



STRATHMERTON
PRIMARY SCHOOL

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**SUPPORT EACH
OTHER**



**TRY YOUR
BEST**



**ACT
SAFELY**



RESPECT

Newsletter No.23
Aug 3rd, 2023

2023 Dates to Remember

- **Thursday 3rd August**
Puberty grades 5/6
- **Friday 4th August**
Fab Friday Lunch Orders
- **Monday 7th August**
Pie orders due back
- **Wednesday 9th August**
Lightning Prem Yarrowonga
- **Thursday 10th August**
Puberty grades 5/6
- **Thursday 24th August**
Grades P/1 and 2/3 reading in
Numurkah
Book Character Dress Up Day
- **Wednesday 6th September**
School Council
- **Friday 15th September**
Last Day Term 3.
2.30pm Dismissal

Friday 4th August

Fab Friday Lunch Orders

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



Don't forget to fill in permission forms
on Compass for grade 5/6 Puberty
lessons.

Lightning Premiership Wednesday
9th August.

Don't forget to fill in your permission
forms on Compass.

**PIE ORDERS DUE BACK MONDAY
7TH AUGUST**

2023 Parent / Caregiver / Guardian Opinion Survey:

WE WANT OUR PARENTS / CAREGIVERS / GUARDIANS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents / caregivers / guardians think of our school. The Parent / Caregiver / Guardian Opinion Survey is an annual survey offered by the Department of Education that is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement. The survey is optional, but we encourage all families to participate. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All families are invited to participate in the survey.

The Parent / Caregiver / Guardian Opinion Survey will be open from **Monday 7 August to Friday 8 September 2023**.

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the survey period on desktop computers, laptops, tablets or smartphones. The online survey will be available in English and 10 other languages including Arabic, Greek, Hakha Chin, Hindi, Japanese, Punjabi, Simplified Chinese, Somali, Turkish, and Vietnamese.

Details on how to access the survey can be found on Facebook, the School Newsletter and Compass on Monday 7th August.

The survey results will be communicated to parents / caregivers / guardians through the newsletter and annual report.

If you would like more information please contact the office.

Regards,

Joanne Paton

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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™

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
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.

THE ZONES OF REGULATION

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