

Newport Lakes
Primary School

Newsletter

23rd June, 2022

Principal: David Moss

Assistant Principal: Carly Bannon

40 Elizabeth Street Newport Vic 3015

Acknowledgement of Country

*Newport Lakes Primary School acknowledges the Yalukit-Willam people of the Bunurong in the Kulin Nation as the Traditional Custodians of the lands of the school. We pay our respect to the Elders past, present and emerging. As we share our knowledge, teaching and practices, may we also pay respect to the knowledge embedded forever within the Aboriginal custodianship of the country.
Always was, always will be Aboriginal land.*

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Principal's Message

Dear parents and families,

Here we are at the end of Term 2, and all the students and staff at NLPS are looking forward to a well-deserved break. We hope that our community enjoys some family time together and gets to make some happy memories, as you do your best to mark the winter school holiday break.

Term 2 was a short term, but we managed to pack in a few highlights! The most recent of which was the wonderful Big Team Quest that ran earlier today. It was fantastic to see the mixed year level teams collaborate to complete tasks, all confidently lead by their Grade 6 (and, in some cases, Grade 5) leader. Well done also to the Inquiry Key Learning Team for getting this inaugural event organised, and to our other teachers and educational support staff that ran the activity stations and those that guided the groups. A huge thank you to Tony (Caitlin, 5/6W's dad) for arriving at school very early and creating the fabulous chalk art for this special day.



Congratulations to Mr. Hales!



One of our wonderful staff members, Warren Hales, has recently been recognised by the Department of Education for his 40 years of service in a ceremony held last Sunday. It is a fantastic achievement, and we congratulate him for his ongoing dedication to educating children, starting with teaching PE at a Migrant School in 1982 up until now, where the Year 5/6s are currently getting all of Warren's expertise and anecdotes!

Student Reports & Parent Teacher Interviews

Your child's mid-year student report is now available to access online from the Compass Parent portal. On the portal you will find student reports (this year and previous years), student attendance data, school news, permission notes to events and other important school information.

Your child's teacher has placed considerable time and effort into the preparation and writing of this student report and we hope that you find it a very informative document on how your child is progressing here at school - both socially and academically. Parents may also find an opportunity to use the report as a 'springboard' to have a discussion with your child on how they can continue to grow and improve in the second half of the year. Research and experience informs us that a child's learning is enhanced when both school and home work together with the child to foster and assist with their education.

Due to the shorter than usual term (9 weeks), combined with the high absence rates this term, we have spent recent weeks focusing on ensuring that students had multiple opportunities to show that they were able to achieve against the standards and/or specific pieces of assessment. Unfortunately, for some Key Assessment Indicators, this was not always possible, so there may be students that receive an N/A (not assessed) in an element of their English, Mathematics or BQT Learning Outcome tables.

The focus on assessment has meant that the Parent Teacher Interviews will be conducted for all grade levels during the second week of Term 3 on, Wednesday 20th July from 2:00-7.00pm.

Parents in Prep - Year 4 will be able to book an online interview via the Webex platform or have the option of having a face-to-face interview instead.

To further the school's work on student agency, the Year 5-6 classes will be conducting 'Three Way' conferences (parent-teacher-student) where the student will lead the discussion. Booking details for these interviews will be available very early Term 3.

Enrolling 2023 Preps

We are currently taking enrolments for 2023 Prep students. If you have a child that turns 5 before 30th April 2023 and would like to enrol them at Newport Lakes Primary School, please contact the office to collect an enrolment form, or alternatively, enrolment details and forms are available on the school website.

Families new to Newport Lakes Primary School have been requested to lodge their enrolments for 2023 students before the end of term 2.

It is very important for school planning purposes that we are aware of any siblings that may be enrolling in Prep next year. If you have not enrolled your 2023 prep child as yet, could you please do so as soon as possible.

Also, if you believe your child may be transferring or re-locating to another school in 2023, the earlier you can notify the school the greater you can assist the school in its forward planning and preparation.

Farewell

We bid farewell to Emily Aitken, who has been managing the Quantin Binnah program here at NLPS, before and after school. Emily has been a constant friendly face for many years and is always great to deal with. She will be missed by us here at the school, as well as students and families that access this vital service. Good luck with the next exciting step in your career, Emily!

End of Term – Early Dismissal

Friday 24th of June is the last day of Term 2. There will be an early dismissal on this day and students will be **dismissed at 2.30pm** after a whole school assembly is held on the oval from 1:45pm, which the school community is welcome to attend.

Term 3 will be another very busy time and the two weeks rest will be an excellent way to prepare for the upcoming term. The school's production 'Little People, Dreaming Big' and Book Week are scheduled for next term and so costumes will be a focus! Information about the costumes for the production will be sent out soon.

Did you know.....

When balls, lunchboxes, toys and even shoes just happen to land on the roof of our school buildings, these are removed by our handymen, Gavin and Nick. Unfortunately they are not at school every day and you may need to wait until they are next at school for these items to be returned. You may see Nick and Gavin busy doing other jobs around the school, and we are very grateful for the work they perform to keep our school looking neat and tidy.

