

School News

Principal: Chad Fleming

Ph: 08 8622 9100

Fax: 08 8687 9057

32-40 Flinders Highway

Elliston SA 5670

www.ellistonas.sa.edu.au

Email:

news.letter347@schools.sa.edu.au

chad.fleming638@schools.sa.edu.au

Dates to Remember

School Bus Service

Friday 16th June

Be Kind Day

Dress in PJ's

Free Hot Chocolate

Friday 23rd June

Disco

Friday 30th June

Last Day of Term 2 2023

Friday 7th July

Early Dismissal

Active After School

Football @ the oval

Thursday from 3:30pm - 4:30pm

4-11 year old's

Please bring a drink bottle.

SRC Canteen

CANTEEN - Friday

Pies

\$3.50

Large Spring

Rolls \$2.00

Sausage Rolls

\$2.50

Pizza

\$2.50

Lasagne

\$3.50

Fruit Box

\$1.50

Sauce Free

Orders need to be put in brown paper bags with your name, class and correct money and delivered to the box outside the Home Ec room by 9am Friday morning.

Thanks



June Birthdays

24th Montana Dodd

24th Sienna Moyle

27th Celeste Hill

29th George Wilson

School Bus Service



A reminder to our bus families that our Yellow School Bus is booked in for mandatory maintenance inspections, servicing and repairs in Port Lincoln on **Friday 16th June**. Could families please make alternative arrangements to have their children picked up from school for the afternoon run. Many thanks.

Book Club News

Issue 4 is out now.

Please have orders in by 22nd June.

Thanks Kerry



SRC Term 2



Week 8- Be Kind Day- Friday....Dress in PJ's

Free Hot Milo -BYO Cup/Mug

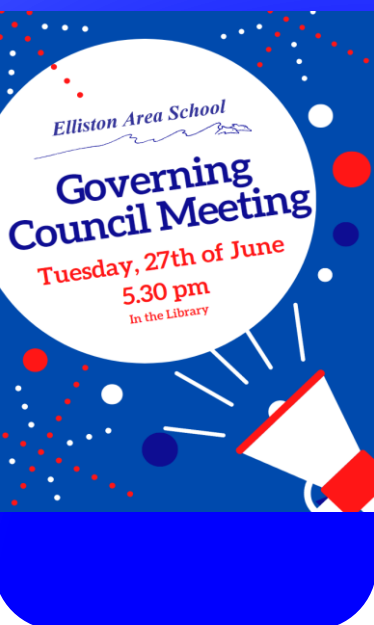
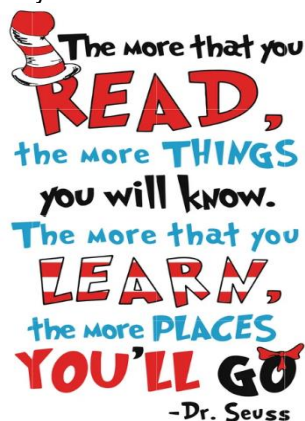
Week 9- School Disco- (organised by Junior Primary)

Week 10- Friday 7th July - Casual Clothes (last Day of Term 2)

Lunch Orders Every Friday

Principals Read Aloud at Home CHALLENGE

A reminder: please listen to your child read for 10 minutes, 3 x per week and record or sign either their reading or school diary. Thank you kindly.



Respect, Responsibility, Caring, Cooperation, Honesty

Year 2/3 HASS – Semester 1

In HASS we have been learning about Geography which is about place and the people who live in it. In Term 1 we focussed on My Place being our homes and Elliston. This term we have been looking at My Connections learning about Eyre Peninsula, Australia, It's Neighbours and The World. We have completed a variety of activities as the pictures show using maps and atlases to help us. We are just starting some research projects learning about Australia's states for Year 2's and Australia's Neighbours for Year 3's.



Milla and Jess doing World puzzle



Max and Lola learning about the Continents and animals and other important things about them



Quinn, Chloe and Halle



Sahara and Sage playing a game learning about Australia



Montana, Halle, Archie, Chloe and Quinn practising making the map of Australia puzzle



Chloe, Dalby, Archie and Olive creating a 3D World globe showing the continents, oceans and other things they have learnt about



Sahara and Saxon did some research with their families about their connections with South Australia, Australia and the World and then recorded them on their maps



ELLISTON AREA SCHOOL
PRESENTS

it's time to

Disco



COME DRESSED AS YOUR FAVOURITE

Disney/Movie character



\$2 ENTRY FEE

CHIPS, FRUIT BOXES.
CHOCOLATES, POPCORN
AVAILABLE TO PURCHASE

**START 5.30PM
FINISH 7.30PM**

**FRIDAY 30 JUNE 2023 | SCHOOL ACTIVITY ROOM
PARENT/CARER SIGN IN AND OUT REQUIRED**

Community News

Elliston Districts Football and Netball News



Elliston Thursday Training Night

Football Training

U12 Auskick

3.30pm – 4.30pm

U12, U16 Colts

4.30pm

Seniors (Tuesday and Thursday)

6.30pm

Colts Welcome

Netball Training

E Grade, E Reserves and E3 Netball Training

4.30pm - 5.30pm

Senior Netball Training

5.30pm – 7.00pm

Net Set Go

3.45pm - 4.30pm

Kimberly Dolphin will be running Net Set Go, with support from Larissa Carter.



