

# 5/6 Newsletter

Term 1 2019

## Positive Mindsets, Positive Relationships!

### Important Dates

**Leadership Ceremony**  
Monday 1<sup>st</sup> April  
9am- 10am approx

**Science Works Excursion**  
Wednesday 3<sup>rd</sup> April  
9 am departure

**Last day of Term 1**  
Friday 5<sup>th</sup> April  
2:30 Dismissal

**First day of Term 2**  
Tuesday 23<sup>rd</sup> April

**NAPLAN Testing**  
Tuesday 14<sup>th</sup> – 16<sup>th</sup> May

How quickly the first term has gone. We have had a very busy term; not only focusing on our core learning but also working on positive relationships, leadership qualities and learning how to regulate our emotions through the program of Zones of Regulation. By working on these important skills, we aim to help our students become focused and positive role models, who are ready to learn each day.

The Zones of Regulation help students identify how they are feeling throughout the day. They are learning how to identify and utilise personal strategies to assist them in transitioning into the **Green Zone** where they are positive, focused and ready to learn.

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

Using the Zones of Regulation language at home is beneficial for your child too. If you recognise your child is in one of the zones, ask them to identify the colour they are in and ask them what strategies they could use to assist them transitioning back to the **Green Zone**. It is important that our students understand that all the zones are normal to experience, however we are focusing on how to use the zones to become aware of our emotions and regulate our behaviours within them.

## Grade 6 Leadership Ceremony

All of our fabulous Grade 6 Leaders now know what their leadership role is for 2019. The students have already hit the ground running leading and managing many areas of our school. We are so proud of how our Grade 6 Leaders are stepping up into their roles and we now look forward to the Leadership Ceremony where they will receive their leadership badges.

**When: Monday 1<sup>st</sup> April**  
**Where: School Hall**  
**Time: 9am – 10am approx.**

We hope to see you there!

## 5/6 Snapshot

### **Collaboration during a Zones of Regulation Workshop**



### **Experimenting during our Science Unit: Circuit Breakers**



*Have a great holiday...We're nearly there!*

Mel McGeoch, Natasha Beattie, Bronwyn Green, Rhianna Drake

