



BELL PARK NORTH PRIMARY SCHOOL

NEWSLETTER #1 Wednesday 1st February 2023

Principal:

Anthea Lagadinou



Assistant Principal:

Christopher Cox



TERM 1

February

6th, 7th, 8th

Parent Information

Meetings

3.30-4.40pm

Wednesday 15th

Family Fun Night

4.00-5.30pm

March

Monday 13th Labour Day

NO SCHOOL

FROM THE PRINCIPAL.....



Dear Parents,

welcome

Welcome to the 2023 school year everyone. We hope all of our families have enjoyed a safe and relaxing holiday.

It has been extremely pleasing to see our children start back with great enthusiasm as have our staff members. The start for our Foundation children was also very smooth and exciting.

Over the next nine days the children and teachers will be involved in the Bell Park North Start of School Program. During this time each class will learn about school expectations, school values, how to build positive relationships and get to know members in their class.

As parents there may be times when you need to ask questions, discuss concerns or share information. You are always welcome and encouraged to make an appointment to see me, our Assistant Principal Mr Cox or your child's teacher. There is no issue which can not be worked out together.

On behalf of the staff I express that we are all looking forward to a great year with our families.

Welcome

To all of our staff and families who are new to the school we extend a very big welcome and wish you all the very best during your time at Bell Park North P.S. We look forward to getting to know all of you.



Bell Park North Primary School F-6



Vision Statement

Our Vision: "Together We Achieve"

At Bell Park North Primary School, our staff, children and parents work together to support the social, emotional and academic learning of all students in our care.



Our Values

Values which form the basis of our actions are:

Friendship
Respect
Integrity
Equality
Never Give Up
Do Your Best
Safety

Term 1 Value

"Friendship"

School Council President:

Rebecca Hunt

PO Box 244 North Geelong 3215

Ph. 5278 3548 Fax 5278 4418

www.bpnps.vic.gov.au

bell.park.north.ps@education.vic.gov.au



Congratulations

Congratulations to Mrs Beth Carey and her husband Jay who are expecting their first child baby in July. We wish them all the very best

For those who did not see my COMPASS note, Miss Caitlin and her partner Lynton welcomed their new baby son Arlo on the 8th January. We wish them well also.



Congratulations to our School Student Leaders for 2023

The following students hold leadership roles for this year. We would like to congratulate these children and look forward to their contributions to our school during the year.

SCHOOL STUDENT LEADERS 2023

School Captains: Jordan Day and Abbas Hussaini

Vice Captains: Mila Budimir and Jake Balaz

Briggs House Captains: Matilda Taylor Anderson and Patricia Mina

Vice Captains: Caiden Payne-Gumbleton and Ali-Reza Rasouli

Rowan House Captains: Caleb Saunders and Anja Budimir

Vice Captains: Jaswin Kaur and Ahmad Ahmad

Vessey House Captains: Mamdouh Badr and Emily Osborne

Vice Captains: Chloe Allan and Josh McKay

We will present leadership badges as soon as they arrive. Parents will be given notice of this.

Newsletter Publishing Day

Our school newsletter will be posted on our COMPASS portal every second Monday. Any communication to parents at other times will be posted in COMPASS as necessary.

Canteen and Breakfast Program

Our breakfast program will start running from Wednesday 1st February and canteen will run from Thursday 2nd February.

It will be important to remember to provide your child with snacks and lunch every Monday and Tuesday of each week.

We apologise for any inconvenience.



Value For This Term

The school value we are looking at this term is **'Friendship'** Teachers will be talking to children about what Friendship means and how to demonstrate it. You are able to support this work by talking to your children about the following at home:

- kindness, care, forgiveness
- trust
- peer support
- buddies
- team work
- community relationships



Being COVID-Safe

On October 12th 2022 the Victorian Government announced that the mandatory orders around isolation for people with COVID-19 have ended and instead we move to health advice and recommendations for people with COVID-19 or COVID-19-like symptoms.

Our school will continue to adhere to the Department of Health's recommendations to ensure that our school remains a safe environment for our staff and students.

The Department of Health **strongly recommends** that students and school staff:

- who test positive to COVID-19 stay home and isolate for 5 days and do not attend school after 5 days if they are still symptomatic

who are symptomatic but have not tested positive not attend school. This does not include students with pre-existing conditions such as hay fever.

