



COMMUNITY | CONFIDENCE | RESPECT

How high can our fish fly?



NEWSLETTER | TERM 1, WEEK 4

FEBRUARY 21ST, 2019



2019 SRC Members

FROM THE PRINCIPAL'S DESK

Off to a great start!

It's been a good start to the year. Everyone, including our Receptions and new students, seem to be settling back into the daily rhythm and routines of school life very nicely! Thanks to the parents and carers who came last Friday 15th Feb to our first school assembly for the year. We had an amazing turn out of families who came to watch as the welcome certificates were handed out.

School Times

A reminder that students are welcome on school grounds from 8:15 am when the first teacher begins yard duty. At the end of the day, students are to leave the grounds by 3:45 pm when final yard duty finishes. After this time all children must be supervised by an adult.

Out Of School Care

For families requiring early drop-offs, Port Elliot Out Of School Hours Care (POSHC) is a program that runs at the school from 6 am. Students can have breakfast, play games and be accompanied to their class by a staff member.

The POSHC program also runs after school from 3:15 pm until 6 pm. Bookings are essential and can be made via <http://www.campaustralia.com.au/families>

Well done to all those families who have been encouraging students to walk or ride their bikes to school. This really helps with the traffic congestion at drop off and pick up times.

Brenton Hudson

Key Dates

SAPSASA SWIMMING
Monday 25 February

Student Leadership Day
Friday 1 March

Student Free Day
Tuesday 12 March

2019 Sports Day
Term 1 Week 10
Friday 5 April

ANNUAL GENERAL MEETING

The Governing Council AGM was held on Monday 11th February at 7 pm. Thank you to all parents and staff who made the time and effort to attend.

Welcome to the 2019 Governing Council members:

At the meeting, the following members were elected to serve on the Port Elliot Primary School Governing Council for 2019.

Chairperson: Chris Mitchell

Deputy Chairperson: Helen Bagnell

Secretary: Justine DeLuca

Treasurer: Peter Radcliff

General Members: Kate Annells, Kate Overall, Naomi O'Brien, Steven Croft and Kate Boag (Kindergarten Representative), Rachael Norde and Stella Dorward (Staff Representatives) and Michael Scott (Alexandrina Council Rep.)

Your chance to help guide our school's direction

We're still looking for one more person to join the Governing Council. It's always valuable to have a wide representative group of parents with students in different year levels. If you are interested in becoming a member (or even just curious about what a role on the Governing Council involves) please send an email with your details to dl.0356.info@schools.sa.edu.au or drop into the front office.

A full description of the Governing Council's roles and responsibilities is available for download on the school's website.

A big thank you to retiring member Sarah Cross and also to Vicki Evans who served as our Secretary for the past 2 years running. We are deeply appreciative for the time and support you have so generously provided to all students, families and staff of Port Elliot Primary School.



Say Hello To Our Peer Mediators

Congratulations to members of Mr Taylor's Year 3/4 class who have been trained in Peer Mediation. Peer Mediators work with students and teachers in the school yard to continuously develop a safe, caring environment to play in. Each student volunteers a break time for one term. Well done!

STUDENT WELLBEING

Have you heard about a special place in our school called 'The Zone'?

The Zone is a room available for all students to use and offers an environment where they can learn regulation strategies to assist in building academic achievement, positive growth and social competence.

It's a place where students can come and talk about their feelings and big emotions and get the help they need to be 'ready for learning'. It is NOT punitive.

In teaching self-regulation we address:

- > emotional regulation
- > sensory processing
- > executive functioning

When we can use strategies to monitor and manage our emotional and sensory needs, we are more likely to be successful and therefore, available and ready for learning. This is because when we are in this optimal state of learning our brains are able to receive and organise information more accurately.

In the Zone, we use a variety of methods and resources including a framework called Zones of Regulation (Leah Kuypers, 2013). As well as recommended occupational therapy strategies, we also use training, new research and evidence-based practices we have learnt as educators.

In The Zone, each session is tailored to the individual student's needs and when a student is 'ready for learning' we can then support them to complete work on their own or support their transition back to their class.



But are you in the Green Zone?

Blue Zone describes a low state of alertness, such as feeling sad, tired, bored or sick. This is when the body and/or brain is moving slowly/sluggish.

Green Zone describes a regulated state of alertness such as calm, happy, focussed or content. This is the Zone that students generally need to be in to complete school work successfully. It shows control to be in the Green Zone.

Yellow Zone describes a heightened state of alertness but with some element of control. It includes feelings of stress, frustration, confusion, silliness, nervousness and other slightly elevated states (such as sensory seeking, wiggling, squirmy).

Red Zone describes extremely heightened states of alertness or very intense feelings. It includes feelings of anger, rage, explosive behaviour, panic, terror, or elation. Being in the Red Zone is when you are not in control of your body.

