

5 /6 Newsletter

Week 8, Term 1 2020

Important Dates

End of Term 1

Friday 27th March
(2:30pm dismissal)

Clubs Money Due (\$5)

Friday 27th March

First day of Term 2

Tuesday 14th April

Secondary School Placement
Packs to come home
Early Term 2

Leadership Ceremony

Monday 20th April
9am Library

CERES Incursion

Thursday 23rd April
Payment due 22nd April

We would acknowledge the Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work.

Monterey Secondary College Visit

Last Thursday we were lucky enough to be visited by several students from Monterey Secondary College who spoke to us about their experiences at high school! It was a great opportunity for our 5/6's to ask questions about life as a high school student and the changes they can expect as part of their transition through schooling. Additionally, they shared information around Monterey's Sports Health Science Academy Program which they have introduced with the support of the St. Kilda Football Club and Frankston District Netball Association. If parents would like any information about this, they can contact Monterey directly.



Indigenous Connections

As part of our Harmony Day activities on Wednesday, our students spent some time discussing and exploring traditional Indigenous art styles, specifically those relating to the Wurundjeri peoples. They also had an opportunity to try some of these techniques and discuss the importance of visual art in preserving culture and heritage. Additionally, as part of our Humanities and Science units, our students have been investigating the practices that our Indigenous Australian's use to protect and maintain the land and reduce the impact of bushfires. These practices, called "Caring for Country", include sustainable land management strategies, such as firestick farming to reduce the overgrowth.



Zones of Regulation

In the senior school, we support our students in their personal and emotional development by learning about and using The Zones of Regulation. The system, which is divided into four colours, is designed to categorise the complex feelings and states of alertness children may experience and improve their ability to recognise and communicate their emotions in a safe, non-judgmental way. The Zones are as follows:

- **The Blue Zone** is used to describe low states of alertness, such as when one feels sad, tired, sick, or bored. This is when one's body and/or brain is moving slowly or sluggishly.
- **The Green Zone** is used to describe a regulated state of alertness. A person may be described as calm, happy, focused, or content when in the Green Zone. This is the zone students generally need to be in for schoolwork and for being social. Being in the Green Zone shows control.
- **The Yellow Zone** is used to describe a heightened state of alertness; however, a person has some control when in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, and many more slightly elevated emotions and states when in the Yellow Zone (such as wiggly, squirmy, or sensory seeking). The Yellow Zone is starting to lose some control.
- **The Red Zone** is used to describe extremely heightened states of alertness or very intense feelings. A person may be experiencing anger, rage, explosive behaviour, panic, terror, or elation when in the Red Zone. Being in the Red Zone can best be explained by not being in control of one's body.

It's important to remember, there is no "bad zone"! It is natural to experience each zone at different times. However, by helping our students become conscious of their emotional state, we can assist them in developing strategies for self-management and self-regulation!

In addition to this program, we have begun to introduce Mindfulness with our students. Mindfulness is a form of meditation that focuses on the present moment and integrates awareness into our day. Research has shown that mindfulness has numerous benefits for us, including reducing stress and anxiety, regulating emotions, enhancing awareness and creativity, increasing concentration and productivity and improving general health and sleep. We regularly engage in sessions using the Smiling Minds Program, which provides short, guided mindfulness activities. This is a wonderful program which is free to sign up for and available for anyone wishing to try it at home!



Leadership Ceremony

We have been so proud of the way in which our students have already stepped-up as seniors at Frankston Primary School and already taken on their roles and responsibilities as leaders. At this stage we will be moving ahead with our Leadership and Badge Ceremony on Monday 20th April at 9:00am, with some minor changes as required by the Department of Education and Training. The assembly will be limited to our SRC, Grade 6 School Leaders and their immediate families. It will be hosted in the Library and run for approximately 1 hour, with a morning tea to follow. More information relating to this event will be available at the beginning of next term!

Wishing everyone a safe and happy holiday!

From the 5/6 Team -

Natasha Beattie, Bronwyn Green, Mel McGeoch & Ellie Coombes