The theme for Term 2 is Move to Learn. Class teachers have been incorporating extra opportunities for engaging learners in purposeful physical activity into their lesson planning.

Participation in regular physical activity provides a large range of health benefits (physical and mental). (factsandstats Benefits of Physical Activity, Dept of Sport and Recreation, Govt of W.A. page 1).

Physical health benefits for children include:
- improved fitness, strength, flexibility and coordination
- improved general health and assistance in weight management
- development of a wide range of motor skills
- healthy growth and development of the cardio-respiratory system as well as the bones and muscles
- establishment of healthy habits.

When planning physical activities for learners, Kilparrin class teachers build on existing skills, encourage the development of new skills and where appropriate negotiate with health providers (physiotherapists and occupational therapists) about incorporating specific physical goals for individual learners into the curriculum.

Engaging in physical activity as part of a class group also has social benefits for our learners. Communication, interpersonal relationships and cooperation skills are enhanced through turn-taking and various ball games. Lessons in the Kilparrin Activity Hall involving physical education equipment encourage risk taking and self-discipline and also build self esteem as learners achieve success.

Walking to the Park Holme Shopping Centre provides our ambulant learners with regular exercise and has a positive effect on their fitness. For non-ambulant learners excursions to the local shops provide opportunities to experience the outdoors and to have social interactions with other learners, school staff and to ‘meet and greet’ the various people working in the Park Holme shops. Excursions further afield provide our learners with new and different experiences that reinforce language and concept development.

Along with physical activity, healthy eating remains a focus for Kilparrin learners. Since 2008, the Right Bite policy has assisted South Australian schools and preschools to select food and drinks to promote healthy eating, contributing to significant long term health benefits of children. There are numerous resources available to families and schools on the ‘eat well sa’ web site; www.decs.sa.gov.au/eatwellsa

For the past three years Kilparrin has participated in the eat well be active initiative promoted through DECS. As part of this initiative we have accessed resources for the classroom and families in addition to professional development sessions for staff. Together with this Newsletter families will receive three publications provided as part of this ongoing initiative.

To further reinforce ‘eating well’ the Yellow Squares class has been preparing lunch for the staff each Wednesday. This has involved collecting the money, purchasing the ingredients, preparing the food (involving measuring, counting and sorting) and cleaning up afterwards. We have all enjoyed these delicious healthy lunches prepared by some of our learners. Other classes have been making healthy ‘smoothies’ so that learners who have Oral Eating and Drinking Care Plans can also ‘taste’ the results.

As a way of encouraging our learners to be active during recess and lunch breaks, class teachers have paired specific staff with identified learners to encourage cooperative play and more robust active play at a distance from the non-ambulant and more vulnerable learners.

We are all trying to eat well and be active in an attempt to build our resistance to the winter cough and cold season!

Cheryl Elwood, Deputy Principal
ORANGE CIRCLES

In the last few weeks we have been very busy ‘being active’. We have had a swimming block at the pool at Westminster School.

Everyone got to have a look in the back of the ambulance. We also got to look at the red and blue lights and listen to the siren. The siren was VERY LOUD!

We have also started joining in with a class at Ascot Park Primary School on Monday mornings for a gym lesson.

This is what some of the learners had to say about the ambulance visit:
‘The sirens were the best’ (Letisha).
‘Sitting on the bed in the ambulance was the best’ (Jake).
Karen, Bruna and Jess.

GREEN TRIANGLES

Well here we are over half way through the term, and we have been busy inside and outside of the classroom. Outside, we have been participating in local walks to develop familiarity with the environment and improve orientation and mobility skills. This includes walks to the local shops, Park Holme Library, SASVI and Ascot Park Schools and The Warradale Community Child Care Centre.

Following up from our excursion last term, we again caught public transport (bus) to Westfield Marion, where the learners had lunch and experienced similar things as last time, such as the travelator, stairs, escalator and the pet shop. There was so much to be gained from this excursion, for example; recognising when people were getting on the bus by listening to the ticket machine, knowing when they were getting off by listening to the bell, being a part of a noisy environment, developing physical skills and body awareness, visiting a toy department, orientation and mobility skills and a hands-on experience with animals.

Shaun enjoyed a ‘talking parrot’ toy that we discovered, that repeats what you say to it, and as a result we have bought it for the school, as well as two other interactive, cause and effect toys. Later in the term we plan to go on an excursion to Glenelg, catching the bus and tram, which will provide another worthwhile learning experience for the learners.