- Parents and carers are recommended to continue to report their child having COVID-19 to both the school and the Department of Health.

We will, however, no longer report occurrences of positive cases to the school community.

We ask parents and carers to continue to remain vigilant in preventing COVID-19 transmission. Any student who is unwell should continue to remain at home. This is about keeping students healthy and well in our school and reducing the spread of both COVID-19 and other respiratory diseases.

This week we will provide families with another pack of Rapid Antigen Tests. After that parents will need to source these from council sites unless we are provided with more.

Rapid Antigen Tests are available for all Victorians from Council sites. People can get 2 free packs (10 tests) for themselves and 2 free packs (10 tests) for each of their household members.

People with disability and their carers can get up to 4 free packs (20 tests) in line with existing RAT distribution for people with disability.

Parents and carers will be contacted if their child shows symptoms while at school.

Students who wish to wear a mask should continue to do so.

To keep our school as safe as possible, we will also continue to use air purifiers and other COVID-19 prevention measures.

We appreciate and thank you for your continued efforts to keep our school community safe and well.

Hot Weather

This term we are sure to experience some hot days. I urge all parents to ensure children are dressed appropriately in the summer uniform and to apply sunscreen on their children and this can be sent along in their bags for reapplication if children are able to do this themselves. Unfortunately teachers are not allowed to apply this on children. Also remember to send along a filled water bottle which can be placed on the child's desk for drinking throughout the day. Water is only allowed in this but a healthy drink of choice can be sent along for break times. As we are a Healthy Eating School, soft drinks are not permitted.

Please rest assured that in cases of extreme heat, children will not be outside in the playground but will spend break times within their classrooms which are either airconditioned or acclimatized with fans as in the infant building.

Hats

As we are an accredited Sunsmart School, children are expected to wear a broad rimmed hat when playing outside. If children do not have a hat will not be playing in the grounds and they will be made to sit in the shelter shed.

Hats are available from Bellarine Uniforms.



Uniform and Homework

Copies of the School Council approved Uniform and Homework policies have been included in this issue of the newsletter. Please familiarise yourselves and your children with our school expectations. We appreciate your support with this.

***Every child is expected to be wearing the approved uniform which can only be purchased at Bellarine Uniforms in Moorabool St. No variations or items purchased from other stores are allowed.**



Restorative Practices

At Bell Park North Primary School we use Restorative Practices as a whole school approach to dealing with student behaviour and supporting children to manage conflict. We have included an information sheet on this process in this newsletter. Please familiarize yourselves with this and feel free to see your child's teacher or myself if you have any questions.

Student Accident Insurance Arrangements

I would like to remind parents that the Education Department does not provide personal accident insurance for students. Parents/guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs. Reasonably low cost accident insurance policies are available from commercial Insurers.

Please note that if a child does have an accident and the school feel an ambulance should be called, it will be regardless of whether parents have ambulance insurance or not. Parents will be responsible for the cost of the ambulance.

School Nursing Program

The Primary School Nurse from the Primary School Nursing Program will be visiting our school this term to:

- *Assess all Foundation children with parental consent and other children referred to the school nurse in Grades 1-6*
- *Assess children who have newly arrived from overseas*
- *Follow up with children where school nurse intervention was previously required*

Provide advice and health information

The School Entrant Health Questionnaires will be handed out to all Foundation parents by the classroom teacher as soon as we receive them and it would be appreciated if you could please return the completed as soon as possible. (The questionnaire provides parents/guardians with the opportunity to raise any concerns with the school nurse they may have about their child's health and development.)

School Council Vacancies

*We have presently got 3 x 2 year parent position vacancies for this year's School Council. The information for this process has been included in this newsletter. Nominations for these vacancies close on **Wednesday 8th February**. Forms are available from our school office. We hope that those parents already on council will renominate and some of you may consider joining us on council.*

Assembly

This term we will hold our school assemblies in the school gym at 2:10 p.m. each Friday to ensure our Foundation students can attend. All parents are welcome to come along. Our first assembly will be held this Friday 3rd February.

