800 – Karen Hicks
2nd Prize \$500 – Sue Lockwood
3rd Prize \$200 – Nat Haddock



Clockwise: Carly and Nat were kept busy face painting; staff selling mystery bottles; anticipation as cows pace the grid; Playgroup stall was magnificent and sweet; Julia and the team sold almost 200 yiros and many many hot chips. Thank you to everyone who contributed!



The bouncing castles and petting zoo were very popular



Craig, Graham and Paul



Alex P (past student) and Isaac (future student!)



Winner! Owen purchased a \$100 Grid and won \$2000! Delicious Honey 3 Boys!



Our wonderful CFS – taking kids for a ride in the fire truck

Science Day



Thank you to David Broderick and his team of scientists who came for Science Day. From left: Jack; Paul; David; Natalie; Marcin and Barnaby. All the Scientists are from Defence Science and Technology.

This is what our students said:

Hermoine: A team of scientists came. I learnt that robots can be controlled by lots of different things like light and voice. One scientist had a camera which could detect temperature.

Ruby: I liked making the satellite with foil. We made an antennae and solar panels.

Mikayla H: I really enjoyed it. It was a lot of fun and we got to learn a lot of stuff.

Lincoln: My favourite was the cars. To make the car go forward, you clap in front of it. If you programmed it, it would also follow the torch beam.

William: It was so interesting. I liked having new things to try.

Mikayla P: I learnt about satellites – they go around planets.

Lily: Science day was an amazing opportunity for me to learn more about what's happening now.

Elli: The Science Day made me decide I want to study robots.

Tyrone: My group made a dragonfly satellite – it has inspired me to do more science.





The Scientists set up three stations: Edison Robots; Space, and Infra-Red cameras. Above left, Room 1 students made satellites complete with solar panels for energy. The Infra-Red camera is for heat signatures and we had fun using it for our body heat. It can have many other applications. Our students put an ice pack on their forehead for a temporary tattoo (below right). We were able to programme the Edison Robots to follow light, sound or to sumo wrestle with each other. Everyone had a brilliant time.

Thank you to David Broderick for organising the team from the Commonwealth Government's Defence Science and Technology.



Sports Day

Our Tri School Sports day was at Gumeracha oval this year. Paracombe won the Championship Relay! Congratulations to Paracombe and to all students for their good sportsmanship. We received lots of encouragement from Paracombe and Gumeracha students and we gave them lots of encouragement too. Despite the weather, everyone had lots of fun, including parents and grandparents, friends and families. Thank you to Gumeracha for putting the hard work in by hosting the day and providing a delicious lunch for us.







THE COMMUNITY PANTRY IS A VOLUNTEER ORGANISATION BASED IN BIRDWOOD THAT COLLECTS AND DISTRIBUTES FOOD TO NEEDY FAMILIES. OVER 100 DONATION REQUESTS HAVE BEEN FILLED SO FAR THIS YEAR.

THE TORRENS VALLEY LIONS CLUB IS HELPING WITH COLLECTION AND WELCOMES PEOPLE TO DONATE FOODSTUFFS IN THIS BASKET WHICH WILL BE PASSED ON TO THE PANTRY. THIS IS TOTALLY A LOCAL ORGANISATION HELPING LOCAL PEOPLE ON A VOLUNTARY BASIS. PLEASE HAVE A LOOK THROUGH YOUR SHELVES FOR ANYTHING THAT CAN BE DONATED, EVEN IF IT IS PAST USE-BY DATE, OR ADD A FEW ITEMS TO YOUR WEEKLY SHOPPING.

EVERYTHING AND ANYTHING IS WELCOME. DONATIONS CAN BE ACCEPTED AT KERSBROOK PRIMARY SCHOOL FRONT OFFICE. THANK YOU.



Children's Vision and Eye Health

1 in 5 children has an undetected vision problem!

Vision problems have a profound effect on a child's development including schooling and day to day activities.

You can't hit the ball if you can't see it!

Most children will accept vision problems and adapt to their poor vision. They rarely complain as they believe everyone sees the world like they do.

All children should have a full eye examination before starting school and regularly as they progress through primary and secondary school.



Awareness of Visual Problems

Family photos can be a helpful insight into a child's vision. Take a closer look at those happy snaps and look out for:

- an eye not fully open,
- turning and tilting of the head
- unequal colour and/or brightness of each eye



Take note of comments from others, such as grandparents, teachers and friends. Someone who doesn't see the child everyday may notice something before you do.

More than 411,000 children in Australia have a long-term eye disorder.

Most of these are long- and short-sightedness

Signs and Symptoms

Signs of vision problems can be subtle. The following may indicate a possible problem with a child's vision.

Appearance

- Red or watery eyes
- One eye turns in or out
- Sensitivity to light
- Frequent blinking

Behaviour

- Covers one eye
- Squints
- Tilts the head
- Holds a book close to read
- Difficulty with or avoiding reading or learning
- Rubs eyes
- Confuses colours

Complaints

- Blurred or double vision
- Headache or dizziness
- Eyes burning or itching

Poor clarity or an imbalance in the coordination of the eyes can impact a child's development

One in six, 10 to 14 year olds wears glasses or contact lenses to correct sight

Most of a child's learning is through vision

Eye Care Practitioner

A full eye test with an optometrist will take approximately 30 minutes. It attracts a Medicare rebate and does not require a referral.



When visiting your eye care practitioner please be able to answer the following questions:

- Is there a history of eye conditions in the family? (including lazy eyes or squints and short- or long-sightedness).
- Have you noticed anything unusual about your child's eyes or behaviour? (e.g. rubs eyes when watching TV or reads with book very close.
- Has your child reached expected development goals and milestones such as walking and talking?

Along with allergies and asthma, eye disorders are the most common long-term health problems experienced by children.

5 Tips to Good Eye Health

1. Early detection and treatment is the best defence against eye disease.
2. Eat a balanced, nutritious diet rich in fruit and vegetables.
3. Wear a broad-brimmed hat and sunglasses when playing in the sun.
4. Ensure appropriate safety procedures are covered with your child prior to playing sports. Safety glasses may be necessary when gardening, helping out with home repairs or in the classroom (e.g. science, woodworking).
5. Recent research has shown that increasing time spent outdoors may reduce the risk of developing myopia (short-sightedness) and its progression in children and adolescents.

AIHW 2008. Eye health among Australian children. Cat. no. PHE 105. Referral rates for a functional vision screening among a large representative sample of Australian 2002



Lions Eye Health Program - Australia
PO Box 433 Wahroonga NSW 2076
1800 010 234
enquiries@lehp.org.au
lehp.org.au



Centre for Eye Health
Barker Street, Kingsford NSW 2032
1300 421 960
centreforeyehealth.com.au



1 in 5 Children Have an Undetected Vision Problem

this can affect growth and development



Parents need to pay attention as children rarely complain about their vision.

Lions Eye Health Program - Australia
lehp.org.au 1800 010 234