



**STRATHMERTON**  
PRIMARY SCHOOL

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**SUPPORT EACH OTHER**



**TRY YOUR BEST**



**ACT SAFELY**



**RESPECT**

**Newsletter No.25**  
**Aug 17<sup>th</sup>, 2023**

## 2023 Dates to Remember

- **Friday 19<sup>th</sup> August**  
Pyjama Day gold coin donation
- **Thursday 24<sup>th</sup> August**  
Grades P/1 and 2/3 reading in Numurkah  
Book Character Dress Up Day
- **Monday 28<sup>th</sup> August**  
Responsible Pet Ownership P-4
- **Wednesday 6<sup>th</sup> September**  
School Council
- **Friday 15<sup>th</sup> September**  
Last Day Term 3.  
2.30pm Dismissal

## PARENT OPINION SURVEY

### OPEN NOW!

<https://www.orima.com.au/parent>  
 School name: Strathmerton Primary School  
 PIN: 589901

## BREAKFAST CLUB

**WANTED:**  
Margarine!



### Lunch orders

Lunch orders will be  
Wednesdays and Fridays.  
Please see Compass and  
Facebook for the price list.

**SPS**  
**Book Character**  
**Dress Up Day**  
**Thursday 24th August**



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## PYJAMA DAY

Wear your favourite pyjamas to school!  
School fundraiser | Gold coin donation





Thank you to the families that helped organise, supplied food, and assisted at the Lion's Club catering this week! The night raised \$240 for the school.



Thank you to everyone that bought pies/lamingtons/vanilla slices from our major fundraising event this term! Leanne had a great time sorting them out in my office on Wednesday while I was at a conference. Thank you to the Amy C and the P&F for organising!



Currently we are getting ready for our OHS in Term 4. We have purchased various safety equipment that can be seen around the school. One of these items includes our new goal post pads. We have purchased enough to cover each goal post.



## 2023 Parent / Caregiver / Guardian Opinion Survey:

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### **SUBJECT: Invitation to participate in the 2023 Parent / Caregiver / Guardian Opinion Survey**

Dear Parents/Caregiver/Guardians

Your family is asked to participate in the 2023 Parent / Caregiver / Guardian Opinion Survey. The Department of Education has contracted ORIMA Research (ORIMA) to conduct the survey. ORIMA is Australia's leading provider of end-to-end research and data analytics services to the public and not-for-profit sector.

Each year the school conducts an opinion survey with the school community. All families are invited to participate in the survey. Results will be used to inform and direct our future school planning and improvement.

I ask you to please take the time to complete the survey as your opinions are important to us and will contribute to the future management and organisation of our school. The department will use the results from the survey for research purposes and to improve outcomes for students.

- The survey will be conducted **online** and only takes **20 minutes** to complete.
  - The survey can be completed on any internet enabled device (desktop computer, laptop, tablet or smartphone) and is compatible with most browsers.
- The survey will be open from **Monday 7 August to Friday 8 September 2023**.
- The survey is available in English and 10 other languages including Arabic, Greek, Hakha Chin, Hindi, Japanese, Punjabi, Simplified Chinese, Somali, Turkish, and Vietnamese.

Please be assured that your responses are completely confidential. The survey is conducted anonymously, and it is important to us that you complete the survey as honestly as possible. You will be provided with a PIN to complete the survey. This is to ensure that parents / caregivers / guardians only complete the survey once. The school can never see your responses linked with the PIN.

Please follow the instructions below to complete the survey. **PLEASE NOTE: Only one parent / caregiver / guardian** from your family is invited to complete the survey. Please **DO NOT** share the survey link and PIN with others, or on a public website, forum or similar.

#### **To complete the survey, simply:**

1. Click on the link below, or copy and paste the text into your browser. This link will take you directly to the survey.  
<https://www.orima.com.au/parent>
2. Select the School and Campus name below.  
School Name: **Strathmerton Primary School**
3. Enter the School PIN below.  
PIN: **589901**
4. When complete, please click on the tick button at the end of the survey to submit your answers. Please note that the survey will time out after **60 minutes of inactivity**.

Thank you for taking the time to participate. Your assistance is greatly appreciated.

**Questions?**

Please do not hesitate to contact me if you have any general queries about the survey. For specific technical or participation-related queries, you may also contact the department or the supplier administering the survey, ORIMA Research.

- Should you have any technical queries regarding the Parent / Caregiver / Guardian Opinion Survey, please do not hesitate to contact ORIMA Research on 1800 654 585 (toll-free during business hours), or by email: [pos@orima.com](mailto:pos@orima.com).
- Should you have any participation or survey-related queries, please contact the school, or the department by email: [school.surveys@education.vic.gov.au](mailto:school.surveys@education.vic.gov.au).

