



# Fraser Park Primary School

## Newsletter



### Important Diary Dates for Term 4

Tuesday 18<sup>th</sup> &  
Wednesday 19<sup>th</sup>  
November

Yr 3-6  
El Shaddai Camp

Friday 21<sup>st</sup>  
November

Student Free Day

Thursday 27<sup>th</sup>  
November

Yr R-2  
Kaurna Immersion  
Centre Excursion

Wednesday 3<sup>rd</sup>  
December

School Christmas  
Concert & Yr 6  
Graduation

## Principal's Passage

We have had a busy start to term four. It has been wonderful to welcome our new families to Fraser Park. I have enjoyed spending time in every classroom and seeing the learning in both the literacy and numeracy blocks. Many students have shared their knowledge with me, and I thoroughly enjoy listening to them talk proudly about their accomplishments. This term, we are focusing on dialogue, where students can discuss their learning and engage in meaningful discussions with their peers.

Last Friday, we welcomed Carclew to work with our students. The engagement level was exceptionally high, and the students took pride in the work they created. It was fabulous to hear the positive feedback from the ladies, and we hope to do more of these activities.

A quick reminder: School starts at 8:45 a.m. Teachers have their classrooms open from 8:30 a.m. We encourage all students to arrive at school on time to ensure they can participate in the literacy block.

Reading is one of our focuses at Fraser Park. I encourage students to read to their family members at home each night. Students reading each night can increase their fluency and vocabulary. I also encourage families to read to their children. We have a selection of books, with new titles arriving soon, for families to borrow and take home to read together. Please chat to your classroom teacher if you would like to start borrowing books from the library.

This term is going to get very busy quickly. We have several exciting events planned.

We have been discussing our expectations for learning and behaviour with the students to ensure they can participate in extra curricular activities. More information about these exciting events will be coming home soon. Please remember to check your emails regularly.

Kimberly

"Keep reading. It's one of the most marvellous adventures that anyone can have."

Lloyd Alexander



# Wellbeing

What made me  
*laugh*  
recently?

Welcome back to a busy and exciting Term 4! As we step into the Spring term, it's great time to embrace new beginnings and fresh opportunities. Many of you are thinking about next steps as you prepare for the transition to high school, or into a new class. Take your time to enjoy this term and look forward to what is around to corner for you. Let's make this spring term a fantastic one filled with learning, growth and fun!

The month of October is National Mental Health Awareness month. At FP, each class has been starting and/or ending each day with Morning Circle. Morning circle helps support students mental health, as the time together creates a safe space to share information about themselves and seek support from peers or school staff as needed.

Am I moving  
forward with my  
*goals?*

Who am I  
*grateful* for?

In classrooms, daily morning and/or afternoon circle time acts as bonding time for students, where they begin each morning greeting one another. This is an important part of their day because it helps them feel more connected with their peers and teachers. It also sets up their day by creating a sense of community and sense of belonging within the classroom environment, which is especially important for students who feel anxious or uncertain.

Mental Health Australia has created a daily activity calendar, with small but meaningful activities to practise and try each day. I encourage you to try out one or two. Even the smallest act, if meaningful, can have the greatest, positive impact on our mental health. Please view the calendar on the following page.

What *strengths*  
can I use next?

What went  
*well?*



# CONNECT WITH YOUR COMMUNITY

# OCTOBER

WORLD MENTAL HEALTH DAY 10.10.2025

## 1 SET AN INTENTION

Working towards a goal can keep you focused and motivated.



## 2 CLEAR YOUR MIND

Take a 10-minute mindfulness break to reset.



## 3 EMBRACE MORE QUIET

Turn off non-essential phone notifications.

## 4 OUTDOOR MINDFULNESS

Spend some time in nature, noticing the sights and sounds around you.

## 5 BIG STRETCH!

A 5-minute morning stretch boosts both your circulation and your mood.



## 6 THE BRIGHT SIDE

Write down three things you're grateful for.

## 7 SPREAD POSITIVE VIBES

Send a kind message to a friend.



## 8 QUALITY TIME

Spend time with a family member or your chosen family to stay connected.

## 9 DRESS UP

Have a makeover or dress-up day with a friend to feel like your best self.

## WORLD MENTAL HEALTH DAY



## 10 SAY HELLO

Start a conversation with someone new today to build confidence and community.

## 11 PUSH YOURSELF

Do something out of your comfort zone. Growth comes from trying new things.

## 12 RECONNECT

Reach out to someone you haven't talked to in a while.



## 13 REFLECT

Try journaling or doing a meditation to reflect at the end of the day.

## 14 FEEL ORGANISED

Start the day by writing down your to-do list – it'll keep you on track.



## 15 DIGITAL DETOX

Take a break from social media today.

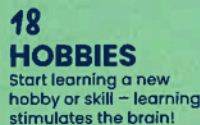
## 16 BOOST THE VOLUME

Create a feel-good music playlist for hard days.



## 17 GET CREATIVE

Try a new recipe or craft to break up the day and add some fun into your routine.



## 18 HOBBIES

Start learning a new hobby or skill – learning stimulates the brain!

