



## Term 1, Week 5 2024

### UPCOMING DATES TO REMEMBER

Week 6	Thursday 7 <sup>th</sup> March Festival of Choir Rehearsal at Elizabeth East Primary School
Week 6	Thursday 7 <sup>th</sup> March SAPSASA Boys & Girls Lacrosse
Week 7	Monday 11 <sup>th</sup> March PUBLIC HOLIDAY Adelaide Cup
Week 7	Friday 15 <sup>th</sup> March PUPIL FREE DAY
Week 7 and-8	NAPLAN Testing Year 3 and Year 5 Students
Week 9	Wednesday 21 <sup>st</sup> – Thursday 22 <sup>nd</sup> March Health checks for Aboriginal Students
Week 9	Friday 29 <sup>th</sup> March PUBLIC HOLIDAY Good Friday
Week 10	Monday 1 <sup>st</sup> April PUBLIC HOLIDAY Easter Monday
Week 10	Swimming Week Years 3-5
Week 10	Friday 5 <sup>th</sup> April SAPSASA Girls Netball/Boys Football
Week 11	Friday 12 <sup>th</sup> April Last Day of Term 1 Casual Day and 2:05 Finish

#### School Card

School card applications need to be completed ASAP. They can be completed electronically on your phone or device, in the front office using a school device or you can complete a paper form. Please see Kerry in the office for help.

## PRINCIPAL'S REPORT



Dear Parents and Caregivers,

We are nearing the middle of term 1 and it has been wonderful to see students settling into their new classes and progressing their learning.

#### Acquaintance Night and Reverse Interviews:

Thank you to those who came to acquaintance night and/or booked in for a reverse interview. We highly value working with you to support your children's learning. If you haven't had an opportunity to engage with teachers yet, please book in a conversation in person or over the phone.

#### School Improvement 2024:

Each year we work together to develop goals to refine teacher practice and improve student learning. Our main improvement area for 2024 continues to be the learning area of English which includes reading, spelling, morphology and writing. Teachers are working in partnership across the school to design and implement engaging units of work in English. We are using the approaches of Explicit, Direct Instruction to ensure that teaching and learning is focused and rigorous to support our learners.

#### Pupil Free Day:

Staff will spend the pupil free day on Friday the 15<sup>th</sup> of March engaging in professional learning with our new data management system and analysing data to inform teaching and learning.

#### NAPLAN:

NAPLAN will be occurring in week 7 and 8 this term for our year 3 and year 5 students. Our year 3 and most of our year 5 cohort were familiarised with the format on Tuesday this week with a practice test. If you are concerned about your students participating in the NAPLAN testing, please let your class teachers know.

#### Community Calendar:

Our Community Calendar is updated regularly across the year. We will send a copy home each term for your information. Please check the important dates on every newsletter. We will run an assembly in week 8 and week 11 this term. Please see the calendar for details.

#### New Smoking/ Vaping rules:

The new laws require the establishment of a 10-metre smoke-free and vape-free area in all public areas from the boundary of schools and children's services facilities. This does not include residential properties. Please keep our community safe by abiding by these laws.

Kind Regards,

Julie Brown – School Principal

#### Your 2024 Governing Council Members:

Matt Kolin (Chairperson), Stephanie Kolin (Treasurer), Julie Baker (Secretary), Debbie Deller (Staff Rep), Adele Martin, Kirsty Tucker, Noreen Mahmood, Rachel Shepherd (Fundraising), Melissa Leitch. Please let one of these members or Julie Brown know if you would like an item discussed at a meeting. We meet in week 3 and 8 each term.

## EGPS Draft Vision Statement

Staff have reviewed the school vision statement in line with the new Department vision statement. This is what we have developed. If you have any feedback on this statement and think it should be changed or added to in any way please share this feedback with us by emailing [dl.0897.info@schools.sa.edu.au](mailto:dl.0897.info@schools.sa.edu.au) .