I hope you have the opportunity of a short break and I wish you all a safe and enjoyable holiday!

Carly Bannon
Acting Principal



Hi Everyone, Janet here.

Many of you will remember that at the start of Term 2 last year I took some leave to travel in a caravan around Australia with my husband. I have been travelling ever since, and right now I am in far north Queensland at Mission Beach, near Cairns. It is warm and sunny here and I am lucky enough to spend my days bush walking, cycling, swimming or snorkelling (and sometimes chasing butterflies)! I never get tired of being surrounded by the natural world (forests, waterfalls, deserts, mountains, coral reefs, gorges, beaches, etc) and exploring this magnificent continent. It is a wonderful life and I am enjoying it very much.

For this reason I have decided to resign from my job of ten years, as assistant principal of Newport Lakes Primary School.

I will always have a special place in my heart for the students, teachers, staff and families at NLPS and I am very proud of the fantastic school that we are all a part of. I am particularly proud of all the hard work we put into being the very best writers and readers that we could be, and the amazing improvements that have been accomplished as a result.

We have also worked determinedly on being an inclusive school with a caring culture and it has been very rewarding that so many visitors and newcomers comment on the respect and kindness that is evident throughout the school.

It has been a privilege for me to work alongside my colleagues - such a professional and dedicated team of teachers and staff who all have the students' best interests at heart, hence the reason I have happily called Newport Lakes PS 'my school' for so many years.

Finally, I would like to acknowledge and thank David Moss for being such a supportive and proactive colleague and leader whilst we worked together to lead NLPS. Together with the entire school, we have many achievements, improvements and positive outcomes to celebrate.

I wish all our students the very best for their future learning. I know they each have a bright future ahead and my wish is that they all harness their curiosity and follow their dreams and passions.

I hope that you will stop for a chat and say hello if you see me around Newport when I'm home again at the end of the year.

Take care of each other and all the best everyone.

Warmest wishes,
Janet Gill.





The ZONES of Regulation®

| | | | |
|---|--|---|---|
| | | | |
| <p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p> | <p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p> | <p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p> | <p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p> |

"WE ALL ENCOUNTER TRYING CIRCUMSTANCES THAT TEST OUR LIMITS FROM TIME TO TIME. IF WE ARE ABLE TO RECOGNIZE WHEN WE ARE BECOMING LESS REGULATED, WE ARE ABLE TO DO SOMETHING ABOUT IT TO MANAGE OUR FEELINGS AND GET OURSELVES TO A HEALTHY PLACE. THIS IS THE GOAL OF THE ZONES OF REGULATION."

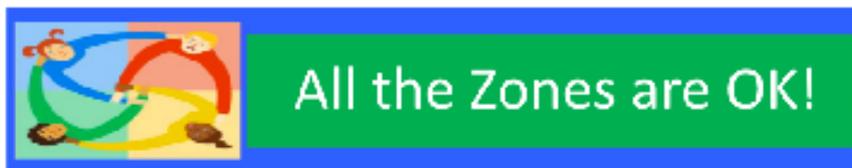
- LEAH KUYPERS, CREATOR OF THE ZONES OF REGULATION

At Newport Lakes Primary School, you may start to hear about or see evidence of, The Zones of Regulation. Our Health team believes this is a terrific tool to use in our community, as it provides students with language to support them to identify their emotions and communicate these. All emotions are valid, and it is important that our students understand this.

The ideal is to remain in the 'Green Zone', but there will be times in our lives when this just does not happen. Using the Zones is an approach intended to empower students to self-regulate their emotions, identify what triggers them to feel a certain way, and articulate calming strategies to get them 'back to Green'.



- Zones describe how your brain and body feel
- **Blue Zone** – Body running slow, such as when tired, sick, sad, or bored
- **Green Zone** – Like a green light , “Good to Go!”
- **Yellow Zone** – Proceed with Caution & Slow Down!
- **Red Zone** – Extreme Emotions! out of control, trouble making good decisions, and must STOP



- Different zones are experienced throughout the day
- No wrong or bad zones; Can make poor choice for that zone
- There are “expected ZONES” for different environmental demands
- Safe; Non-judgmental means to communicate and recognize feelings
- Provide natural consequences for poor choices in the RED Zone; Process afterward the circumstances what led to the Red Zone and how to do differently the next time



To be able to identify which zone you are in and help yourself stay or move to the Green Zone, you need to have a good understanding of your emotions. It helps to understand which emotions belong to which zone.

More Than One ZONE

- Students can be in more than one Zone at once
(Ex. Blue for Tired and Yellow for Anxiety over a test)
- The same emotion can be categorized into different zones
(Ex. Disappointment in Blue or Yellow & Jealous can be Yellow or Red)
- Listing more than one Zone can indicate that they are really in touch with their feelings and alertness level.