The department and ORIMA protect your responses in accordance with the *Privacy and Data Protection Act 2014* (Vic), the *Health Records Act 2001* (Vic) and the *Public Records Act 1973* (Vic). For more information, please visit ORIMA's [Privacy Policy](#), and the department's [Schools' Privacy Policy](#).

Yours sincerely,

Joanne Paton  
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Strathmerton, VIC 3641  
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## Our students have been participating in the Zones of Regulation program, here are some key points:

- All Zones are Ok!
- Everyone experiences all of the zones at different times
- We can't change the way our children feel, but we can change the way they respond to their feelings
- You can be in more than one zone at a time

Ask your children about it, they are becoming experts!

The ZONES of Regulation™ Reproducible E The Zones of Regulation Visual

# The ZONES of Regulation™

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

## The Road to Regulation

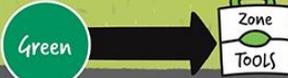
















I CAN... *Have fun*  
Do my job *Focus*  
Be in control *Join in*  
Solve the problem

**Welcome to Destination Regulation**

**STEP 1**  
How do I feel?



**STEP 2**  
What Zone am I in?



**STEP 3**  
Do I need a tool to regulate? Which one?



**STEP 4**  
Use the tool.





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Available at [www.zonesofregulation.com](http://www.zonesofregulation.com)

251 Social YRS Thinking





# NSC 2024 TRANSITION DAYS

Tuesday 12<sup>th</sup> September 2023

Tuesday 12<sup>th</sup> December 2023



## NUMURKAH SECONDARY COLLEGE

*Our Kids, Our Community, Our School*

Students are to arrive at 8.45 for a 9.00 am start in the hall and the day will conclude at 3.20pm



Students are to wear their primary school sports uniform. Bring a packed bag with a drink bottle, pencil case (where possible), hat and their recess and lunch (The canteen is available for purchases on the day – including lunch). Please note: Current 2023 bus travelers are welcome to catch the bus to and from NSC but all non bus travelers will be required to make their own way to and from NSC.

Please direct any queries to Nicky Pyszkowski on 5862 1088.

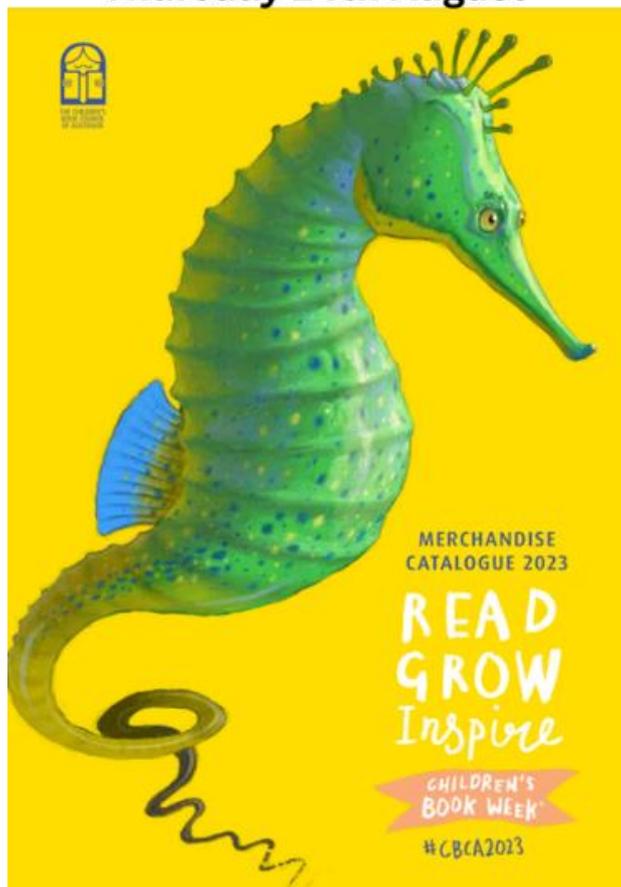
Respect, Excellence, Aspiration and Pride

SPS

Book Character

Dress Up Day

Thursday 24th August



# BAROOGA LITTLE ATHS

@ REC RESERVE, BURKINSHAW ROAD, BAROOGA

## SEASON 2023

COME AND TRY NIGHTS -

MONDAY 4TH & 11TH SEPTEMBER 2023

COMPETITIVE NIGHTS RUN -

18TH SEPTEMBER - 4TH DECEMBER 2023

PRESENTATION NIGHT -

11TH DECEMBER 2023

MONDAY AFTERNOONS FROM 4:45PM

FOR CHILDREN AGED  
5-16 YEARS OLD

\$110 PER CHILD



RYAN MCDIARMID

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OR

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