Anthea Lagadinos

Principal

Friendly Reminders:

- **Newsletters will be posted in COMPASS every second Monday**
- **Full school uniform must be worn every day.**
- **Children must wear hats between the months of September and May or when the UV index is 3 or above.**
- **It's Not Okay to Be Away or Late to School as "Every Day Counts"**



HOMework POLICY

BELL PARK NORTH PRIMARY SCHOOL

RATIONALE:

Bell Park North Primary School recognises the Department of Education and Training (DET) guidelines for homework which states, 'as part of a comprehensive and balanced curriculum within Victorian schools, homework is seen as one way of supporting and fostering life-long learning and connecting families with the learning of their children.'

The setting of homework needs to take into consideration the need for students to have a balanced lifestyle. This includes sufficient time for family, sport and recreation and cultural pursuits.

The following link provides more detail on the Department's homework policy:

<https://www2.education.vic.gov.au/pal/homework/policy>

Homework helps students by:

- complementing and reinforcing classroom learning
- fostering good lifelong learning and study habits
- providing an opportunity for students to become responsible for their own learning
- developing self-regulation processes such as goal-setting, self-efficacy, self-reflection and time management
- supporting partnerships with parents by connecting families with the learning of their children

At Bell Park North Primary School Homework should be:

- appropriate to the student's skill level and age
- purposeful, meaningful and relevant to the curriculum
- interesting, challenging and where appropriate, open ended
- used for conversations and feedback about further learning opportunities
- balanced with a range of recreational, family and cultural activities

GUIDELINES:

Teachers are encouraged to exercise their discretion in assigning tasks that are appropriate and meaningful for their students. The school encourages parents and students to work together in ways that support homework tasks and this will vary depending on the level of the student and the type of task.

Homework is a shared responsibility between the school, teachers, students and their parents/carers. In order to get the most out of homework tasks, it is important that everyone understands their obligations and responsibilities.

Shared expectations and responsibilities

Area Teams collaborate at the beginning of each year to develop a common approach to homework within their area that is informed by the School and Department Homework Policies. This will be communicated to families at the start of the school year.

School Name / Department Bell Park North Primary School		Policy name Homework Policy		Policy Ref. Number	
Owner: Bell Park North Primary School	Approved by: School Council	Date: 14/06/2022	Version 1.0	Page 1 of 2	

The table below provides a summary of homework at the two key stages of schooling during the primary years.

Years	Homework
Foundation to Year 4	<ul style="list-style-type: none"> • Practise and consolidate the concepts that have been introduced during class time. Skills can foster a sense of self-discipline and responsibility and prepare students for upper grades • Enables the concepts explored in class to be extended and encourage students to use their initiative by gathering additional information or materials. • Will mainly consist of daily reading to, with, and by parents/carer or older siblings. • Students are generally not expected to complete more than 30 minutes of homework per day and no homework tasks will be set over the weekends or during the holidays.
Year 5 to 6	<ul style="list-style-type: none"> • Build on the concepts of self-discipline, responsibility and initiative to prepare students for secondary school. • Will include daily independent reading and may include extension assignments, class work, essays and research. • Students are generally not expected to spend more than 45 minutes per day on homework and no homework tasks will be set over the weekends or on the holidays.

Families are encouraged to provide positive support to their children by establishing a regular routine for daily reading in a quiet, focused setting. Talking with their child about their classroom learning, and identifying any links that can be made between this learning and the family's culture and community, will further enhance positive connections between home and school and make learning meaningful and relevant to the child.

For all year levels the emphasis on homework is on quality rather than quantity

Teams will communicate the expectations for specific year levels at the beginning of the school year. As per the DET and school policy this will reflect classroom learning and will include:

- daily reading
- writing or maths skills revision
- investigations, research or other preparations such as a creative piece to support a school learning task
- individualised activities to support the learning needs of a student
- regular use of Education Apps such as Reading Eggs, Mathletics, Essential Assessment and Sunshine Online

EVALUATION:

Revision of the policy at the beginning of the school year to ensure a consistent and appropriate approach to homework.

Improved results for the 'homework' categories in both the Parent Opinion Survey and Student Survey.

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UNIFORM POLICY

BELL PARK NORTH PRIMARY SCHOOL

School Council, in consultation with the School Community has introduced a student dress code for the compulsory wearing of school uniform. This dress code has been in place for several years. All parents are made aware of uniform requirements when they enrol their children.

