



Term 1, Week 5 2025

UPCOMING DATES TO REMEMBER

Week 6	Monday to Thursday School Dentist Visiting
Week 6	Friday 7 th March PUPIL FREE DAY
Week 7	Monday 15 th March PUBLIC HOLIDAY Adelaide Cup Day
Week 8	Wednesday 19 th March Combined Choir Rehearsal
Week 8	Wednesday 19 th March Ear Health checks for Aboriginal Students
Week 8	Wednesday 19 th March Assembly 2:15pm (families welcome)
Week 8	Friday 21 st March SAPSASA Boys & Girls Lacrosse Carnival
Week 10	Monday 31 st March- Fri 4 th April Year 3-5 School Swimming Lessons



School Card Scheme

Current round of school card applications need to be completed by Friday 24th February.

They can be completed electronically online or you can complete a paper form. Please see Kerry in the office for help.

School Fees

If you are not eligible for a school card, fees of \$100 per student are now due.

Please make payment as soon as possible, speak to Kerry in the office if assistance is needed.

PRINCIPAL'S REPORT



Dear Parents and Caregivers,

The weeks are speeding by and we are moving into the middle of term 1 now. I hope your morning routines are running well.

Meet and Greet Night and Reverse Interviews

Thank you to those who came to our meet and greet 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 2025

Each year we work together to develop goals to refine teacher practice and improve student learning. Our main improvement areas for 2025 will be writing, mathematics, engagement in learning and community connections. 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 7th of March engaging in professional learning in syntax and writing and supporting students with anxiety. The following Monday is a public holiday so we have tried to time it so children have an extra long weekend to refuel in the middle of the term.

NAPLAN

NAPLAN will be occurring in week 7 and 8 this term for our year 3 and year 5 students. Both year levels will be familiarised with the format by trying a practice test. If you are concerned about your students participating in the NAPLAN testing please let your class teachers know.

Gym Flags

We are in the process of updating our flags around the gym to be reflective of our multicultural community. I hope next time you attend an assembly or event that you will see your cultures reflected, if not please let us know!

Community Calendar

Our Community Calendar is updated regularly across the year. We will send a copy home each term for you information. Please also 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.

Kind Regards,
Julie Brown – School Principal

EGPS Meet and Greet Evening

It was great to see many families join us for our Meet and Greet evening on Feb 5th. Students enjoyed watching a movie in the gym with our specialist staff while parents met teachers. A big thankyou to Mr Jolly for coming in and cooking our sausage sizzle.



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.

Jasmine Craig | Healthy Body, Healthy Mind Specialist Teacher

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.

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.

A water safety form must be returned along with a consent form. If water safety forms are 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, 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 \$24.00 for before school and \$35.00 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.