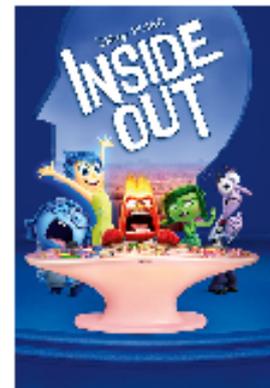


The Zone depends on the intensity of the emotions

You may like to discuss the Zones as a family, as well as strategies to 'get back to Green' in your household(s).

Identifying examples of the Zones within literature, movies, TV shows, etc. is also a useful strategy, to familiarise children with lots of different examples. Asking questions such as, 'What would you do if you were in that situation?' or 'What caused _____ to feel that way?' may also provide a teaching point for children.

The PG-rated film 'Inside Out' is a terrific teaching tool as it explores the idea of emotions and the impact that they can have on our mood, motivation, and relationships.



Remember, independent self-regulation takes a long time to develop in children. It takes time and practice to get it right, so be patient with yourselves and your kids.

2022 Calendar of events

| Month | Date/s | Time | Event |
|------------------|-------------------|-------------------------|---|
| JUNE | | | |
| | Fri 24th | 2.30pm dismissal | End of Term 2 |
| JULY | | | |
| | Mon 11th | | Term 3 begins |
| | Wed 20th | 2.00pm—7.00pm | Parent Teacher Interviews |
| AUGUST | | | |
| SEPTEMBER | | | |
| | Thur 8th | 7pm—8pm | School Production |
| | Fri 16th | 2.30pm dismissal | End of Term 3 |
| OCTOBER | | | |
| | Mon 3rd | | Term 4 begins |
| | Mon 17th—Fri 28th | | P-2 Swimming Program |
| | Mon 31st | | Pupil Free Day—No School |
| NOVEMBER | | | |
| | Tues 1st | | Melbourne Cup Holiday—No School |
| | Mon 7th—Wed 9th | | Yr 5/6 Camp (Phillip Island) |
| | Fri 18th | 3.45pm—8pm | School Twilight Fete |
| | Mon 21st—Wed 23rd | | Yr 3/4 Camp (Lady Northcote) |
| | Sat 26th | | Victorian election (Democracy Sausage sizzle) |
| DECEMBER | | | |
| | Mon 12th | 6pm—8pm | Yr 6 Graduation |
| | Wed 14th | | Yr 6 Big Day Out Yr 4 Beach Program |
| | Thur 15th | | Yr 3 Beach Program |
| | Fri 16th | | Yr 5/6 Beach Program Day 1 |
| | Mon 19th | | Yr 5/6 Beach Program Day 2 |
| | Tue 20th | 1.30pm dismissal | End of Term 4 |

THE NEXT CHAPTER

**TERM 2
2022**

Hobsons Bay Libraries / <https://libraries.hobsonsbay.vic.gov.au>



BACK BY POPULAR DEMAND - COMICS PLUS

This winter holidays, discover brand new comic book titles, celebrate your all-time favorites, and last but not least, create your very own comic! Right click to book: <https://bit.ly/37TS3sL>



SCIENCE WEEK 13-21 AUG MARBLE MADNESS

Join us in making Hobsons Bay's biggest ever marble-run! Can you construct a marble run out of recycled materials and pool noodles to keep the marble rolling?

Book via - libraryfealteam@hobsonsbay.vic.gov.au



BOOK WEEK INCURSIONS 20 -26 AUG

Our librarians can't wait to celebrate Book Week with you! Throughout the week, we'll be visiting schools and helping students enjoy 'invisible books'. Kids will be invited to respond to audio stories and collaborate with their friends. Limited places available, so book in quick via: libraryfealteam@hobsonsbay.vic.gov.au



AFTER SCHOOL EXPLORERS

Every Monday, Wednesday and Thursday after school, we offer free, hands-on, fun-filled afterschool sessions that will get your Primary students playing, creating, exploring and socializing. Explore art, craft, construction, storytelling, even coding! 3.45 to 4.45pm

Right click here for more info : <https://bit.ly/3wDVq1v>

PARENTING CHILDREN WHO WORRY

Online Webinar



DESIGNED FOR PARENTS AND CARERS

This webinar is perfect for parents and carers of children who are a little bit too concerned about everyday life.

Offering basic information and strategies to help children worry less alongside how to develop an action plan for helping them move from feeling anxious, to feeling more empowered and able to act when they are uncomfortable.

This seminar, facilitated by Helen Rimington of Drummond Street Services, is appropriate for parents and families of children between 2 – 13 years. Helen holds a Masters in Education and is a Senior Project worker at drummond street with over 30 years' experience in developing and delivering evidence based training.

When: Thursday 23 June 2022

Where: Online via Zoom

RSVP: earlyyears@hobsonsabay.vic.gov.au or call 1300 179 944

Time: 7.00pm to 8.00pm

Cost: FREE

**FREE
EVENT**

BOOKINGS ARE ESSENTIAL