Parents are requested to ensure that their children wear the school uniform that is correct and is kept in a clean and tidy condition. Variations to school uniform are not permitted unless evidence is provided on medical or religious conditions.

AT BELL PARK NORTH PRIMARY SCHOOL THE STUDENT DRESS CODE WILL:

- Promote and encourage a sense of belonging, identification and pride in our school.
- Assist with student safety and group security.
- Eliminate competitive dressing and unnecessary peer group pressure.
- Provide a neat and practical style of dress.
- Ensure new students are integrated easily and smoothly.

GUIDELINES

1. The Bell Park North Primary School Dress Code shall apply to all students while they are at school, travelling to and from school and on all school related activities unless otherwise specified by the school.
2. The school uniform must be worn correctly, in accordance with this policy. Parents should purchase only the listed, approved items from our school approved supplier. Children who are not wearing school uniform, or are wearing items of clothing that are not approved, will receive an 'Out of Uniform' note.
3. The approved uniform supplier will be Noone Imagewear (Bellarine Uniforms; 162 Moorabool Street Geelong)
4. Thongs, open-toe sandals, scuffs, ugg boots, gum boots and platform soles are not acceptable footwear. Shoes must be secured on children's feet at all times.
5. The Principal or delegate shall be responsible for ensuring that clothing, jewellery, footwear, sunhats; etc meets appropriate standards in regard to student safety and overall student presentation and appearance, in line with this policy. This will include ensuring that dress is appropriate on casual dress days e.g. no singlet tops exposing shoulders, shorts and dresses not to be too short.
6. Parents/Guardians are responsible for ensuring their child/children are dressed in school uniform.
7. When a Parent/Guardian can demonstrate significant economic hardship that prevents him/her from complying with the dress code they can make application for special funds from the Principal.
8. SunSmart broad-brimmed sunhats in the school colour are to be worn outside at all times from 1st September-1st May each year. In order to comply with SunSmart regulations for the rest of the year, children should have their hats available; as they will be required to wear them when the UV levels are above 3, regardless of the month.
9. For safety reasons no jewellery is to be worn, with the exception of a watch, sleeper or stud earrings in the ear only. Children will be asked to remove excessive and/or unsafe jewellery with exception to religion.
10. Make up and coloured nail polish is not to be worn. A clear nail polish is acceptable.
11. Colouring of students' hair is an acceptable practice as long as the colour is of a natural shade. In the event that hair is coloured an unacceptable shade then the parent/guardian will be called to collect the child and re-colour the hair to an acceptable colour.
12. Hairstyles of an extreme style are not acceptable. Examples of extreme hairstyles include shaved stripes, Mohawk or similar styles.

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13. The Principal or the designated delegate will be responsible for determining acceptable standards in relation to hair colour and style.
14. All students' hair, boys and girls, that is of shoulder length or longer must be tied back and off the face for health and safety reasons.
15. Hair bands and ribbons should be white, navy blue or royal blue. No large ornaments such as flowers and scarves are acceptable. Jojo bows are acceptable providing they are white, navy or royal blue.
16. Jackets and raincoats are to be worn only in outdoor areas, and need to be removed once the student enters the school building.
17. Long sleeve t-shirts are not to be worn under school polo shirts.
18. Tracksuit pants or leggings are not to be worn under dresses/kilts.
19. Tights are not to be worn with Summer dresses.
20. Sports knickers or bike shorts may be worn under summer dresses. They should not be visible when standing. Boxer shorts are not acceptable under dresses and should not be visible under boys' shorts. Other underwear should not be visible at any time.
21. Any approved item of clothing may be worn at any time of the year regardless of whether it is on the 'summer' or 'winter' list.
22. All items of uniform, including bags and hats, must be clearly named with a permanent marker of iron labels.
23. All students are required to wear the approved School Uniform which is defined as:

Summer Uniform

- | | |
|--|---|
| • Polo Shirt-Short sleeve | Royal Blue/Navy with logo |
| • Polo Shirt-long sleeve | Royal Blue/Navy with logo |
| • Shorts | Navy Blue (Gabardine, elastic waist) |
| • Trousers | Navy Blue Stubbies (Gabardine, elastic waist) |
| • Culottes | Navy Blue |
| • School Dress | Blue/White stripe |
| • Socks | White sports socks or anklets |
| • Shoes | Black school shoes or runners |
| • Hat | Royal Blue broad-brimmed with logo |
| • ½ Zip Windcheater | Royal Blue/Navy with logo |
| • Full Zip Windcheater (Bomber Jacket) | Royal Blue/Navy with logo |

Winter Uniform

- | | |
|--|--|
| • ½ Zip Windcheater | Royal Blue/Navy with logo |
| • Full Zip Windcheater (Bomber Jacket) | Royal Blue/Navy with logo |
| • Track Pants | Navy Blue with reinforced knee |
| • Trousers | Navy Blue Stubbies (NOT cargo) |
| • Polo Shirt-Short sleeve | Royal Blue/Navy with logo |
| • Polo Shirt-long sleeve | Royal Blue/Navy with logo |
| • Kilt/Pinafore | Navy/royal/white check |
| • Socks | White sports socks or anklets (or black/navy socks under trousers) |
| • Tights (with kilt only) | Navy |
| • Shoes | Black school shoes or runners |
| • Coat | Navy, polar fleece lining with Logo (optional) |
| • Hat | Royal Blue broad-brimmed with logo |

Uniforms are available for sale at:

**BELLARINE UNIFORMS
162 Moorabool Street
Geelong 3220**

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Bell Park North Primary School

Barton Street

Bell Park 3215

PO Box 244

North Geelong 3215

Phone: 5278 3548 Fax: 5278 4418

Email: bell.park.north.ps@edumail.vic.gov.au www.bpnps.vic.edu.au

SCHOOL UNIFORM

Dear

We are writing in regards to your recent written communication in response to the out of uniform notice you received due to your child not wearing the School Council Approved school uniform attire.

As per Education Department Guidelines "In Victorian government schools, School Councils have the authority to develop and implement dress codes for their students as outlined in legislation relating to dress codes.

The dress code includes:

- if students need to wear a uniform
- what the uniform is
- if it's compulsory.

A dress code:

- is a written statement of school council expectations regarding student appearance
- applies:
 - during school hours
 - while travelling to and from school
 - when students are engaged in school activities out of school hours
- may:
 - define standards for the general presentation of students
 - set out broad guidelines about student appearance
 - require students to wear a school uniform
 - define specifications for garment design and colour."

The Education Department defines the purpose of a dress code as follows:

- promoting a sense of identity and pride
- cohesion and good order in the school
- allowing all students to feel equal
- preventing bullying and competition on the basis of clothing
- ensuring students' appearance reflects the expectations of their school community
- enhancing the profile and identity of the school and its students within the wider community
- strengthening the spirit of community within the school
- enhancing individual student safety and group security
- ensuring all students are dressed safely and appropriately for school activities
- encouraging students to develop pride in their appearance
- preparing students for the expectations of workplaces
- encouraging students to present themselves appropriately for a particular role.

Our current school uniform was introduced after consultation with our school community and our School Uniform Policy has been approved and enforced by School Council. It is therefore an expectation that parents ensure that their children are dressed in the correct attire as communicated in the Uniform Policy which is regularly sent out to our families.

We understand that some families may face financial issues at times and therefore we have always assisted those families in being able to have their children dressed in the approved uniform attire as to not only ensure the children are not discriminated in any way but to also uphold the expected presentation in our school community.

In conclusion we ask for your support in ensuring that our school policy around uniform is adhered to and if you need assistance to do that we welcome you to contact us at the office so we may assist. We appreciate your support.

Yours sincerely,

Anthea Lagadinos (Principal)

Bec Hunt (School Council President)

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RESTORATIVE PRACTICE

Supporting our children to manage conflict

Our whole school approach to managing student behaviour is based on a proven process called **"Restorative Practices"**.

This approach to behaviour management aims to build supportive relationships that teach children concepts of accountability, responsibility and empathy to all members of the community. This gives them lifelong skills that will prepare them for adulthood.

Restorative practices, views wrong-doing as a violation of people & relationships. Problem-solving becomes centred on an exploration of the harm that has been done & how to repair it.

