



Principal: Lance Nesbit
 Chairperson Governing Council: Chris Dalgairns

25 Sunningdale Drive
 Christie Downs SA 5164

Tel (08) 8382 8206
 Fax (08) 8384 8394
 Email: dl.1098.admin@schools.sa.edu.au

NEWSLETTER

26th May, 2021

UPCOMING EVENTS AT LONSDALE

28/5/21	Friday	Pupil Free Day
14/6/21	Monday	Queen's Birthday Public Holiday
21/6/21	Monday	Governing Council Meeting 7 p.m.

Pupil Free Day
Friday 28th May, 2021



PRINCIPAL TOURS

TERM 2 Monday 17 May 2021 at 9.30am and 3.40pm
 Wednesday 16 June 2021 at 9.30am and 3.40pm
TERM 3 Wednesday 18 August 2021 at 9.30am and 3.40pm

Christies Beach High School invites you and your family to tour our school, meet our teachers and students, learn about our holistic approach to teaching and learning, and explore our impressive grounds and expanding facilities.

Important information for those transitioning to secondary schooling will be discussed so parents and students can become familiar with our school culture and discover all that Christies Beach High School has to offer during this time of change and into the future.

Bookings essential at www.cbhs.sa.edu.au or call us on (08) 8329 9700.



Government of South Australia
 Department for Education

SCHOOL DENTAL SERVICE

Anyone under 18 can go to a [School Dental Service clinic](#) for dental care. This includes babies.

Make an appointment

Call your [local clinic](#) to make an appointment for your child. You can also use the online [dental appointment request form](#). If you use the form an SA Dental Service clinic will phone you to make an appointment. Let the clinic know if your child has a physical or intellectual disability. This way, you and the clinic can talk about any individual treatment needs.

Costs

Babies and children who haven't started school

Dental care is free for all babies and children who haven't started school yet.

Children school age and older

Dental care is free for children who are covered by:

- [a Pensioner Concession Card](#)
- [School Card](#)
- [the Child Dental Benefits Schedule.](#)

If your child is not covered and is school age or older, dental care will be under \$45 a year. For information about costs call your local School Dental Service clinic.

CHILDREN AND FRIENDSHIPS

Friendships matter. Research shows children who have positive times with friends are more likely to feel happier, do better at school, feel good about themselves and act in co-operative ways.

WE CAN HELP WITH CHILDREN WITH THEIR FRIENDSHIPS BY:

1. Finding opportunities for them to be with other children.

- Organising play dates, time with children outside school, extracurricular activities.
- Encouraging children to talk to and suggest activities to their friends
- Telling children about the importance of spending time with and developing friendships.

2. Reducing negative social interactions - or the impact of them - where possible.

- This doesn't mean sheltering children from normal conflict and "unkind" behaviour which is a normal part of every child's experience.
- It does mean coaching children about what to do when it happens.
- When conflict or exclusion is happening regularly and repeatedly - and when genuine bullying occurs - we step in to help protect them and reduce the bullying.

3. Coaching children in social skills.

- Being aware of what social skills our children have developed, and identifying the social skills they need extra coaching in. For example, we should look at social skills like knowing how to start conversations and play, noticing others emotions, knowing how to act kindly, being able to assertively express opinions, knowing how to use humour, resolve conflict and many others.
- Observing our children in social situations, getting feedback from teachers and having role plays and

conversations with them to help them get better.

Courtesy of calmkidcentral.com

COOKING CLASSES WITH THE CHILDREN

During classes children get the opportunity to make some easy snack ideas to go into their lunchbox or have a try at home to make. It is wonderful to see the children replacing some of the pre-packaged foods with some home-made items. This one is always a hit with the children and a good one to fill them up.

Banana Pikelets



Ingredients

- 2 cups self-raising flour
- 1/4 cup caster sugar
- 50g butter, melted and cooled
- 2 eggs, lightly beaten
- 1 ½ cups milk
- 2 bananas, mashed
- Extra butter for cooking

Method

1. In a medium bowl, sift the flour and mix in the sugar.
2. Whisk in the butter, eggs and milk until a smooth batter forms.
3. Stir in the mashed banana.
4. Heat a frying pan over medium heat and let some butter melt on the surface.
5. Place spoonful of the batter into the frying pan. Cook until bubbles form on top and flip and cook through.