

Newsletter Term 3

19 September, 2025



QUICK ACCESS TO OUR SCHOOL WEBSITE CALENDAR



Monday 22 September – Friday 26 September – Water Safety Week – Rec to Year 4

Friday 31 October – Sports Day - Rec to Year 6

Friday 21 November – School Closure Day

Monday 24 November – Pupil Free Day

From the Principal

Marni Naa Pudni - Welcome

Niina Marni - Hello, how are you?

At Seacliff Primary, we are prioritising metacognition – the ability to "think about our thinking" and self-regulation – the ability to manage emotions, behaviours, and actions as a key part of our learning focus this year. But what does this really mean?

What is Metacognition?

Metacognition is when students take a step back and think about how they learn. It's about being aware of their own thinking processes and using that awareness to solve problems, plan, and reflect. For example, when a child asks, *"What's the best way to solve this problem?"* or *"How can I do this better next time?"*, they are using metacognition.

When children understand how they think and learn best, they make better decisions about how to approach challenges in learning and in life.

How Can You Encourage This at Home? Try these simple strategies:

- Ask Reflective Questions: At the end of the day, ask *"What was something tricky you worked on today? How did you figure it out?"*
- Model Thinking Aloud: When you face a challenge, talk about your thought process. For example: *"I need to plan what we are going to have for dinner. First, I'll check what's in the fridge."*

What is Self-regulation?

Self-regulation is the ability to understand and manage emotions, behaviours, and actions in a positive way to achieve goals, particularly when things feel tricky or frustrating. At school, we support children to recognise their emotions and to develop self-regulation by teaching calming strategies like deep breathing, encouraging problem-solving and persistence and taking quiet moments in classroom 'calm corner's or accessing our Interoception spaces.

As highlighted in the South Australian Curriculum, these skills are critical for your child's personal and social development. By helping children think about their thinking and understanding and managing emotions, we empower them to be more independent learners.

Over time, children build strong habits that support their success.

Regulation and Outdoor Learning Spaces Update

The Fundraising Committee has been working very hard, with your support, to raise money towards an in-ground trampoline. We have made significant savings by utilising the same company to install the trampoline and the Supernova at the same time (funded by the school and OSHC). The school will subsidise the difference with the prediction that the Fundraising Committee will successfully raise the required funds by the end of 2025 or early 2026 for any shortfall.

We are very excited to let our school community know that the trampoline will be installed during the upcoming school holiday break along with the 'Supernova'.



When children use equipment like a trampoline or a super nova spinning disc, they stimulate their vestibular system by experiencing changes in motion, speed, and direction. For example, jumping on a trampoline or spinning on a supernova disc helps children develop their balance, improve coordination, and become more aware of how their body moves in space.

These activities help children develop better body control, coordination, and understanding of how to regulate their movements. They can also support self-regulation by offering sensory input that some children find calming or organising for their bodies.



Do you know an amazing staff member who's making a real difference?

Every day, those working in public education shape futures by inspiring children and young people to reach their full potential.

ThankED gives you the chance to celebrate and thank public educators, as well as those people who work in support of them.

You can say thanks any time, to anyone working in public education who has made a difference to you – visit www.education.sa.gov.au/ThankED.

Lost Property

We have lost property baskets near the Front Office filled with jumpers (and other items) looking for their owners! If your child is missing a jumper, stop by and have a look, you might just find it waiting for you. Don't let your lost items stay lost – check today!

I hope all families and staff enjoy a safe and enjoyable holiday break and I look forward to seeing all students return on Monday 13 October.

Ngaitalya – with my respect
Sue Matene

happy
holidays!

Casual Day – 12 September

One of our SRC action teams were asked to do a project to raise money for *The Christmas Party, Adelaide*. Some of our responsibilities included:

- designing posters to stick up around the school
- photographers to capture the moment
- newsletter writers to share this information
- assembly and classroom speakers to give more information to the students

The Christmas Party, Adelaide is an event held every year for children with disabilities and complex needs. Together, with your help, we raised \$755 by organising this casual day where everyone who participated donated a gold coin.

All of the money raised will help this event to continue in the future and to make sure these kids get to enjoy a day of fun!

Lexie and Willow





Fundraising Committee

The Fundraising Committee would like to say a massive thank you to our Seacliff families for supporting our Fathers Day stall and disco this year.

The money raised will directly support our current fundraising goal for the school to purchase an in-ground trampoline. Trampolines provide vestibular (movement) and proprioception (body awareness) input through repetition of jumping up and down.

