

COORARA PRIMARY SCHOOL

CARING | HONESTY | RESPECT | RESPONSIBILITY | TEAMWORK

Newsletter

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Term 2 Week 5

Thursday 28th May 2020

Diary Dates

- **8/6/20**
Queen's Birthday Holiday
- **15/6/20**
Governing Council Meeting
- **3/7/20**
Last Day of Term

Dear Families,

Wellbeing can be defined as a complex combination of a person's physical, mental, emotional and social health. At Coorara Primary School, we create teaching and learning environments that enable students to be happy, healthy, engaged and successful.

One of the approaches that we have adopted at Coorara Primary School is the 'Zones of Regulation' to help students with their mental and emotional health. The 'Zones of Regulation' is used in our classrooms to teach students how to self-regulate their emotions by categorising all the different ways we feel and states of alertness we experience into four concrete coloured zones -Blue, Green, Yellow and Red.

Staff are using the dialogue and visuals throughout the school to help students regulate their behaviour. They are also providing strategies to enable students to become more independently aware of controlling their emotions and impulses, managing their sensory needs and improving their ability to problem solve. The program also helps students to identify their triggers and discover the different 'tools' that can also assist them in moving between the zones.

Have a conversation with your son/daughter and find out what strategies they use to help regulate their behaviour and get them back into the green zone. Learning how to self-regulate is a skill that doesn't develop overnight. It takes patience, time, understanding and support.

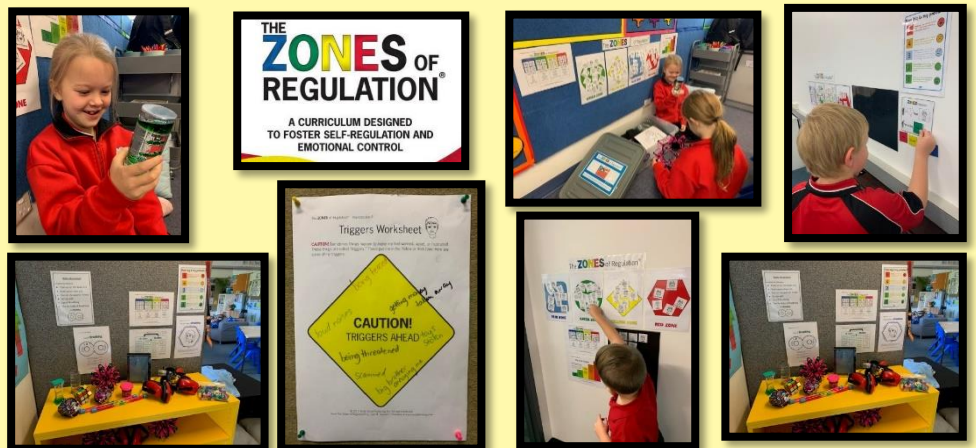
Take care
Brianna Woolhouse
Student Wellbeing Leader

The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE

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Attendance



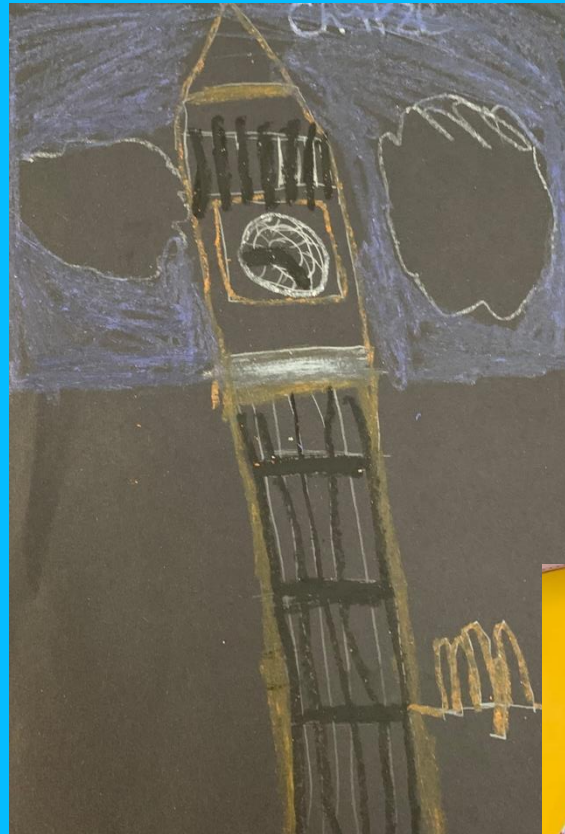
Queen's Birthday Public Holiday Monday 8th June



