

# Welcome to 2025 from Principal Pope



## WELCOME BACK – WE CAN'T WAIT TO SEE YOUR AWESOME KIDS

### Day ONE with kids – This Thursday

Students will arrive at school between 8.25am and 8.55am.

Mr Pope and other 'friendly' staff will meet and greet new students in the school hall from 8.40am.

Say hi to friends.

When the bell goes line up in last years class in Primary or Infants Assembly Areas.

Teachers will bring Year 2 over to Primary Assembly Area.

Following this students will be placed into their 'holding' 2025 classes. Parents that wish to check this out are welcome (if not promoting 'independence is great too') but I do ask parents not to follow their child to class as this can be disruptive to them and others.

Kindergarten and their parents will gather in the 'hall' at 10am. Go Kindy and good luck all for the first day of a wonderful journey.



## Helping my Child start school in a world of increased Anxiety!!!

A strong start sets the stage for a positive and productive year, and we appreciate your partnership in ensuring your child is prepared for success.

Here are some keyways you can help your child transition smoothly into the new school year:

### 1. Establish Routines Early

- Begin adjusting bedtime and wake-up routines at least a week before school starts.
- Set a morning routine that includes time for a healthy breakfast.
- Set aside some reading time in the evenings.

### 2. Foster Independence

- Encourage your child to take responsibility for packing their backpack, organizing school supplies, and making choices about lunch.
- Practice basic self-help skills such as tying shoes, using the restroom independently, and following simple instructions.

### 3. Encourage a Love for Learning

- Read with your child daily to build literacy skills and foster a love for books.
- Engage in fun learning activities like puzzles, counting games, or journaling.
- Talk positively about school to build excitement and confidence.

### 4. Stay Informed & Connected

- Review any school communication regarding important dates, supply lists, and policies.
- Attend orientation events or back-to-school nights to meet teachers and staff.
- Ensure your contact information is up to date in the school's system.

### 5. Support Social & Emotional Readiness

- Talk with your child about making new friends and being kind to others.
- Discuss feelings about starting school and reassure them that it's okay to be excited or nervous.
- Encourage problem-solving skills by practicing how to ask for help when needed.

We look forward to working together to create a successful and enjoyable school year for your child. If you have any questions, please reach out to your child's teacher.

## OUR EARLY FOCUS

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.

## 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



CARE &

CONNECT



POLITE

### 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



## UNIFORMS...

This has been a bit 'tricky' with no fault on LOWES. More in the transition of stock from PICKLES to LOWES. Many of you I know are sorted. If however, due to some stock delays you have no or limited uniform supplies then it will be acceptable for students to wear a 'sensible' other option. (Mufti if you will). But please aim to get as close to the uniform as possible. If you are interested in our Koori shirt please reach out to the school for details.



## 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 receiving many new enrolments and enquiries 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.

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).

In the next day we will share important dates and we are planning a meet the teacher afternoon in the coming weeks. This will be a great chance to connect with your child's teacher or us if you have any questions.

RESPECT

KINDNESS

RESILIENCE

## WHAT'S MY CHOICE?

### CONNECTING HABITS (Learn St)

L ISTENING  
E NCOURAGING  
A CCEPTING  
R ESPECTING  
N EGOTIATING DIFFERENCES  
S UPPORTING  
T RUSTING

### DISCONNECTING HABITS

C RITICIZING  
B LAMING  
C OMPLAINING  
N AGGING  
T HREATENING  
P UNISHING  
R EWARDING TO CONTROL

If what I say or do \_\_\_\_\_ Will it bring us closer together (connecting) or push us further apart (disconnecting)

Dr. William Glasser