This philosophical approach has enormous benefits, for victims or those harmed, wrongdoers & their families as it shifts thinking away from blame and punishment toward repairing relationships.

The use of Restorative Practices in our school:

- Always allows students to understand what they have done wrong and how they can make it right
- gives them ownership of the problems created
- Presents a desirable way to solve problems
- Gives them the chance to fix things with support
- Leaves their dignity intact and respects them as a person

What Restorative Practice looks like in our school:

- Children who have done something wrong will discuss what they can do to make it right.
- The agreement will be written up and sent home for parents to sign.
- This agreement will be recorded on the school Restorative Practice data base and will be valid for 3 weeks.
- If the child breaks this agreement they will receive a lunch time detention (a note will be sent home for parents to sign)
- If they break the agreement again parents will be notified and an after school detention will be organized.
- If the agreement is broken again a student management meeting will be organised and parents will attend.
- Parents are encouraged to contact the appropriate teacher if they have any questions about the agreement.

School Council Election Process Timetable



2023

Name of the School: ***Bell Park North Primary School***

EVENT	DATE
a) Notice of election and call for nominations	Wednesday 1 st February 2023
b) Closing date for nominations	Wednesday 8 th February 2023
c) Date by which the list of candidates and nominators will be posted	Friday 10 th February 2023
d) Date by which ballot papers will be prepared and distributed	On or before Wednesday 15 th February 2023
e) Close of ballot	Wednesday 22 nd February 2023
f) Vote count	Thursday 23 rd February 2023
g) Declaration of ballot	Thursday 23 rd February 2023
h) Special council meeting to coopt Community members (the principal will preside)	Tuesday 21 st March 2023
i) First council meeting to elect office bearers (the principal will preside)	Tuesday 21 st March 2023

Schedule 3 Notice of Election and Call for Nominations
(for First School Council Election) 2023

An election is to be conducted for members of the school council of **Bell Park North Primary School**.

Nomination forms may be obtained from the school and must be lodged by **4 pm on Wednesday 8th February 2023**

The ballot will close at **4 pm on Wednesday 22nd February 2023**

Following the closing of nominations a list of the nominations received will be posted at the school. The terms of office, membership categories and number of positions in each membership category open for election are as follows –

Membership category	Term of office	Number of positions
Parent member (<u>2 year</u> term)	From the day after the date of the declaration of the poll in 2023 and inclusive of the date of the declaration of the poll in 2025	3
Parent member (Casual <u>1 year</u> term)	From the day after the date of the declaration of the poll in 2023 to and inclusive of the date of the declaration of the poll in 2025	0
DET employee member (<u>2 year</u> term)	From the day after the date of the declaration of the poll in 2023 to and inclusive of the date of the declaration of the poll in 2025	2
DET employee member (Casual-1 year term)	From the day after the date of the declaration of the poll in 2023 to and inclusive of the date of the declaration of the poll in 2025	0

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

Anthea Lagadinos
(Principal)

Welfare Corner



What does the School Welfare Officer Do?

As we are at the start of a new school year, I thought it would be an ideal time to let you know what my role is, within our school community.

I am at school Monday – Friday. The children call me by my first name as I am not a teacher but a support person for the children and for you.

My role involves working with students, their families and the staff at Bell Park North Primary School, as well as other professionals within the wider community. I offer support to teaching staff when required, to help them provide your child with the best education experience they can have.

In my role, I offer one-on-one work with students or small group work with students, where there is a similar issue or concern.

These issues can include, social skills, friendship, grief, and loss, behavioural, anger issues, bullying, family issues, emotional issues, support with self-regulation, fears, anxiety, school issues, trauma issues and mental health issues or any other issue that affects your child's wellbeing.

I am available to support parents, if you have any concerns or issues that relate to your child. Please phone me at school if you need to discuss any issues or concerns you may have. However, if you need more than a few minutes I suggest you make an appointment so I can give you the time you need to talk about your concern or issue.

For me to be able to support your child, I need you to sign a consent form that has been sent home. I encourage you to sign the consent form so if your child is unsettled during their school day, I can help to support your child and make their day better.

Some children just need someone to talk to; this often helps to make school a good place for learning.