Inside the classroom, we have been exploring size and shape in maths, as well as different
properties of various objects, and guessing each day “what's in the box?”, comprising various everyday items.

In science, we have begun introducing “floating and sinking” and have so far predicted what we think may float or sink, and then tested if we were correct.

Literacy is involving structured group times, stories, pre-writing activities, switches, songs and name/photo recognition.

The learners in the Green Triangles class enjoy every opportunity to be active, and we have been spending time in the orientation and mobility area, the gym, SASVI playground and our outdoor play area.

Last week we were lucky enough to have a visit from the South Australian Ambulance Service, and those who wanted to were able to sit inside the ambulance. Others looked at and listened to the sirens.

As a class we have already started creating our set and making our props. This has involved looking for and collecting gum leaves and small branches. Some learners have started voice recording as well. It is quite a big project but the learners are participating well and working as a team.

Rachel, Lyn and Jess

**PURPLE STARS**

Half way through the term already!! This term is just flying past us. The learners in the Purple Stars are having a very busy term indeed. Some of the learners from the Purple Stars participated in a two week swimming block at Westminster School. This provided the learners with some time to practise their skills in the water and also make use of some wonderful facilities.

Even though the mornings were quite chilly, the pool was located indoors and heated. This made swimming thoroughly enjoyable.

It was fantastic seeing the improvement of learners’ skills in the water and lovely seeing the learners being so active. Swimming was also a refreshing start to the day.

As a class the learners in the Purple Stars have been focusing on the story Possum Magic written by Mem Fox. We have been reading this story daily so that we all know it very well.

We have been discussing the author, illustrator, characters, and setting, what’s happening in the story and of course our favourite parts of the story. The reason we are focusing so heavily on this story is because the Purple Stars are going to be making “Possum Magic: The Movie”.

Beccy and Hayley

**YELLOW SQUARES**

It was very exciting for two of the Yellow Squares learners to participate in swimming lessons at Westminster School in their indoor heated swimming complex. It was great to see the skill level of the learners improve and to attend such a fantastic venue.
Minda swimming continues on a weekly basis for our other Yellow Squares learner who smiles and chats through all of his swimming sessions.

This has been an important part of our Move to Learn theme for this term. Along with our daily health hustle and orientation and mobility, swimming has contributed greatly to our satisfying the requirements for the Premier’s be active Challenge.

In art lessons the learners are using big movements to develop their own unique styles of painting and we have three beautiful works in progress decorating our classroom at the moment.

In science we are studying things that move and have recorded the distance we can push our cars as well as making domino trains that are exciting to watch as they collapse. We are also keeping a very close eye on the garden development down at the bottom of the yard. We love to go out there and look at the progress which is being made. We can’t wait until it’s ready!

Our lunch business is (so far) a resounding success and we are very busy catering for about fifteen lunches every Wednesday! We have received some great feedback about what we have prepared and are really starting to look like a professional catering company in the kitchen!

Jess and Marina

KILPARRIN EARLY LEARNING CENTRE

The children at Kilparrin Early Learning Centre don’t attend a swimming programme, so for this newsletter we are letting you know about something we recently enjoyed at kindy. We were part of the 2011 National Simultaneous Story-time, which occurred across Australia on May 25th for the 11th year. The programme aims to involve more children in sharing storybooks and to promote literacy development. Every library and education site that registered for the event shared the book, Feathers for Phoebe, at the same time on the same day. A wide range of activities were available for children from preschool to Year 7 to enrich their experience of this wonderful story by Rod Clement. Feathers for Phoebe is a book which is easily shared and enjoyed with any child.

Below is a brief excerpt from the website which describes the themes within the story.

“Feathers for Phoebe” by Rod Clement

Feathers for Phoebe by Rod Clement is a wonderfully illustrated Australian tale about self-esteem, self-acceptance and learning that appearances aren’t everything.

Phoebe is small, grey, and ordinary – very ordinary. “I want to get noticed!” she declares. Zelda is glamorous, talented and famous – and she runs the most popular beauty salon in the forest. And she’s only too happy to help Phoebe become the bird she’s always wanted to be. First a little feather headdress, then wing extensions – until Phoebe is transformed into a Diva. She looks gorgeous – but when she tries to take off, surprises are in store for them both!