At Elizabeth Grove Primary School we are dedicated to fostering strong and respectful relationships within our safe, inclusive, and collaborative learning environments. These are built around our values of honesty, community, and respect.

Educators work in partnership with families and communities to nurture and empower children with the knowledge, skills, and capabilities. We strive for children to become active, compassionate citizens, lifelong learners and fulfilled individuals.

We believe that every child has the right and ability to learn and achieve their personal best.

Our school is a place where every child is encouraged to contribute, develop positive relationships, and build confidence in their learning. Our school is an environment where needs, interests, languages, and cultures are recognised and supported.

We are relentless in our ambition for all children to enter the world beyond the classroom ready to learn and thrive in a fulfilling life of their choosing.

# Healthy Body, Healthy Mind

Dear Parents and Caregivers,

This term, as part of our NIT specialist subject, Healthy Body Healthy Mind, your child will be learning about the Zones of Regulation®. Our goal is to teach the students about their emotions and the cues our bodies give us to tell us we are experiencing an emotion (e.g. increased heart rate and tense muscles can indicate the feeling of anger). With these skills, we hope to put students on the path towards being able to regulate at home and school. Self-regulation is an essential life skill, and it takes a lot of practice and support from adults along the way.

The students will participate in activities and discussions designed to help them:

1. Recognise emotions in themselves and others
2. Categorise these emotions into the four different 'Zones' and understand how this relates to their attention and learning.
3. Understand strategies or 'tools' that suit each student to change or help them to stay in the Zone they are in.

Students will learn to read other people's facial expressions, gain perspective of how others see and react to their behaviours, awareness of what events trigger feelings/behaviour as well as tools to calm and alert and solve problems.

The Zones of Regulation® program groups all the ways that we feel and behave into four 'Zones.'

**Blue Zone**- when your body is running slowly, such as when you are tired, sick, sad or bored.

**Green Zone**- when you are ready to learn and "good to go." You feel happy, calm and focused.

**Yellow Zone**- when you feel your engine beginning to run faster, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious or surprised.

**Red Zone**- is when you have "flipped your lid" and there is a loss of emotional self-control. You have extreme feelings such as terror, uncontrolled anger, elated and out of control.

An important point we will be making on the Zones is that none of the Zones are "bad" or "naughty" and we all experience the Zones regularly across the day. It is more about how we manage our behaviour when in the Zone that is important.

We encourage you to talk to your children about what they are learning at school and if you can, try to use the language of the Zones of Regulation® at home. We hope that the Zones of Regulation® is a useful tool to support your children at home with their emotions and regulation skills as much as it is useful for their learning at school.

# FIXED

I'll never be as smart as that person.

I can't do it.

This is too hard.

I'm not good at this.

I made a mistake.

I give up.



# GROWTH

Everyone is talented in many ways.

I'm still learning. I'll keep trying.

With more practice it will be easier.

This may take some time and effort.

Mistakes help me learn.

I can try a different strategy.



## School Photos

School photos will be taken in Week 2 of Term 2, on Monday 6<sup>th</sup> May. Forms will be coming home with students soon. Basic photo pack is approximately \$40 per student and \$20 per family picture taken.

## Swimming Week

In week 10, year 3-5 students will be attending DfE swimming water safety lessons at the Aquadome. Forms must be returned ASAP, if your forms are not returned, students cannot attend. Water safety form must be returned along with consent form, if water safety form not returned, students will not be able to enter the water.

## Breakfast Club

Every school day our site hosts breakfast club. Mrs Rigney, along with guests from Kickstart for Kids and social work students, welcome students from 8am until 8:45am in the library kitchen. Students can choose to have toast or cereal for breakfast before they start their learning.

## OSHC

Elizabeth Grove OSHC operates on site from 6.30 – 8.30am and 3.05 - 6pm each school day. Fees payable by each family will vary based on income and Child Care Subsidy received. Full fees are \$20.00 for before school and \$30.00 for after. Breakfast and a healthy afternoon snack are included. Mandy Morris OSHC Director on 82556872 or the **School front office** for an enrolment form.