**ELLISTON DISTRICTS
FOOTBALL & NETBALL CLUB**

Thursday Night Teas

Elliston Sports Centre

Junior Netball and Football Families

(One volunteer per family please)

Date	6:00-8:30
Thursday 15 th June	Potter, Jacobs, Tesselaar
Thursday 22 nd June	Scott, Jervis, Thompson
Thursday 29 th June	Bye
Thursday 6 th July	Kinlough
Thursday 13 th July	Carter, Dolphin, Sampson
Thursday 20 th July	Pryor (M&R), Donovan, Agars
Thursday 27 th July	Phillips, Fleming, Romanowycz (Stevie/ Todd)
Thursday 3 rd August	Nunan, Monaghan, Romanowycz (Rosie)
Thursday 10 th August	TBA
Thursday 17 th August	TBA

Finals

We have employed a kitchen manager at the Elliston Sports Centre and we are looking for Volunteers to help out on Thursday nights.
Please organise your own swap if you are unable to make your shift.
Thanks for volunteering your time!



The District Council of Elliston is offering an amnesty for unregistered dogs until 22nd June.

FREE registration is available now!

Renewal notices will be sent out in July and will be due 31st August 2023.

Don't be caught out with increased fines for an unregistered animal. Register your dog at

www.dogsandcatsonline.com.au

If you are unable to use the internet, call or head to the Council office for assistance 8687 9177.

Wanted – Ride to Port Lincoln

If anyone is driving from Pt Lincoln to Elliston next weekend, the afternoon of 23rd, or anytime on 24th / 25th of June and is able to give me a lift, please message Maree Bourke on 0488 115 787. Thankyou.

Community Health Nurse

Jess Bascomb - Registered Nurse

Available to all community members for non-emergency care. Bloods, wounds, suture removal, and much more

Working - Monday Tuesday Thursday and Friday

Call the Elliston Health Centre for an appointment 86879012

Country and Outback Health

Podiatrist – 21st of June

Dietician – 19th of June

Other available services:

Diabetes Educator

Counselling Services

Respiratory Nurse Home Care Package Co-Ordination

Allied Health Assistant

Home Support Workers

Community Nurse

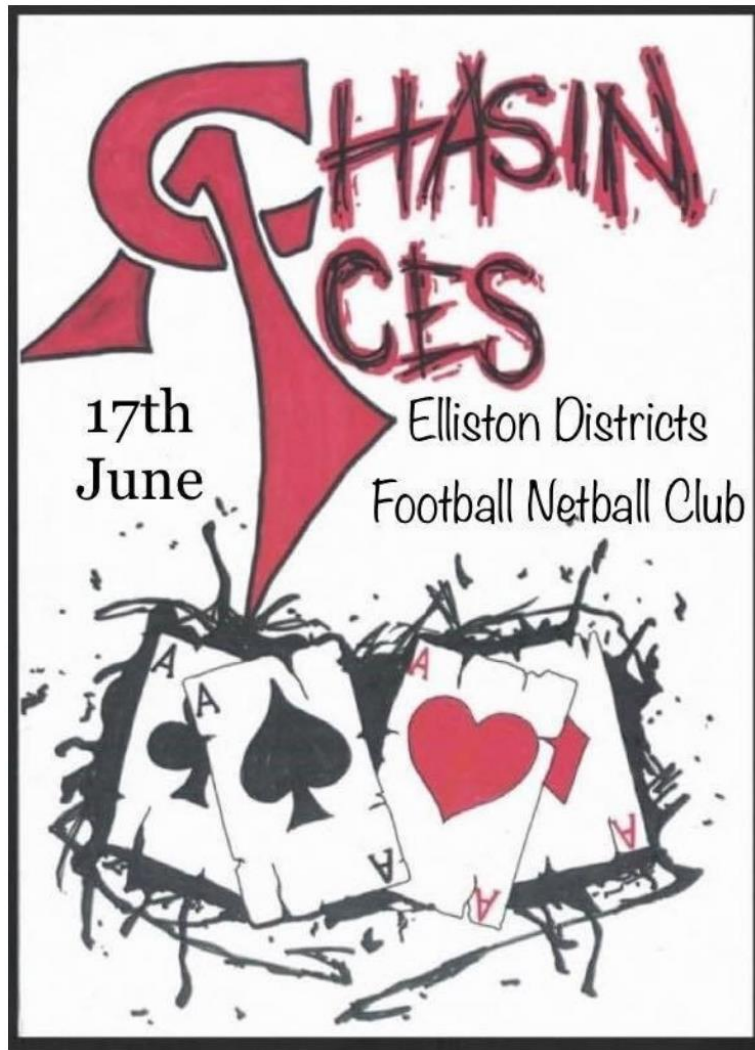
Community Midwife

Occupational Therapist

Home Equipment Hire

Please phone Elliston Community Health for further details 8687 9012

Community News



JULY SCHOOL HOLIDAY CLINICS

COME AND TRY OUR VOLLEYBALL CLINICS - THEY ARE A GREAT WAY TO STAY ACTIVE DURING THE HOLIDAYS, WHILE TRYING SOMETHING NEW OR PRACTICING THOSE SKILLS FOR UPCOMING COMPETITIONS!

SESSION 1
(AGES 11-18) 9:00AM - 12:00PM

SESSION 2
(AGES 5-11) 12:00PM - 3:00PM

\$50 / PERSON (PER SESSION)

SIGN UP



WEEK 1

TUESDAY	11TH JULY	BRIGHTON
THURSDAY	13TH JULY	LOFTY
FRIDAY	14TH JULY	CAMPBELLTOWN

WEEK 2

MONDAY	17TH JULY	LIGHTSVIEW
THURSDAY	20TH JULY	BRIGHTON
FRIDAY	21ST JULY	HENLEY

Community News

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Government & Counselling Services

Acacia Rae Therapy and Wellness - 0491 947 073
Acacia Rae Therapy and Wellness is a counselling practice located in Kimba. The service provides individual counselling to young people aged 12 - 25.

Centacare Catholic Country SA
Ceduna - 8628 7800 || Pt Lincoln - 8683 0733 || Whyalla - 8645 3655
Confidential counselling services for all individuals and families needing assistance with personal, relationship or family issues including pre or post separation counselling. Self referral is welcomed.

Child & Adolescent Mental Health (CAMHS) Port Lincoln- 1300 222 647
Therapeutic counselling from birth - 18 years old with outreach services to Cummins, Ceduna, Wudinna and Streaky Bay. Young people and parents can call to make a referral Monday to Friday, from 9.00am - 5.00pm, excluding public holidays.

Compassion & Insight Counselling - 0491 203 673
Based in Port Lincoln, this counselling service can be accessed through self referral and specialises in mental health therapy, pregnancy, relationship, child & adolescent and postnatal counselling. Contact Heidi to book an appointment.

Counselling EP - 0427 277 417
Self referred counselling and therapy offered in Port Lincoln. Working with you to facilitate a process that explores the reasons behind your presenting problems and helps you work towards a more positive sense of self. Contact Jill for an appointment.

Country & Outback Health (COBH) Port Lincoln & Whyalla - 8621 3800
A range of services available across the Eyre Peninsula region. Referral needed from a GP, Regional Access or Mentally Fit EP. Outreach services available at Ceduna, Cleve, Coffin Bay, Cowell, Cummins, Elliston, Kimba, Streaky Bay, Tumby Bay and Wudinna.

Drug & Alcohol Service (DASSA) - 1300 131 340
A confidential telephone counselling, information and referral service for the general public, concerned family and friends, students and health professionals. Based on the principles of harm minimisation, DASSA offers a range of prevention, treatment and education services for people with alcohol, and other drug issues. Call between 8.30 am to 10.00 pm any day.

Empowered Counselling Services - 0409 044 021
Empowered Counselling offer sessions for all.
Available in Person (venue negotiable on EP), Telephone and Zoom Call. Message or call Phoebe to book your appointment.

EP Counselling Services - 0427 013 747
Offering a counselling approach aimed to empower and support you to be the best version of your self.
Art therapy is also a component of this service, which can be accessed through self-referral. Contact Kath to book an appointment.

Equine Enhanced Well Being - 0488 723 171
Specialist counselling services with equine assistance. Provided by a qualified Social Worker with 25 years counselling experience, and 27 years horsemanship, horse care, horsemanship and coaching. By appointment on week days. Accepting self referrals, GP referrals, and NDIS clients.

Eyre Mental Health Services - 8683 2083
Pt Lincoln Hospital West Wing. 8.30am- 4.30pm. Referral from GP or specialist.

