

Newsletter

No 2 24th February 2023

From the Principal's Desk

Please note the dates below for term one, especially the Pupil Free Day scheduled for 17th March and Sports Day which we have moved to term 1.

I'd like to congratulate 3 of our teachers who are taking on 3 short term leadership positions this term which will take them out of their classes for a day each week.

Cindy Walker has won our Coordinator – literacy role and will be replaced in the classroom by Meg on Wednesdays. Gail Powers has won our Numeracy Coordinator role and Sarah Pressler has won our pedagogy focus role, she will be working on embedding our SECRET POWER framework and assessment processes. Sarah is also our Autism Inclusion teacher and will be out of class on Thursdays and Fridays for term 1. These roles are important positions to improve teaching and learning outcomes for all of our students, during term 1 they will work with staff to set up their numeracy and literacy programs.

Governing Council AGM

Governing Council is a wonderful way to become involved in the school. If you are interested in school governance and/or joining committees such as Grounds, OSHC and Finance, please consider joining our Governing Council. We meet twice a term after

hours to discuss the school, our improvement priorities and financial reports. The Governing Council is a great way to contribute and as the Covid 19 restrictions lift, help us to rebuild our parent support networks and community events. Each year our council has a mixed membership of new councilors and existing councilors, all parents are invited to nominate, tenure is 2 years.

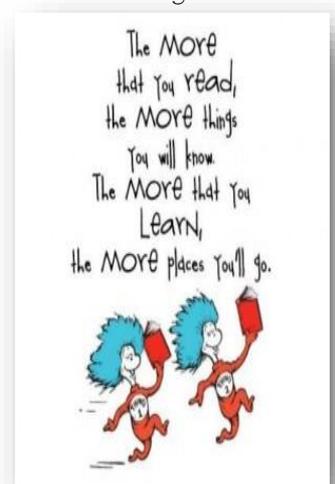
Our Governing Council AGM will be held on Wednesday 8th March at 6:30pm in the library. At the AGM a summary of the 2022 school year will be presented and the nominations/elections for council members for 2023 will occur. When a new council is nominated and elected, we will fill the executive positions at a short meeting after the AGM. Positions available on council include

- Chairperson
- Vice Chairperson
- Secretary
- Finance Representative
- OSHC Representative

We look forward to welcoming new parents on to Governing Council and interested parents to the AGM. Please book online for the AGM, you can also nominate to be part Governing Council. <https://forms.office.com/r/EYbeMmckt3>

Marg Clark

| Term 1, 2023 | | 30th January – 14th April |
|---------------------|------------------|--|
| March | 1 st | Year 6 Aquatics |
| | 8 th | Governing Council AGM 6.30pm |
| | 13 th | Adelaide Cup Public Holiday |
| April | 17 th | Pupil Free Day |
| | 3 rd | Governing Council Meeting |
| | 6 th | Sports day |
| | 7 th | Good Friday |
| | 10 th | Easter Monday |





Year 1 and 2s

Zones of Regulation



We started our year learning about the Zones of Regulation: Yellow Red Blue Green



For the Green "GO!" zone, we are happy, calm, and ready to learn! We aim to be in the green zone to help us learn! We read the book "100 Things That Make Me Happy" and created heart maps of all the things that make us happy. We shared one of these things in a class video.



To learn about our blue "rest" zone where we feel sad, tired, hurt or bored, we practiced some yoga to help us calm our bodies before making our very own Blue Zone glitter bottles! Our bodies feel slow in this zone and need time to rest and recover.



We learnt about the Red Zone, where we feel out of control, angry or frustrated. We read The Red Beast which is an amazing book that articulates anger so well for little people and offers some strategies we can use to calm our inner red beasts. We then went outside to the sandpit to make stress balls that we can use to help us release our anger through our hands in a positive way!



We learnt about the Yellow "slow down" zone where we feel overly silly and excited, or worried, nervous or scared. In this zone we need to reassure our brains that we are safe and work towards finding calm. We read a book that gave us some strategies for when we feel worried- one of them is to share how you feel with someone safe! We shared our biggest worries by drawing them and then "fed" our worries to our special Worry Machine who ate them! We opened the machine up to find that our worries had turned into special Worry Confetti!



After becoming experts at the four Zones of Regulation and creating strategies for us to help regulate in each zone, we took our Sensory Bags home so we can use them at home too! We also read the book "The Colour Monster" and celebrated by making our very own 'Zone' colour monster. We showed our creativity by decorating them and showing the facial expression that they would show in their zone.