It was our first time as part of this event, and we will make sure we don’t miss it in 2012.

Jenny, Kay & Hayley.
From the beginning of Term 1 this year some of our learners began learning new songs for the South Australian Primary Schools Festival of Music. This is the fourth consecutive year that Kilparrin learners have participated in the tri-schools choir. Every Thursday we go to Ascot Park Primary School and rehearse for one hour together with learners from Ascot Park PS and the South Australian School for Vision Impaired.

Kilparrin families have been provided with three booklets that have been produced as part of the Go for 2 and 5 Australia-wide campaign. We are very proud of the way in which the Kilparrin learners are meeting the expectations of this commitment.

Krystyna & Kristel Music Team

These sessions are directed by Ascot Park Primary School teachers. The learning and practice sessions will culminate in a performance in the Festival Theatre in September this year. We will join a number of other schools that are also working towards this special event. I am pleased to report that the learning of the new repertoire is going well and our learners are always eager to go to choir and sing with full voices.

This year the musical program of 14 various songs includes some songs with an Australian flavour written by Australian composers and some by an Indigenous Australian singer, songwriter Kev Carmody. His songs tell moving stories of his people and he paints beautiful word pictures of the unique Australian landscape.

It’s easy to get more serves of fruit and veggies into your day.

Why go for 2 and 5?
What is a serve?
Go for value for money

For more information
www.gofor2and5.com.au

ZooVentures & Zu-Fari

July School Holiday Programs at Zoos SA

ZooVentures for Kids at the Adelaide Zoo (6-12 years)
Zu-Fari for Kids at Monarto Zoo (8-13 years)

ZooVentures and Zu-Fari focus on making friends, learning lots and providing unique opportunities to meet with Zoo animals and their keepers. Children aged 6-12 (Adelaide Zoo) and 8-13 (Monarto Zoo) are cared for by two qualified teachers for a full day of fantastic Zoo experiences.

Run by the Adelaide and Monarto Zoos from 9:00am-4:00pm on various weekdays during the July school holidays.
ZooVentures-$55/day and Zu-Fari-$65/day (including the bus trip up to Monarto Zoo). Positions must be booked by phone on 8267 2434 (Phone for more information or visit the web site:

Eat smart.
Menu and recipes to feed a family of four for around $8 per person per day.

Shop smart.
A new way of spending your money on food to balance your diet and your food budget.
IT'S SCHOOL HOLIDAYS AND
WE'RE ON ZUFARI

BABY CLAWS AND TINY HORNS

Tuesday 12th – Friday 15th July 2011

Come to Monarto and meet our babies. Watch them in action, learning from mum and discovering what life is all about.

Join in on some ‘claws and horns’ activities and take action for their relatives in the wild.

Come and make a difference these holidays and enjoy the wonders of animal playtime.

We need to mix and blend, weigh and serve, prepare the drinks and even dessert. The question is: Which animals will be joining us for lunch?

CLOSED FOOTWEAR, HAT AND WATER BOTTLE A MUST!!

9am – 4pm (meet the bus at Adelaide Zoo)

*To meet at Monarto Front Gate, please discuss at time of booking – Alternative times and prices apply*

8-13 yr olds

$65 a day (including bus trip) $57 (Zoo Members)

Limited spots available – only one ZuFari per holidays, per child

MONARTO ZOO

ZOOS SOUTH AUSTRALIA
Thursday 21st

The Wet and the Wild

Water – there is plenty of it around right now! What is so special about animals that live in wet conditions?

Hear about the swimming habits of one of our ferocious carnivores.

How would you go eating a meal under water? Find out how Zoo animals manage this tricky feat!

Monday 18th & Wednesday 20th

Winter Wonders

Brrr! Put on your jumpers everybody; it’s cold outside! How do Zoo animals beat the winter chills? Light a campfire? Wear a scarf? Put on a poncho? Hmmm. Come and see how they do it.

Create some activities to help keep the animals active and warm!

Tuesday 19th & Friday 22nd

What to Wear?

Do animal coverings change like our clothes do? Come and help to groom and pamper our precious creatures whilst learning all about their unique and varied wardrobes!

Help to protect the gardens at the Zoo by recycling some old clothes to create a very special scarecrow!

9am - 4pm
6 - 12 years
$55 / day
Zoo members $46.50
Bookings - Ph 8267 2434