Eyre Transformations - 0427 855 088
Sharyn and Penny are certified practitioners in Rapid Transformational Therapy (RTT) a proven, safe, effective and personalised therapy using hypnosis as a tool to transform unwanted beliefs and behaviours in adults, teens and school aged children.

headspace Whyalla - 8641 4330 || headspace Port Lincoln - 8621 3880
Providing counselling and support to young people from 12-25 years. Refer yourself or be referred by a friend, family member, health professional or school. The service offers a range of help and covers issues such as relationships and drug and alcohol use.
Also offering 'stop by' times in Whyalla: Mondays 5pm-5pm & Thursdays 10am-12pm.
Port Lincoln also runs a range of engagement activities and mental health awareness events.

Mission Australia Family Mental Health Support Service (FMHSS) - 8645 6900
Based in Whyalla/Pt Augusta, FMHSS is an early intervention and prevention support service for children aged 0-18 years (and their families) who are at risk of, or experiencing, issues relating to mental health. Participants can access any FMHSS via self-referral.

Novita Port Lincoln - 1300 668 482 or www.novita.org.au
Psychology services for Eyre Peninsula, based out of Port Lincoln. No pre-requisites to access services. Medicare & Private Health Insurance subsidies offered, as well as NDIS.

Nunyarra Aboriginal Health Service Inc. - 8649 9900
An Aboriginal Medical Centre providing culturally appropriate primary health care in Whyalla.
Open 8.30am to 5.00pm Monday to Friday, excluding Public Holidays.

Port Lincoln Aboriginal Health Service - 8683 0162
Providing leadership, direction and support on community health issues and strengthening the capacity to improve the health and social wellbeing of Aboriginal people.

Positive Future Self - 0437 800 733
Access to a team of therapists based in Port Lincoln. You can self refer and move forwards towards the life you want. Some services offered include therapy, art therapy, neuro-feedback, NLP, hypnotherapy, coaching, training, group therapy and clinical supervision.

Sheoak Clinical Psychology - 0455 214 648
A confidential service specialising in mental health care for Rural Australia.
Offering Telehealth, and face-to-face in Cleve. Contact Dr Amanda Rogers to book your appointment.

West Coast Youth & Community Support - 8683 0072
Family & Youth and Drug & Alcohol counselling available in Pt Lincoln.
Also offering homelessness services and the Healing Circle Day Centre. Self referrals welcomed.

Whyalla Integrated Mental Health Inpatient Unit and Community Services - 8644 5130
Located at 3rd Floor, Whyalla Hospital. Mon - Fri 8.30am - 5pm.
Doctor Referrals are needed outside the community as the service is generally for Community Help.

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ALL HOURS HELP

Police, Fire, Ambulance - 000
For immediate assistance with any medical or mental health emergency or in any situation where you are not feeling safe.

Regional Access - 1300 032 186
3 Free Counselling Sessions via phone or online chat for anyone over 15 years of age living on the Eyre Peninsula!

Mental Health Triage - 131 465
Immediate confidential clinical support for people having a mental health emergency. They may provide assessment over the phone or in your home and they can arrange follow up support.

Lifeline - 131 114 || Text - 0477 13 11 14
A confidential service where you remain anonymous.
An online crisis chat option also exists, for those who prefer this option.

Kids Helpline - 1800 551 800
Australia's only free, private and confidential phone and online counselling service for young people aged 5 to 25.

Men's Line - 1300 789 978
Phone, online or video counselling service for men with emotional health or relationship concerns.

Suicide Call Back Service - 1300 659 467
Phone, online or video counselling service for people affected by suicide.

Beyond Blue - 1300 224 636
Trained mental health professionals via phone or online chat that will be there to listen, provide information and advice, and point you in the right direction so you can seek further support.

Family Drug Support - 1300 368 186
Their goals are to help families of alcohol and other drug users become more resilient, gain coping skills and survive their journey intact.

Stand By - Support after Suicide - 0438 728 644
Contactable anytime to arrange free telephone or face-to-face support, at a time and place that is best for you. Follow up calls are continued for up to 12 months.

Open Arms - Veterans & Families Counselling - 1800 011 046
A free and confidential nationwide counselling and support service for members of the serving and ex-serving community, and their families.

1800 RESPECT - 1800 737 732
Support for people experiencing, or at risk of experiencing, sexual assault, domestic or family violence. Also support for friends and family, workers and professionals supporting someone experiencing, or at risk of experiencing sexual assault, domestic or family violence.

QLife (LGBTI Service) - 1800 184 527 (*3pm-Midnight)
Free telephone and webchat support, delivered by trained LGBTI community members across the country. Their services are for LGBTI individuals, their friends and families.

REGIONAL ACCESS

Free phone and online counselling

Call 1300 032 186
saregionalaccess.org.au

Free professional counselling

Funded by **phn** COUNTRY SA
An Australian Government Initiative

Call 1300 032 186

Regional Access is a phone and online counselling service for people in regional South Australia who are feeling the pressures and stresses of everyday life.

Support is available 24/7.

Delivered by On the Line