Government of South Australia
Department for Education

Around the world with room 20

**Halo! Bonjour! Hola!
Konnichiwa! Hello!**

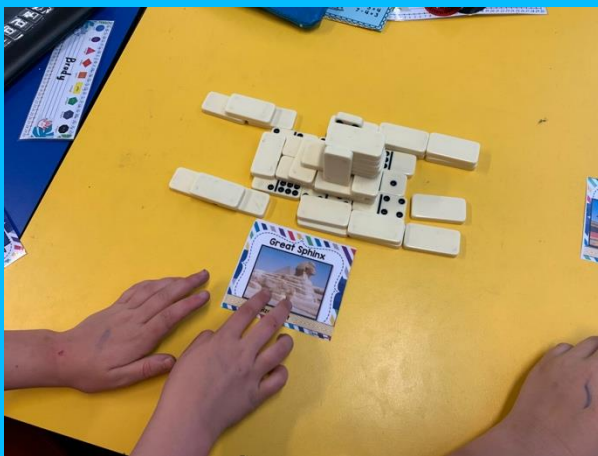
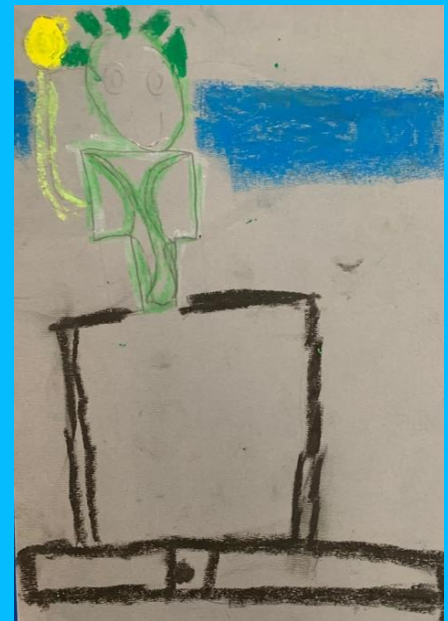
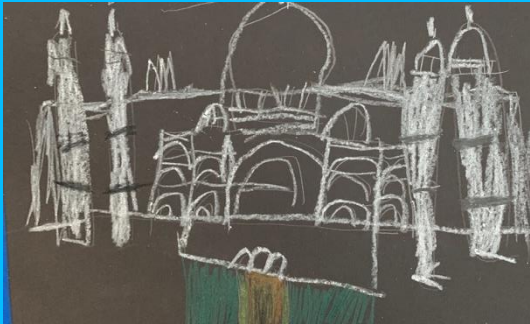


We began the topic by sharing some information we already know and developing our own questions to guide our thinking.

Some of the learning tasks that we have enjoyed are:

Researching and creating our own maps, discussing all things travel, investigating and describing some habitats.

This learning has been integrated into our literacy, art, design and technology and HASS learning times. This has given us so many opportunities to find answers to our



RAINFOREST SAFARI

Habitat Name:
Location:

Living Features	Non-living Features
<ul style="list-style-type: none"> • trees & plants • plant & animals • scenery & climate 	<ul style="list-style-type: none"> • weather & water • rocks • waves & there
	balen

These pictures show some of the learning we have done. We can't wait to see where our learning takes us next!

Danke schon! Mercie! Arigato gozaimas!



Online Safety

How to talk to your child about online safety

Ask your child:

What apps/games are you using at the moment?

This will give you a good overview of the types of things your children are doing on their devices. Along with their interests. Remember that they might not tell you everything they are using. So it is a good idea to ask them to show you their devices, because new apps and games are released regularly, it is important to have this conversation often to ensure you are up to date with what they are doing.

FINANCE Cashier hours

MONDAY, WEDNESDAY and FRIDAY
open 8:30 am – 9:00 am

TUESDAY AND THURSDAY
open 2:45 pm – 3:20 pm

Thank you to everyone who has submitted a school card application.

If you have not submitted an application yet please do so as soon as possible.

To apply online for school, please go to this link:

sa.gov.au/education/school-card

Maz's Staff Stories

Our Wonderful Special Class SSO Robin van der Weilen (Mrs V)



Robin or Mrs V, as the children affectionately call her, is married to Scott and has 2 children. Heidi is 21 and is studying to be a teacher and Matthew is 18 and is studying to be an Electronics Engineer. They have 3 friendly bantam chickens named Snowball, Sandie, and Dapple.

Mrs V loves camping and hiking with her family and Australia is their back yard. Some of her favourite places have been the Flinders Ranges, snow camping in a tent, camping in the Simpson Desert and snow hiking with everything on her back for 8 days in Tasmania.

No wonder Mrs V loves receiving Australian Natives from friends. She loves to sew, quilt and crochet things for her family and friends.

Mrs V studied teaching at Flinders University and loves being an SSO in the Special Class and she loves working with the students and families within the Coorara Community.

Thank you Mrs V for your dedication and compassion with our special students.

**"Tell me and I'll forget; show me and I may remember;
involve me and I'll understand"**



Beginning school is an adventure with lots to discover!

Coorara Cubs will provide an opportunity for your child to build upon

Thursdays

12.30PM – 2.30PM

STARTING THURSDAY, 10th SEPTEMBER 2020

LAST SESSION THURSDAY, 26th November 2020

For children enrolled for Reception in 2021

Soaring to Success Certificate

Congratulations to the following students for

demonstrating our learning dispositions Amber, Tori, Elise, Malachy, Charlie, Emily, Shaelyn, Harry, Harper



SCHOLASTIC

Book Clubs

Every Child Deserves a Good Book

Reminder

**Last day for Book
Club orders
June 9th
Don't Delay**

Enrolments for 2021

If you haven't enrolled your kindy child for 2021, now is the time to pop into the front office and grab your enrolment pack.