So far, we have now raised \$12,365 towards our goal of \$24,000. We are so grateful for the support we have been given by our wonderful families and the amazing group of volunteers involved in these events.

The Fundraising Committee would love to hear from folks in the school community who are happy to be directly messaged about future opportunities to help out at our upcoming fundraising events including Sports day and Celebration night. Also, we would love to hear from small businesses within our school community who might be interested or have ideas about opportunities to work together for future fundraising efforts. Please contact us by sending an email to suzi.ban129@schools.sa.edu.au, so we can connect and talk further!



Term 3 Sapsasa Sport News

Basketball

On Tuesday 19 August, Seacliff entered a boys and girls team into the statewide schools basketball competition. Our girls team went through the day undefeated progressing to the finals of the competition next term. Our boys team competed well in a close competitive group managing to finish third. Thank you to Mitchell and Aaron for coaching these teams.

Athletics

Congratulations to the 19 students who represented Seacliff at our district Sapsasa athletics competition held at SA Athletics stadium on 28 August. We had a relatively small team this year as the event was forced to change dates due to bad weather and then it clashed with our year 6 camp. The students who competed on the day gave their all and can be proud of their efforts. Well done to Jack E (Shot Put, Discus) and Oscar M (Long Jump) who have been invited to compete for our district South West at state day after finishing first in their events.

PE Leaders

Our PE leaders have continued to display fantastic leadership qualities this term. Zac and Jesse have created a soccer lunchtime competition with the support of some peers. Watching them independently manage this process with minimal support has been extremely pleasing. I regularly have conversations with students and parents about how much the students competing have enjoyed these activities.

These students have also been busy creating sports day chants and health hustles as well as brainstorming ideas of how they can introduce different ideas for more year levels in Term 4. Keep up the great work!



Seacliff School Gardening Club

We had a great turn out at gardening club today, with lots of the reception students attending. We planted cherry tomatoes, baby cucumbers, corn and strawberries!



Stars on Stage – Celebrating Our Students

When 21 of our students took to the stage at the Adelaide Entertainment Centre on Wednesday 17 September for the Public Primary Schools Festival of Music Stars on Stage, they shone with confidence and pride.

The Primary Schools Festival of Music is an iconic South Australian tradition that has inspired generations. It gives students the chance to experience artistic excellence, embrace cultural diversity, and celebrate social inclusion through the joy of performance.

Each concert featured 1,300 Year 5 and 6 students joining voices in a breathtaking massed choir. Audiences were also treated to Guest Artists from primary and secondary schools, vibrant performances across a range of musical genres, and impressive showcases from the orchestra and troupe.



This year's concert opened with Robbie Williams' electrifying Let Me Entertain You and closed on a powerful high with John Farnham's iconic You're the Voice, complete with stirring bagpipes that lifted the arena.

Stars on Stage was truly a spectacular celebration of what public school students can achieve when they come together through music and the arts. We are incredibly proud of our students for their hard work, passion, and brilliance on stage.

Nicholas Birch, Manager, Music Education Strategy, also contacted the school today saying:

I was fortunate enough to attend the Primary Schools' Music Festival last night featuring the Seacliff choir. This concert was one of the best I have attended - the students did an amazing job. Please do pass on my congratulations to all students who sang to such a high standard.

Seacliff Primary Students Join the World's Biggest Online Gratitude Lesson



Our students recently took part in the third Growing with Gratitude's World's Biggest Online Gratitude Lesson, celebrating the power of positivity and appreciation alongside students from around the globe.

The event aimed to inspire children to reflect on life's simple joys, cultivate kindness, and focus on gratitude as a lifelong skill. Through interactive activities and stories, our students explored how gratitude can transform their mindset, enhance wellbeing, and foster stronger relationships within their communities.

Students brainstormed things they are thankful for—from supportive friendships and family, to the beauty of nature and the excitement of their favourite hobbies. It was great to see their excitement as they joined their peers worldwide in sharing their gratitude by recording their thoughts on a postcard.

By participating in this global initiative, our students expressed gratitude and became part of a movement to spread kindness and optimism beyond the classroom.