Other areas I oversee, is our SEAL program, which is our social emotional awareness learning, this program incorporates Respectful Relationships with other social and emotional programs, so your children receive a holistic program, to assist with building their social and emotional skills, you will hear more about that in our newsletter, watch out for 'Swimming with SEAL'. I also oversee Be You which is a mental health initiative funded by the Government, it is a framework to assist schools to provide appropriate care and support for children who are having issues with their mental health.

Welfare Corner will be a regular feature in our newsletter. This will feature various welfare related information, so keep an eye out for it.

Please feel free to make contact and have a chat or make a time to discuss any concerns or issues with me so we can work together to support your child /ren to have a good year at school.

I look forward to supporting you and your child/ren this year at school.

Rosalie Scott Welfare Officer





Swimming with SEAL

(Social Emotional Awareness Learning)



Introducing "The Zones of Regulation"

Commencing this week as part of our 'Start Right, Stay Right' program and then continuing in week 4 & 5 in SEAL we will be teaching the children about "The Zones of Regulation", this will continue throughout the year. The Zones of Regulation creates a systematic approach to teach regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete coloured zones.

The Zones of Regulation curriculum is designed for students who struggle with self-regulation. Self-regulation is a person's ability to adjust their level of alertness and how they display their emotions through their behaviour to attain goals in socially adaptive ways (Bronson, 2001). The children will learn about red zone, yellow zone, blue zone and green zone. The green zone is the ideal zone for learning, it means we are in a zone that allows us to listen, focus and learn.

One of the things the children will learn is that we move through different zones throughout the day and that is okay. Zones of Regulation will also teach the children what their triggers are and strategies to get back to the green zone and manage their feelings.





The children will bring home information about the different zones, ask them what they are learning.

If you have any questions about Zones of Regulation, please speak to your child's teacher or Rosalie (Welfare Officer).

Talk to your children about 'The Zones of Regulation'. The children will bring home a take home sheet with the Zones of Regulation colours.

We also encourage you to talk to your children about the soft toy seal in their classroom.

The ZONES of Regulation™

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Relaxed	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

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From The Zones of Regulation™ by Leah M. Kuypers • Available at www.socialthinking.com

Fresh Bell Park North PS Beanies



Purchase your head warmer from
the office for \$20

DONT MISS OUT

Complete your Teeth on Wheels E-form

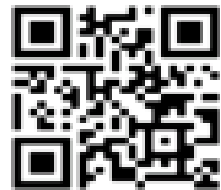


At Teeth On Wheels, we provide the highest quality dental treatment while making it fun, positive and memorable for children.

With the help of the government your child might be eligible for **FREE** dental care.

Our dental services include:

- ✓ Check-ups
- ✓ Scale, Clean and Fluoride Treatments
- ✓ Fissure Sealants
- ✓ X-rays
- ✓ Fillings
- ✓ Extractions



CLICK OR SCAN THE QR CODE TO COMPLETE YOUR FORM



TeethOnWheelsAustralia



@teethonwheels

Phone: (03) 9338 1191

Email: info@teethonwheels.com.au



Excellence & Encouragement Awards Term 4 2022

Year Level	Excellence	Encouragement
Foundation	Boston Tucke	Chelsea House
Year One	Tillie Hollis	Poppy Osborne- McMahon
Year Two	Scarlet Tingate	Arhen Hillman
Year Three	Levi Seg	Morteza Heidari
Year Four	Emma Granger-Trait	Aarjay Alan
Year Five	Matthew Skhabyuk	Jack Vale
Year Six	Bailey Baker	Tanaz Afghan
LOTE	Mara Marjanovic	Stefan Budimir
Physical Education	Mason Berry	Darcie Bracken
The Arts	Aisha Aly	Jessy Sawdon

Canteen News

Welcome back to our school community new and old.

Normal Canteen Days are **WEDNESDAY, THURSDAY, FRIDAY**

Looking forward to seeing all your smiling faces.

BREAKFAST CLUB

Breaky Club will now be available **WEDNESDAY, THURSDAY, FRIDAY**

We are now asking for donations of

Bread, Margarine/Butter, and Milo

CANTEEN

Frozen Yoghurt **NO** longer available.

JJs \$1.20

Vegie Crackers \$1.50

Snaps \$1.50

Oreos \$1.00

Can all be ordered on lunch order bags.

No over counter service until further notice.

