



# Ingle Farm East Primary School Newsletter

By Nevaeh

3rd March 2023

## Diary Dates

Friday 10th March  
Pupil Free Day

Monday 13th March  
Adelaide Cup  
Public Holiday

Thursday 6th April  
Sports Day

## Absentee/Lateness SMS

SMS the school on

0413 458 657

if your child will be absent from school or just running a little late in the morning.

## We're on the Web!

[www.ingleastps.sa.edu.au](http://www.ingleastps.sa.edu.au)

&

FACEBOOK

## Ingle Farm East Primary School

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Ingle Farm, SA 5098

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Principal: Karen Gage

Assistant Principal: Kim Dickmann

Email: [dl.0925\\_info@schools.sa.edu.au](mailto:dl.0925_info@schools.sa.edu.au)



## FROM THE PRINCIPAL

We value the partnership and collaboration between school and home and the positive impact that these partnerships have on student motivation, engagement, behaviour and academic success. In week 9 we invite families and carers to attend a parent/teacher/student conversation to create shared goals, share information and strengthen connections between school and home. Please see the back page of this newsletter for further information.

### Governing Council 2023

I'd like to introduce the Ingle Farm East Primary School Governing Council for 2023.

Chairperson: Zara Mulders

Deputy Chairperson: Natalie Mullen

Treasurer : Julie Harpas

Secretary: Satu Hiltunen

Councillors: Paul Lumsden, Adam Rigon, Rosie Fielder, Leonie Walker and Jane Keszler

I am looking forward to working with Governing Council to set future directions for our site and share the positivity and passion I have for our school. Please let a member of Governing Council know if you have an issue or question you would like raised on your behalf to be discussed at a Governing Council meeting.

### Access to Administration

You may have noticed some changes regarding access to the admin area. To support with WHS processes and signing in procedures we ask that parents, carers and visitors only access the front office admin area through the main entrance. All students arriving after 8.55am must be signed in at the office. We appreciate your ongoing support.

### Breakfast Club

We are grateful for the support of Kickstart for Kids to supply food for our Breakfast Club program. We are looking for volunteers who have time before school to support the continued success of this program. Please contact the office if you are an expert toast maker and would like to help out.



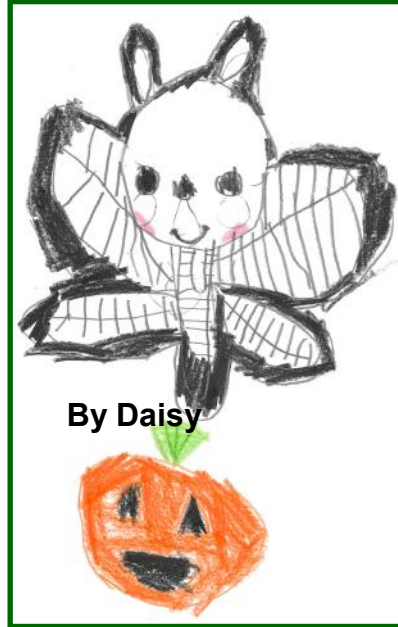
**Our Values: Communication, Respect, Responsibility, Teamwork, Safety**

# POD 3A LIFE CYCLE OF BUTTERFLIES

In Science this term we have been exploring how living things grow, change and have offspring similar to themselves. Thanks to Satu, we have been fortunate enough to house a couple of caterpillars in our classroom. We have been watching them grow and change. In our Science books, we have recorded the life cycle and also drawn different types of butterflies from watching directed art videos.



By Norinne



By Daisy



By Ikey

By Piper



**Life Cycle of a Butterfly**

Name: Jialou  
Date: 24.9.23  
By Harlow

There's a butterfly egg on a leaf.

The butterfly egg hatched into a caterpillar and it is eating the leaf.

The caterpillar is in a chrysalis (with a small body).

It has transformed into a adult butterfly and can now fly.

natureinspiredlearning.com



**Life Cycle of a Butterfly**

Name: Hudson  
Date: 24.9.23  
By Hudson

First it's an egg.

Then it's a caterpillar.

Next it's a chrysalis.

Finally it's a butterfly.

natureinspiredlearning.com



# POD 3A LIFE CYCLE OF BUTTERFLIES

## Life Cycle of a Butterfly

Name: Poppy  
Date: 24.2.23  
By Poppy



Egg  
The egg lays on a leaf for 4 days.



caterpillar  
Then they turn into caterpillar.



chrysalis  
then they spin they spit to make a chrysalis.



Butterfly  
Then they hatch into a real butterfly.

natureinspiredlearning.com



## Life Cycle of a Butterfly

Name: TK  
Date: TK  
By TK

The egg hatches and caterpillar comes.



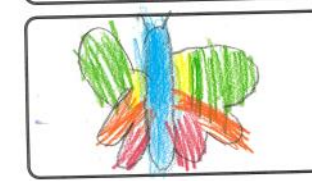
It eats the leaves so it can make its chrysalis.



A green chrysalis



Out comes a rainbow butterfly.