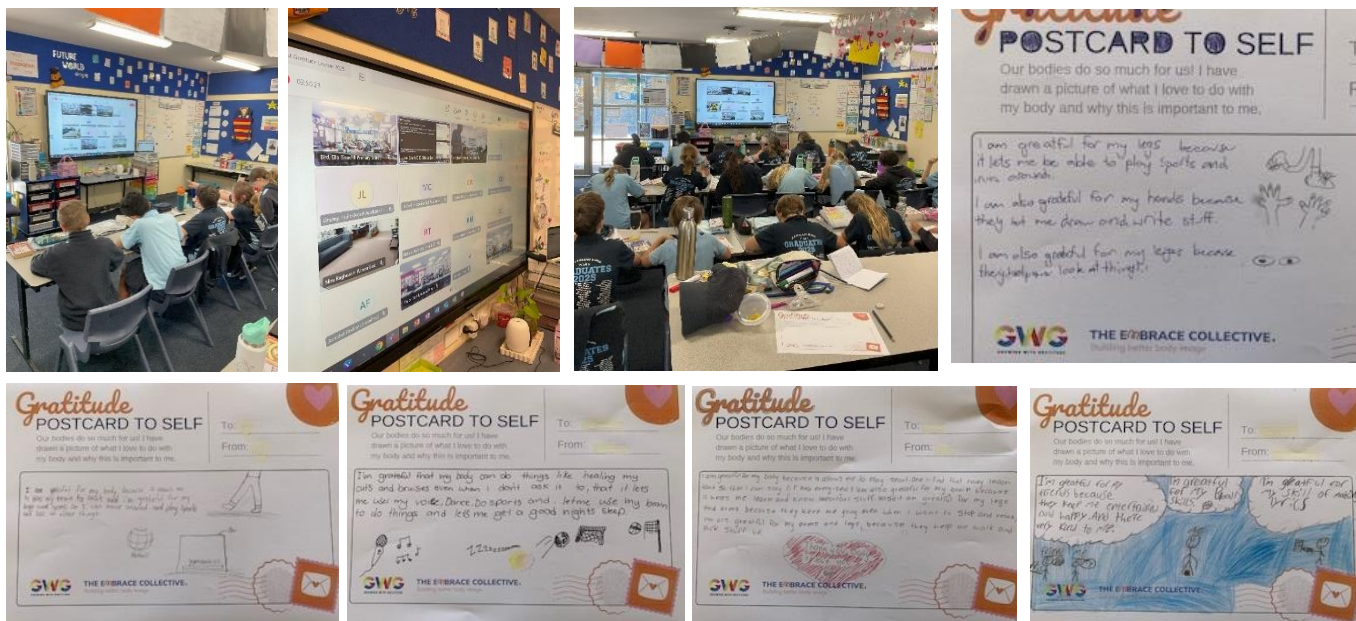
We are proud to have celebrated this event, which aligns perfectly with our vision at Seacliff Primary School to nurture resilient and empathetic learners. A huge thank you to Growing with Gratitude founder, Ash Manuel and his Growing with Gratitude team for organising such a powerful and unifying experience for young minds around the world!

Let's continue celebrating gratitude, both in and out of school, as we grow together to make the world a brighter place.

A special thank-you to Ms. Bird's Year 5/6 students for providing photos and sharing their expressions of gratitude.

Ruth Cameron

Student Wellbeing Leader



Scholastic Book Fair



CHRISTMAS IS COMING AND SO IS THE SCHOLASTIC BOOK FAIR!

It's time to plan those gifts and surprises while helping our school raise funds.

It is returning to our Library **BEFORE AND AFTER SCHOOL** on **THURSDAY OCT 23RD FROM 8 AM—4.30 PM** and **FRIDAY OCT 24TH FROM 8 AM—4.30 PM.**

As in previous years, card facilities will be available.

See you in the library.

Glenhaven Camp fun photos



Play at the Bay

Looking for fun, local and affordable ways to keep the kids entertained these school holidays? City of Holdfast Bay's Play at the Bay program is here! From cupcake decorating to judo, aerobics, puzzles and more — there's something for every young adventurer. Bookings are open now with spots filling fast. Bookings and more info:

<https://www.holdfast.sa.gov.au/discover/whats-on/playatthebay>



IGNITE

Gifted Education Program

PARENT INFORMATION EVENING

*Learn about the IGNITE program
and how it supports high-
achieving students*

- ✓ Meet the IGNITE Leadership team
- ✓ Have your questions answered
- ✓ Discuss important information

**Aberfoyle Park High School
Senior Floor Building**

Thursday 30 October
6.00pm – 7.00pm

*Register your
interest by email
OR scan the QR
code attached*



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