CHOIR PERFORM AT FESTIVAL THEATRE

On Wednesday 14th September our year 5, 6, 7 choir students performed at Festival Theatre as part of the South Australian Primary Schools Festival of Music Choir Program.

A full dress rehearsal for the choir participants to see how the theatre worked from a performer’s perspective and learn what to do in readiness for the evening concert was attended in the morning.

After working hard during the year learning repertoire and choreography in preparation for the main event, the students joined a combined choir of approximately 450 students from various South Australian schools and performed for family and friends during a colourful and entertaining two hour concert.

We were also able to see the hard work and talent of Gabrielle Radloff (Year 7) who performed fantastically in the dance troupe that accompanied the choir on Wednesday.

Our choristers demonstrated excellent behaviour both on and off stage and performed with great enthusiasm. They sang with confidence, expression and discipline and were great ambassadors for our school.
We were also able to see the hard work and talent of Gabrielle Radloff (Year 7) who performed fantastically in the dance troupe that accompanied the choir on Wednesday.

I went back to the Festival Theatre to work backstage on Friday night and was very fortunate to see and hear more of our very talented students performing that night. Congratulations to Louis Renner (Year 7) and Amelie Rawes-Ryan (Year 6) who were the concert comperes and Qianrong who sang one of the solos. They all ‘shone’ as poised, confident and skilled performers and certainly ‘flew the flag of success ‘for Prospect Primary.

Congratulations to all students involved in the choir this year for your dedication, enthusiasm, commitment and work ethic. You were a terrific group to work with!

Thank you to all parents, community members, staff and students for your continued support of the choir program. It is greatly appreciated!

Scheduled choir sessions have now ended for this year but the choir will continue to perform at Assemblies and school functions and begin preparation for next year’s program.

Michelle Hutchens
(Choir Manager)

“It was a great pleasure to be able to be in choir this year. I was with my friends, I learnt many songs and the stories behind them all and it was an unbelievable experience performing at the Festival Theatre!”

Ghazal

“It was a scary experience at first being on the Festival Theatre stage but it was worth it. If you’re in year 5, 6 or 7 next year you should really try out choir!” Paige and Emily

“Choir is fun and more boys should join because you learn lots of skills and singing makes you feel really good!” Charlie
Wednesday 21\textsuperscript{st} September – Week 9

Theme: We all live in a rainbow world!

Students are encouraged to wear casual clothes in rainbow colours.

Peace Day Assembly in the gym at 9.30am.

Soccajoeys is a great way to introduce your child to the first key elements in playing soccer in a fun and exciting and educational way.

Our programs are run in an indoor recreational setting which includes, fun games, instructional scrimmages and skill development.

For more information please visit the website www.soccajoeys.com or contact Luisa on 0451147800 also you can visit the “Soccajoeys Adelaide” face book page where you can see some of our children in action.
Did you know that when children play outside and engage in natural settings with natural elements their overall health, wellbeing and intellectual development improves enormously?

Sadly, many children of today are spending very little time playing outside in natural environments which is impacting significantly on their overall wellbeing and quality of life.

Global research is proving that when children thrive when they spend time in unstructured, free play environments with nature. This child directed activity is powerful in that it:

- improves students’ self-esteem and concentration
- benefits academic progress,
- builds resilience, immunity and the ability to reduce stress
- reduces the risk of obesity
- promotes more creative play that fosters language and collaborative skills
- improves behavioural outcomes for children, particularly those with ADD and ADHD.
- ethically, students are able to develop a respect for nature, environmental stewardship and a stronger sense of concern and care for the environment in later life.

This time with nature could mean growing beautiful plants in your yard that attract native butterflies, birds and other wildlife, growing your own food in small plot in your backyard or in a pot on a balcony, playing in a local creek area, camping in the great outdoors or visiting a forest or national park. All of these activities will not only be fun and exciting for kids but will stimulate their curiosity, allow them to explore, discover and take risks, and actively learn about the wonders of the world through real life experiences.

Nature Play SA www.natureplaysa.org.au/ is a fantastic resource that we encourage you to visit for more information on how you can bring back nature to the lives of your children. Also, like their Facebook page www.facebook.com/NaturePlaySouthAustralia/?hc_ref=SEARCH&fref=nf for regular posts about nature play and events they regularly hold around our wonderful state.

Richard Louv’s, VITAMIN N: The Essential Guide to a Nature Rich Life, 500 Ways to Enrich the Health and Happiness of Your Family & Community is a comprehensive and practical guide for the whole family and the wider community to help them get out there and experience nature at its best.

You would have seen the fun and enjoyment our students have had with the natural cubby house they made in the Junior Primary area. I have tried unsuccessfully to get our local council to supply us with some new branches so the students could build onto their creative play and make some more houses.

If you do happen to trim a tree and have branches (the size that students can handle safely) that we could use please let us know and if suitable we would love to have them.