If you have questions PLEASE email me on
Kelly.caire934@schools.sa.edu.au

CONGRATULATIONS

Flying Fish Awards

Ava W, Leah S, Koa, Phoenix G, Oscar H, Abby A, Hunter B, Caitlyn T, Milton G, Isaac A, Ollie M, Bonnie F, Eden M, Mo K, Orlando H, Maddie M, Reilly W, Josh R, Layla B, Ayyan D, Maya R, Cody H-B, Rhys A, Charlie B, Sean B, Brodie M, Annabelle D, Mia M, Isaac L, Indie S, Ziarah B, Rhys C, Bodie H, Isabella H, Eli H, Bowie I and River T.



Sports Day 2019

Our school Sports Day will be held in Term 1, Week 10, Friday 5th April 2019.

Every student will soon know which House Team and colour they are in. If you need to purchase a top for the day so that your child can be dressed in their Team colours, please see Jo or Judy in the front office.

Please place your order before 15th March.



Your 2019 Student Representatives

Presidents: Harry C and Poppy S
Vice Presidents: Josh D and Sasha E
Finance + Communications: Brandon B
Secretary: Shaun H-B and Holly T

Ms Reedy's Year 3/4
Zebadai B and Zara C
(Proxies)
Asher W and Amity E

Mrs Warner's Year 3
Lilly B and Rhys A
(Proxies)
Polly N and Noah W

Mrs Turley's, Ms Bond's Year 3/4
Hunter C and Ruby M
(Proxies)
Buddy B-S and Alice T

Mr Benger's/Mrs Zadow's Year 5/6
Maddie G and Ethan A
(Proxies)
Noah H and Mya C

Mrs Robert's/Ms King's Year 5/6
Ella K and Daniel B
(Proxies)
April S, Harper P and Nadia W

Mrs Dyalbal's
Amy T

Mr Taylor's Year 3/4
Corey A and Jed L
(Proxies)
Ruby B and Emmy B

Mr Blacker's/Mrs Reynold's Year 5
Magdalena D, Ryder G
(Proxies)
Kirra D and Fin Gillies

SUSTAINABILITY

Did you know that if we laid all the zip lock plastic bags for one day from each school in South Australia, they would go from Adelaide all the way to Ceduna and back! That's a lot of plastic!
Handy Hint: instead of sending payments for Fun lunch orders, excursions, camps etc. in plastic ziplock bags, use paper envelopes or the QKR app.



PE & SAPSASA

In PE we have been focusing on learning and further developing our Fundamental Movement Skills and the skills required for successful team work and participation in Sports Day style events. We have also been focussing on Athletic events in Years 4-7.

SAPSASA Swimming

Next Monday 25th February, we have 17 students competing in the District Sapsasa Swimming Competition at Strathalbyn. We wish the team an enjoyable experience.

SAPSASA TEAM SELECTIONS

Students who want to trial for State teams need to refer to the Sapsasa website (www.decd.sa.gov.au/teaching/sport) to access all trial information and nomination forms.

If you wish to trial for a team, an online nomination must be completed and submitted by the due date for each sport. Information for each sport is available by clicking on List of Sports, then the sport you are interested in nominating for. (A separate nomination form is required for each sport).

It is up to the student and their parent/caregiver to enrol, pay for and attend these tryouts. See Trina or Kate at school if you need more information regarding this process.

Our Southern Fleurieu Zone Convenor is Jerry Blair.

You can contact Jerry via email jerry.blair803@schools.sa.edu.au

Student Leadership Day

The 2019 House Captains and Yr 3-7 SRC will be involved in a Student Leadership Day held at PEPS on Friday Term 1 Week 5 on the 1st of March.

Trina, Karen and Kate along with guest speaker, Ashley Manuel from Growing With Gratitude, will be holding presentations, running workshops and team building activities with the students. We will be focussing on gratitude, resilience, self-belief, ownership, empathy, appreciating others and the skill of reframing (Teaching students how to see things for a more positive point of view).

At the conclusion of the day, the students will focus on things that inspired them from the day and discuss what hurdles, as leaders, they think they may face (e.g. time constraints, confidence, etc). Then they will come up with ideas and strategies to assist them to address these challenges.

The students will set goals individually and as a team, to help them be effective leaders who "make a positive difference" to PEPS in 2019. Port Elliot Primary will receive 12 months of free access to the **Growing With Gratitude** program fully resourced online. Students and staff will have access to further develop these leadership skills and personal qualities. Families will also be able to access the Home Grown Gratitude program.

If you would like more information on the Growing With Gratitude program, please feel free to contact Ashley on the details below.

+61 (08) 405 188 355

info@growingwithgratitude.com.au

facebook.com/growingwithgratitude

Local Sporting Success Stories!

If you have any local success stories involving our students, please let us know so they can get a mention in this section of the newsletter.