Rainbow butterfly  
natureinspiredlearning.com



## Life Cycle of a Butterfly

Name: Piper  
Date: 24.2.2023  
By Piper



egg  
• laying on leaf



caterpillar  
• munching on leaf  
• getting rot



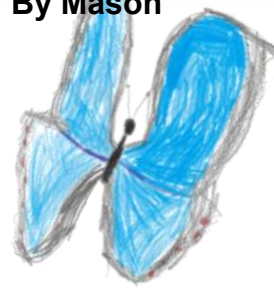
chrysalis  
• turning into butterfly



adult butterfly  
• flying around flowers

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By Mason



By Elijah

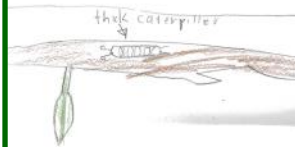


## Life Cycle of a Butterfly

Name: Norrine  
Date: 24.2.23  
By Norrine



Egg  
• the butterfly egg is small.



caterpillar  
• the caterpillar can grow and grow until are full

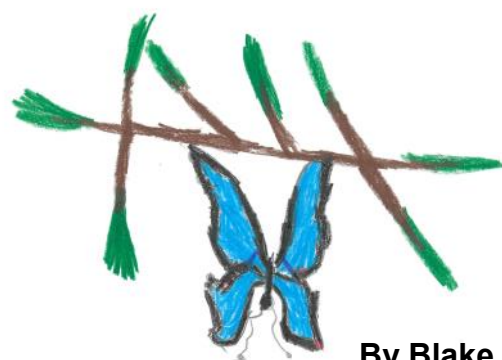


chrysalis  
• and then they stick some silk and make chrysalis.

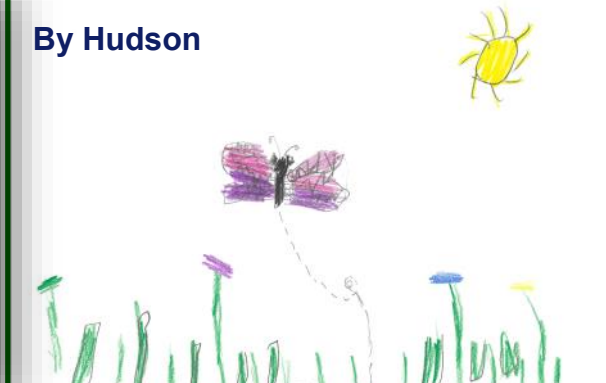


Adult Butterfly  
• then they crawl out of the chrysalis and they become a butterfly!

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By Hudson



# SUNSMART INFORMATION

## Protect your family – Download the SunSmart Global UV app

Sun exposure during childhood and adolescence is a critical factor in determining future risk of skin cancer—and the damage from UV radiation is cumulative and irreversible. Please take the time to ensure your children are protected whenever the UV is 3 and above to help reduce their skin cancer risk. Download the FREE SunSmart Global UV app from the app store to access the local daily sun protection times today.



## Did you know that a tan is a sign of skin damage?

A UV Index of 3 and above is strong enough to cause skin damage. A tan or sunburn is a sign of this skin damage, but sometimes this damage occurs without any visible changes. Damage from UV radiation adds up over time during our daily activities, often without us noticing, and contributes to skin cancer risk. Not sure what the UV index is, or when you should protect your skin? Check the daily sun protection times via the free [SunSmart Global UV app](http://www.sunsmart.com.au), [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au](http://www.bom.gov.au). When the UV is 3 and above, protect your skin in 5 ways - slip, slop, slap, seek and slide.

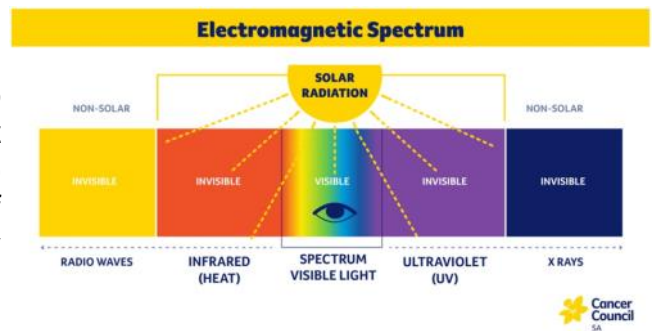
### UV Index

11+	EXTREME	A COMBINATION OF THE FIVE SUN PROTECTION MEASURES ARE RECOMMENDED     
8-10	VERY HIGH	
6-7	HIGH	
3-5	MODERATE	
1-2	LOW	
SUN PROTECTION IS GENERALLY NOT REQUIRED UNLESS YOU ARE AN OUTDOOR WORKER		

When the UV is 3 and above, protect your skin in 5 ways - slip, slop, slap, seek and slide.

## Think UV, not heat

Did you know UV radiation and infrared radiation are two completely different entities? Infrared is the heat we feel on our skin on a sunny day or when it's hot, compared to UV radiation, which can't be seen or felt, but is what causes sunburn and skin damage. UV is unrelated to temperature and UV levels are determined by a number of factors including: angle of Earth to the sun, time of day and time of year. UV levels can even be high on a cool and cloudy day. Check the UV level and protect your skin when the UV is 3 and above.