Thank you. Karen Duval
The Gold Foundation, proudly presents

Educational Seminars for Parents & Carers

Presented by Mark Le Messurier

Thursday 20th October 2016
Prospect Primary School, Performing Arts Room.
27 Gladstone Rd, Prospect.
7.30 – 9.00pm. Please arrive at 7.15pm
‘Everyday ideas to build healthy, RESILIENT YOUNG PEOPLE’

Thursday 10th November 2016
Gold Foundation, 155 Main Rd, Belair
7.30 – 9.00pm. Please arrive at 7.15pm
‘A WINDOW TO THE ADOLESCENT BRAIN – A Window into the Adolescent Brain: implications for behaviour, emotion, coaching, relationships and learning

How to book
Email: info@goldfoundation.com.au
Phone: 0455 888154
Bookings are essential.

About us
The Gold Foundation is a not for profit organisation for young people with Asperger Syndrome and their families. Gold Foundation provides a holistic approach, we don’t just deliver programs; we go beyond and provide a ‘Centre’ with ongoing opportunities for young people and families to engage, creating a ‘community’.

For more information visit www.goldfoundation.com.au

Mark Le Messurier is a teacher, counsellor and coach to young people, and their parents. He is recognised for his connecting and insightful PROFESSIONAL DEVELOPMENT work with staff, and PARENT EDUCATION SEMINARS for parents. His book, TEACHING TOUGH KIDS, took out the international NASEN award for ‘Best Book to Promote Professional Development’ in 2012. It offers real and refreshing approaches to maximise opportunities our young people.
Seminar One - Thursday 20th October 2016. Prospect Primary School

TOPIC: Practical ideas to build healthy, resilient young people

This workshop comes from Mark’s books - RAISING BEAUT KIDS and PARENTING TOUGH KIDS

Practical ideas to build healthy, resilient young people

What is this thing we call resilience?
The term resilience is used in mental health to describe a person’s capacity to cope with changes and challenges, and to bounce back during difficult times. The focus of Mark’s work, and this very practical seminar, is to show parents how to be the BEST resilience coach for their children.

Why is resilience in human beings such a prized quality?
Resilience is such a prized quality as it positions individuals for the inevitable challenges that await them in the future. While the interplay of genetics and environment on resiliency are complex, there is much we can do to steer our children in healthy, more resilient directions.

So, come on, take the challenge with me; let’s explore what you can realistically do to improve your children’s happiness, resiliency and mental health. There’s a lot you can be doing! So often it is the simple easy to remember strategies that engage children to think realistically and logically, that transforms behaviour and sets up healthy, resilient lives.

Seminar Two - Thursday 10th November 2016. The Gold Foundation

TOPIC: A Window into the Adolescent Brain: implications for behaviour, emotion, coaching, relationships and learning

A Window into the Adolescent Brain

The years between 11 to 19 years of age, are loosely considered adolescence. It is a critical time for human development, and is best known as a period of massive changes — physically, emotionally and neurologically. Yet, adolescent behaviour can be a mystery, even alien to many — their parents included!

They are a cocktail of emotions and mood swings, with a strong desire for increased independence, a frantic need for peer approval and connection, and a tendency towards impulsive, risk-taking behaviour. They are dramatic, irrational and scream for apparently no reason, but they also have insightful and compassionate moments, and a deep need for continuing tender care from the adults in their world.

The explosion of new brain imaging technologies and bucket loads of research have taught us more about the brain in the past handful of years than in the previous 500 years. A few years ago we thought that the odd and unpredictable behaviour of our adolescents was all about the "hormones". Little did we understand the true depth of neurobiology, and its impact on our adolescents!

We now know the adolescent brain is very much a work in progress — and, that it is really different to yours, and to how it once was when they were a child. Just as an adolescent goes through awkward physical growth spurts, their brain development also progresses with awkward leaps and stutters.

So, what is a parent to do?

Firstly, understand what’s really happening your teenage son or daughter.
Mark will also present some fast and helpful ideas for you to work with.

Oh, yes! This is a challenging age group, but so brilliantly rewarding to parent and teach! Why a red Ferrari? Come along — you’ll see!
Prospect Super Singers

Beginning in Term 4

🎶 Calling all singers from Year 4 up 🎶

Be a part of a new community initiative and join this fun and engaging after-school activity.

This will be a singing group focussing on developing young voices and musical ears, while having fun and performing in and around the Prospect Community. Our first gig will be at the Prospect Council Carol’s night in Memorial Gardens.

Parents/Grandparents/Caregivers welcome too!

WEDNESDAYS 3.15-4.30

The first week (19/10) will be Come’n’Try,
then there will be a fee of $5 per week,
payable as an upfront fee of $35 for a 7-week term,
GIANT COMMUNITY

GARAGE SALE

Saturday 22 October 2016

8am - 1pm

Venue: Old Tram Barn

(Prospect Council Depot)

82 Johns Road, Prospect (Main North Road end)

Free entry via Johns Road entrance. Parking in street.

Lots of bargains including new & preloved fashion, bric-a-brac, food, plants, toys, homewares, books, BBQ.

Declutter - Recycle - Earn some cash.

Register to book a stall on: www.prospectenvironment.com

Enquiries: pleg5082@gmail.com

or phone 8342 0730 / 0405 58 3660 a.h.