## 19 SELF-COMPASSION

Practice being kind to yourself today.



## 20 ENDORPHINS

Go for a walk or a run to release some feel-good hormones.



## 22 COMMUNITY

Visit a local event to meet new people who share your passions and interests.



## 21 EXPLORE

Become a tourist in your own town and visit somewhere you've never been before.

## 23 PARK DATE

Connect with your friends in nature and have a picnic.



## 24 KEEP LEARNING

Signing up for a local class or group is a great way to naturally build friendships.

## 25 ONE DAY AT A TIME

Focusing on the day ahead can help when the big picture is overwhelming.



## 30 EAT TOGETHER

Food is a universal form of care so cook a meal for someone or share a feed.



## 26 SOLO DATE

Time alone recharges your batteries so go out on your own or do something you enjoy at home.

## 27 OWN YOUR JOURNEY

Reflect on your personal journey and how far you've come.

## 28 BE PROUD

Celebrate small wins. Progress is progress and every step matters.

## 29 VOLUNTEER

Helping others feels good and connects you to your community.

## 31 LEND AN EAR

Ask someone how they really are, and truly listen.





# Thinking and learning at Pulyeri: Term 4, Issue 1

Dear Parents

The regular pattern of dates for our Special Fridays needed to change this Term due to commitments that couldn't be re-scheduled. Thank you for always being willing to go with the flow. Here are the events and dates to pop in your diary for this Term...

What's happening on Special Fridays? ... Small group local excursions 😊

We noticed that the Friday sessions have not always suited families. It is hard to remember which day is the right one in our busy lives! This term, your child/ren will be offered the opportunity to book into any 2 of the dates in the table below. There will be a space for 8 children and 4 parents to participate on the excursion planned for the day. It doesn't matter which group-days they attend... just pick 2 Fridays that work for you.

Date	What and when	Where
8th November Week 4	8.30am -1.30pm Dial-a-Bus pick up from kindy around 9am Play and picnic at the playground Return by bus at 12.30pm	Nature playground, Mannum Road, Murray Bridge
15th November Week 5		Sturt Reserve playground, Charles Sturt Drive, Murray Bridge
29th November Week 7		Nature playground, Mannum Road, Murray Bridge
5th December Week 8		Sturt Reserve playground, Charles Sturt Drive, Murray Bridge

Further details with Consent Forms will be emailed and printed to book your child's Fridays.

## Transition to school visits to Kungari Reception class at Fraser Park Primary School

Children must be enrolled at school to participate in transition visits. The dates are: Wednesday 12th November, 9am-10am; Wednesday 19th November 8.45am-11am and Wednesday 26th November, 8.45am- 3pm. An information letter from Tracey the teacher will be sent to you soon. Please let Claire or Nicole know the transition dates of other schools.



**Please pack a few spares to change into. Pulyeri children love to play outside even (especially!) when it's wet!**



Lunch supplied  
Primary School  
Every Wednesday

# Diary Dates

TERM FOUR	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	13 <sup>th</sup> October	14 <sup>th</sup> October	15 <sup>th</sup> October	16 <sup>th</sup> October BASKETBALL CLINIC	17 <sup>th</sup> October CARCLEW
Week 2	20 <sup>th</sup> October	21 <sup>st</sup> October	22 <sup>nd</sup> October	23 <sup>rd</sup> October	24 <sup>th</sup> October
Week 3	27 <sup>th</sup> October	28 <sup>TH</sup> October GOVERNING COUNCIL MEETING	29 <sup>th</sup> October	30 <sup>th</sup> October	31 <sup>st</sup> October
Week 4	3 <sup>rd</sup> November	4 <sup>th</sup> November	5 <sup>th</sup> November	6 <sup>th</sup> November	7 <sup>th</sup> November
Week 5	10 <sup>th</sup> November	11 <sup>th</sup> November	12 <sup>th</sup> November	13 <sup>th</sup> November	14 <sup>th</sup> November
Week 6	17 <sup>th</sup> November	18 <sup>th</sup> November EL SHADDAI CAMP YEAR 3 - 6	19 <sup>th</sup> November EL SHADDAI CAMP YEAR 3 - 6	20 <sup>th</sup> November	21 <sup>st</sup> November STUDENT FREE DAY
Week 7	24 <sup>th</sup> November	25 <sup>th</sup> November	26 <sup>th</sup> November	27 <sup>th</sup> November KAURNA IMMERSION CENTRE EXCURSION	28 <sup>th</sup> November
Week 8	1 <sup>st</sup> December	2 <sup>nd</sup> December	3 <sup>rd</sup> December SCHOOL CHRISTMAS CONCERT & YEAR 6 GRADUATION	4 <sup>th</sup> December	5 <sup>th</sup> December
Week 9	8 <sup>th</sup> December	9 <sup>th</sup> December AQUATICS YEAR 6	10 <sup>th</sup> December	11 <sup>th</sup> December WHOLE SCHOOL POOL DAY	12 <sup>th</sup> December END OF TERM 4 2 PM FINISH