## What is the easiest way to teach SunSmart behaviour?

Ensuring your child is protected from overexposure to UV radiation requires a team effort between families, education, and care settings. As a SunSmart school/centre/service, we are committed to ensuring your child is protected while in our care.

One of the easiest ways to teach children how to be SunSmart-is to show them. Role modelling sun protective behaviours as adults not only benefits children but saves

 **SLOP** on SPF 50+ or higher sunscreen

 **SLIP** on sun-protective clothing

 **SLAP** on a legionnaire, broad-brimmed or bucket hat

 **SEEK** shade

 **SLIDE** on some wraparound sunglasses

## How to correctly apply sunscreen

Use SPF 50+ or higher broad-spectrum water-resistant sunscreen; apply it 20 minutes before going outside and re-apply every two hours or after any activity that may remove it such as swimming, sweating or towel drying. Cancer

Council recommends that an average adult needs the equivalent of a teaspoon of sunscreen (about 5ml) for the face, neck and ears; a teaspoon for each arm and leg; and a teaspoon each for the front and the back of the body. Adjust this amount for children based on their body size. It takes a few minutes to apply, but the benefits are long lasting. Whenever the UV forecast for the day is 3 and above (this generally translates to school terms 1, 3 and 4), apply sunscreen as part of your morning routine.

No sunscreen provides 100 per cent protection against UV radiation, so remember to also protect yourself by wearing protective clothing, a brimmed hat, sunglasses and by seeking out shade when you can. Remember to store sunscreen at or below room temperature, and use it before its expiry date

 **SLIP** on sun-protective clothing



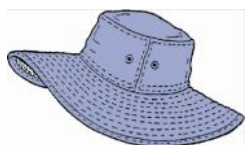
## Did you know...?

A cap just doesn't cut it. Skin cancer is most commonly diagnosed on the face, neck and ears.

A SunSmart hat can reduce the amount of UV radiation reaching the eyes by 50 per cent. Makes sense to wear a shady hat, doesn't it?

Over 2,000 people die from skin cancer each year in Australia. Melanoma is the most common type of cancer diagnosed in young people aged 12-24 years.

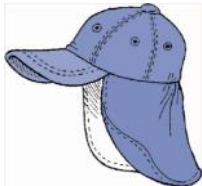
When buying a hat for you and your family choose one of the following SunSmart hat styles:



**Broad brimmed**



**Bucket**



**Legionnaire Style**

## What to look out for when choosing sun protective clothing

Sun protective clothing is included in the centre/school uniform/dress code.

Cancer Council recommends clothing is cool, loose fitting and made of closely woven fabric that covers as much skin as possible.

When shopping for clothing aim for the following:

- tops with collars or higher necklines, and longer style sleeves (at least elbow length)
- longer style dresses, skirts and shorts (at least knee length)
- rash tops for outdoor swimming

Keep in mind—the less exposed skin means less sunscreen application.



**SLIP** on sun-protective clothing

Football in schools will start again this year at our school.

Starting on the 21st March until 23rd May 2023 (8 Week program)

Each participant will get a ball, shin pads, boot bag and other vouchers in week one.

Forms will be available in the office if you would like your child/ren to participate in the program on Tuesday afternoons. Parent/Guardians must be present during lessons

If you have not used your \$100 sporting voucher this year, the program will be free.

## Have you downloaded our school app yet?

Never miss important school information again!



- ✓ Events
- ✓ Notices
- ✓ Instant school messages
- ✓ Absentee
- ✓ Newsletters
- ✓ Permission slips



Simple free download:  
In Google Play and App Store search 'Skool Loop' and choose our school once installed.





Dear parents,

Parent/Teacher/Student interviews will be held shortly. (Monday 27th March – Thursday 30th March 2023). Other dates may be available, check when booking online or contact your child's teacher for other possible dates available.

Interviews are strictly 20 minutes and spaces are limited. If you require more time with a particular teacher, please arrange a separate meeting by telephoning the school on 82645166

Go to <https://www.schoolinterviews.com.au/code/v7emk>



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best.

Appointments can be made in person or by phone



When you click FINISH your selected bookings will be emailed to you immediately. If you do not receive your email, please check your junk-mail, or enter the event code again and check your email address spelling.

BOOKING QR CODE



Update your details if the email address is incorrect.

DO NOT DELETE the email you receive. Keep it somewhere safe. You may need to refer back to it at a later date.

REMEMBER TO ADD YOUR APPOINTMENTS TO YOUR CALENDAR - reminders will not be sent home.

Bookings must be finalised by 20th March 2023 at 4pm

If you need to view, cancel, change or print your bookings:

Click on the link in the confirmation email you received after you made your bookings

OR return to [www.schoolinterviews.com.au](https://www.schoolinterviews.com.au) and enter the code and the email address you used when making your bookings.