

Welcome to 2024 from Principal Pope



The 2024 School Year has kicked off!!!!

Hi Parents & Carers

Welcome to 2024 and back to Thomas Acres Public School. Also a big welcome to the many new families who have joined us including 85 kindergarten students and a load of others from Year 1 through to 6.

So your kids have been back for two days. It has been nice to see so many great smiles, receive so many great welcomes and see so many kids settle in to new class (albeit) potential holding classes. More on that in a bit.

Thanks to my **amazing staff**, be it teachers, office staff, grounds and numerous support staff for welcoming our kids back to school. The welcome has been of course face to face and through interaction but also environmentally with even more enhancements to our school environment. We now have many more exciting murals representing fauna and flora from across the world as representative of many different cultural backgrounds from our school and a new outdoor learning space just off the playground water tank space with timber and sandstone where kids can both learn and socialise.

Our main focus at this time is to **get to know your kids**, establish rules and routines, start some learning and assessment and have some fun, while building **relationships and resilience and responsibility**. Initially our focus is on doing activities that help us 'Get to Know' each other. There will be teamwork building as well as establishing class rules, routines and expectations. We are continuing Character education (like the last several years – **respect, kindness, co-operation, resilience** etc) but we will be initially focusing on Zones of Regulation to help students understand their own feelings and emotions and how to regulate these for successful interactions in learning, tasks, facing challenges and working with others. More on that in a bit too.



Helping my Child!!!

So, parents and carers, many of you often ask or wonder **how can I help my child settle in at school?** Well, firstly reassure them that it's all going to be okay ... change makes many people nervous or unsure but encourage them to be brave and resilient. Ask questions. Seek positive solutions. Encourage them to be polite, helpful and respectful. Encourage them to work nicely with others. Listen in class and have a go at things whether you are confident in them or not. **It's often the challenge or new 'thing' that helps us learn even more.** Encourage them to problem solve and think positively. Sometimes it's easy to think negatively or focus on what's not working instead of **what's good and what's working. Silver linings.** for example ..

- "Hey! I'm not in a class with my best friend but hey... I'll see them at play time and now I have a chance to get to know new people and make even more friends."
- Hey! I'm not sure about my new teacher .. I miss my old one .. but when my teacher gets to know me and I get to know them I'll have more adults I can learn from. They might even unlock some other potential in me.

Parents if you are unsure reach out to us politely and respectfully. Work with us, trust that we love and care for your kids. If there is something vital for us to know let us know. We look forward to interacting with you and your kids throughout 2024.



HOLDING CLASSES & CLASSES IN GENERAL!!!

Hey parents don't panic... many of you have already said to me please don't change things Mr Pope... my child likes Mr/Mrs so and so or they like their peers....at this stage we are looking fairly stable and reasonably accurate with numbers but it will be hard to know for a few more days yet as we wait for all students to return and with some new students yet to start. We will always try and make the best possible decisions and will only restructure classes if we have no choice.

Already I have had quite a few discussions with parents about their child's class in general and specifically composite classes. (Please know that in reality every single class is 'composite' with or without the mixed label as all classes have up to 30 different individuals with different abilities, needs, interests, academic strengths and weaknesses, age ranges, social and emotional capabilities and so on). If you are unsure it is often best to chat to your child's teacher but if absolutely necessary you may wish to speak to myself (Mr Pope) or Mrs Harris our Deputy Principal. (Please be aware the start of the year is very busy but we will get back to you as soon as possible).

If you check the important dates provided you will see we are planning a meet the teacher afternoon on the 21st February and this may be a chance to connect with your child's teacher or us if you have any questions.

Zones of Regulation!!!!

Controlling your emotions helps with your focus and interactions and equals improved learning and relationships. Great life skills. You understand yourself better and develop tools to stay calm and think clearly.

Regulation

"is the ability to adjust level of alertness AND direct how emotions are revealed behaviourally in socially adaptive ways in order to achieve goals." – Clair Kopp

- Self-control / emotional regulation
- Resiliency
- Executive functioning
- Self / anger management
- Impulse control
- Sensory regulation / modulation

The ZONES

The goal of The Zones is to help students develop social, emotional, and sensory regulation.

The Zones provides teachers with very clear instructions to guide students through a set of sequences lessons, encouraging students to learn about their own regulation system and how they can adjust it.



What are the 4 zones?

Red

You may be feeling...

Angry or upset
Out of Control
Mean or unsafe
Terrified

Yellow

You may be feeling...

Anxious or Worried
Excited or Frustrated
Wiggly or Silly
A little out of control

Green

You may be feeling...

Happy or Glad
Focused or Relaxed
Ready to Learn
Calm

Blue

You may be feeling...

Tired or Sleepy
Sad or weepy
Sick
Lonely or Bored

What it looks like in our classrooms



Before & After School Care!!!!

We all got a shock when next door had to cease their service before & after school service at the end of last year. Thanks to hard work from staff in DoE and YMCA we will be able to offer this service on school grounds later this term or start of next (stay tuned) ...

If interested please ring YMCA on 1300 009 679 (replacing the previous mobile number provided) or email

oshc.thomasacres@ymcansw.org.au

It is important to reach out to secure a place and complete the necessary paperwork.

Other Things to look out for – dates to be announced soon

- Leadership Assembly
- Personalized Learning Pathways and Individual Learning Plan meetings
- External Services – Start Day
- P&C – First Meeting

Welcome to New Staff

- Mr James Tasker – Year 3 teacher
- Renae Bligh – Year 3 teacher
- Mrs Blackadder – Year 1 teacher (was with us last year but now on class)
- Mr Lalli – Kindergarten.. (was with us last year but now fulltime)
- And Welcome back Mrs Phillips from maternity leave - Kindergarten



Term 1 2024

February

- 6th-8th Best Start
- 9th House Captain Meeting
- 16th House Captain Voting
- 21st Meet the Teacher
- 29th Swimming Carnival

March

- 4th Zone Swimming
- 8th Yr 6 Taster Day-TRHS
- 13th - 22nd NAPLAN
- 15th Gala Day
- 20th - 26th Harmony Week
- 21st School Photos
- 28th Easter Hat Parade
- 29th Good Friday (Holiday)

April

- 1st Easter Monday (Holiday)
- 5th Gala Day

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