



THORPDALE PRIMARY SCHOOL 2966

NEWSLETTER

Our School Values are: Respect, Learning, Honesty, Fairness and Community

Newsletter , 14th May 2021

Issue No. 7

CALENDAR

Term 2 – 19th April - 25th June

May

- 17th-20th - Book Fair
- Tues 18th - School Council
- Wed 19th - Story time
- Thur 27th - Biggest Morning Tea
- Fri 28th - Open Day 9am

June

- Tues 1st - Wheelies P-2
- Wed 2nd - Wheelies 3-4
- Thur 3rd - Wheelies 5-6
- Fri 4th - Movie night
- Mon 7th - Curriculum Day (no school)
- Mon 14th - Queen's Bday (no school)

Notes gone home

- Dental forms - Due ASAP
- Year 7 placement - Due ASAP
- Y&D Netball (5/6) - Due 17th May
- Biggest Morning tea - Due 20th May
- 5/6 Camp - Due 21st May

:HAPPY BIRTHDAY Isabella Pickering



Principal's Award: Week 3&4

Rydah Moore: You have great respect for the school and your local community and you can be relied upon to help out in any situation. Well done!

Ben Bristow: It is great to see a junior student looking after and cleaning up the school grounds. Well done!

Chace Mara: You have had a couple of challenges this week and it has been very pleasing to see the way you have handled these situations. Well done!

Seth Earle: You have shown that you have a great work ethic and this is displayed every day in the way you go about getting all your lessons completed to the best of your ability. Well done!

Brax Mara: You took responsibility for your actions and you were extremely honest in relaying what had happened. Well done!

Mickey Hammond: You overcame your stress and anxiety and got on with the task at hand. Well done!

PRINCIPAL'S PRATTLE!

It has been a very busy couple of weeks here at school. We have had students head off to compete in the Yinnar & District Cross Country where they ran very well, but unfortunately none of our students made it to the next level where they compete at a district level. The school will be having an Open Day on Friday 28th of May. This will be followed by an Open Day evening on Wednesday starting at 5:30pm. If you know of anyone who may be interested in checking us out as a potential school for their child please let them know about this.

NAPLAN: Our Year 3 & 5 students had 3 days of Naplan where they were tested on their mathematics, reading, writing and language conventions. All our students took on this challenge extremely well. While these tests have their place, it is vital that we remember that they are only a snapshot of one given day. These tests do not assess how kind, nice, thoughtful and respectful a child is which I feel are just as important skills and quality as any of the NAPLAN tests.

STREET GAMES: We were fortunate enough to have a Jay from Latrobe Council come out to school last Wednesday and run a lunchtime sports session playing soccer. Our kids really enjoyed this and we hope we can get Jay back for a few more sessions.

MOTHER'S DAY: A huge thank you goes out to Emily Rogers for the amazing work and effort she put in organising and assisting with the wonderful Mother's Day gifts that our children were able to make for their mothers. This, when placed alongside our Mother's Day lunch, I felt that we did a great job spoiling all our wonderful school mums. The raffle raised \$437.00 for the school which was a wonderful result, and again thank you to Emily for donating all the prizes for this event. Emily runs a company called Flora Jane where she does interior plantscaping. If you are interested in her work you can contact her on her mobile 0408306747 or on Instagram-em.flora.jane or on facebook -flora jane. There are also business cards available in the office.

BOOK FAIR: Our students have all been in and had a good look at the Book Fair display and in most cases have written up a wish list of books that they would love to have. We also have our Book Fair coming up next week. This will officially happen during Education week which starts on Monday 17th and will finish on Thursday 20th. Parents are more than welcome to come in and have a browse.

P/1/2 HUNGRY CATERPILLAR EXCURSION: Our junior class had a very enjoyable morning watching a puppet version of The Very Hungry Caterpillar and other stories written by the author Eric Carle. The weather was very kind to us and we were able to have our lunch and then have a play in the playground at Civic Park. Thank you to all our parents for transporting the kids to and from the venue.

Thorpdale Primary School

SESSIONS 1 & 2

For our first session together, we introduced ourselves (Leanne and Claire from CASEA) to the children and discussed the activities that we will do together over the coming weeks. This week we were focusing on 'This Is Me'. This topic was to support children in their understanding of how they are different from their peers and to reflect on what makes them unique. We started through sharing facts of our strengths and what makes us unique. We then had the children complete drawings of their families, favourite food, pets, hobbies and something about themselves that they love. After drawing these pictures, the children then shared the facts about themselves with the rest of the group. To finish off our sessions each week we will have a calming exercise and completed yoga with the children and focusing on deep belly breathing.

This is Me!



Nikki Swell

In our second session together, our topic was 'Our Brain'. We discussed the different areas of our brains and all the different functions our brain serves, including the parts of our brain that helps with movement and balance, memory, our survival response (fight/flight/freeze) and rational decision-making. We read *Your Fantastic Elastic Brain* by JoAnn Deak to help with the discussion of our brain. We then introduced the children to the different sizes of our brain at different ages, highlighting the rapid growth our brain makes within our first 3 years of life. Thorpdale Primary School utilises 'The Zones of Regulation', a concept created by Occupational Therapist named Leah M. Kuypers, which help children identify and discuss their emotions, and develop strategies to regulate their emotional ranges. To extend on utilising the Zones, we introduced the children to a worksheet they will use each week with CASEA, to help them identify which Zone they are in, where they feel this emotion in their body and different words they may use to describe this emotion. This process helps children increase the awareness of their emotions and the different words they can use to describe their emotions, from simple identification of colours (blue, green, yellow and red), to more complex descriptors such as sad, joyful, anxious and frustrated. In discussion of our emotional ranges, we introduced the children to the term 'flipping our lid'. We 'flip our lid' when our prefrontal cortex goes 'off-line'. Our prefrontal cortex is the front part of our brain, responsible for decision-making processes, and goes 'off-line' when we are extremely heightened, through anger, anxiety or another intense emotion. We taught the children to bring our 'lid back on' or turn our prefrontal cortex 'on-line', we must calm ourselves through deep breathing which can be achieved through a high intensity exercise or slowing down with mindful, big belly breathing. We then did some fun brain exercises using optical illusion cards, brainteasers and memory games, to really get our brains working!

To finish up for the session we did a calming yoga exercise and deep belly breathing to help them regulate and calm to be ready for their next class.

CASEA will be working in Thorpdale Primary School until the end of Term 2 and would love to meet with parents when possible. If you would like to meet with the CASEA clinicians, Leanne and Claire, please contact the school or speak with staff so this can be arranged.



PRINCIPAL'S PRATTLE...cont

Y&D WINTER ROUND ROBIN: Our Year 5-6 students will be playing netball next Wednesday at the Yinnar Rec Reserve. We will be playing against all the other schools in the Yinnar & district School district. Good luck team!

THANK YOU: A quick thank you to Bridie McConville for her kind donation of a large quantity of exercise books and notepads. Thank you!