



# Manor Lakes College

# Newsletter

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## **PRIMARY NEWSLETTER Volume #3 - TERM ONE, WEEK 6, 2021**

### Curriculum Days 2021

Wed 27 <sup>th</sup> January	Professional Learning Communities & AIP
Thurs 28 <sup>th</sup> January	CHRIS Botheras & JESUS Comacho
Tues 9 <sup>th</sup> March	CHRIS Botheras & JESUS Comacho
Fri 18 <sup>th</sup> June	Parent Teacher Interviews
Monday 1 <sup>st</sup> November	Reporting Writing Professional Practice Day

## **PP DAYS**

The professional practice days (PPDs) are an element of the [Victorian Government Schools Agreement \(VGSA\)](#). Each teacher is entitled to one day per term (four days per year) release from their scheduled duties, including teaching, to focus on the improved delivery of high quality teaching and learning.

A Casual Relief Teacher is hired to cover their class while teams of teachers meet for the day. Please contact me if you would like more information about the PP Days.

## **HATS**

Students are running a Hat Poster competition to raise awareness about the importance of wearing hats. They have been busy researching and designing their posters. Our panel of judges is made up of our Year 6 Art Captains and the Junior School Councillors. The winning entries will be in the next newsletter.

All students must wear a broad-brimmed or legionnaires hat when they are outside, in line with our Sun Policy. This includes recess & lunch playing times as well as Physical Education lessons or anytime a teacher takes the class outside. If students do not have a hat, they will need to sit in the shaded area. If you need to purchase a hat, this can be done through Rushfords in Werribee. Generic black hats can be sourced from any store as well.

## **FOOD**

Students will continue to eat their snack and lunch inside the classroom before the outside play time. Please remember that there is strictly NO SHARING food at school. Please do not send treats to school for your child to share. Teachers will help your child celebrate their birthday in other ways.

## **INTERVENTION**

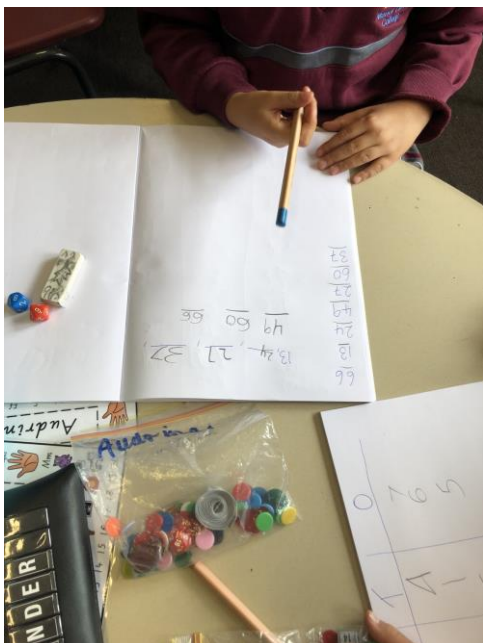
Our Intervention Program is well underway. We have hundreds of students involved so far. Intervention is made up of Enrichment and Support programs. This year we have:

- Withdrawal enrichment for students needing extension
- In class support
- Withdrawal support
- Extra before/after school catch up support sessions.

## ZONES OF REGULATION

Congratulations to all our students, staff and families on such a positive start to the school year. As we continue our focus on wellbeing, teachers have discussed the Zones of Regulation framework within the classroom with students. Self-regulation is something everyone works on continually, whether we are aware of it or not. We all encounter circumstances that test our limits from time to time. If we are able to recognise when our ability to self-regulate is diminished, we are able to better manage our feelings, and therefore, our actions. For some, this comes naturally, for others this is a skill that needs to be taught and practised. This is the goal of the Zones of Regulation. The Zones teach self-regulation by categorising all the different ways we feel, and states of alertness we experience, into 4 concrete coloured zones. The Zones Framework provides strategies to teach students to become more aware of and independent in, controlling their emotions and impulses, managing their sensory needs and improving their ability to problem solve conflicts. We have included the poster used in classrooms in the newsletter (below) for you to familiarise yourself with the language used and potentially use Zones at home to assist your child/ren in discussing how they feel.

*Kim McCabe*  
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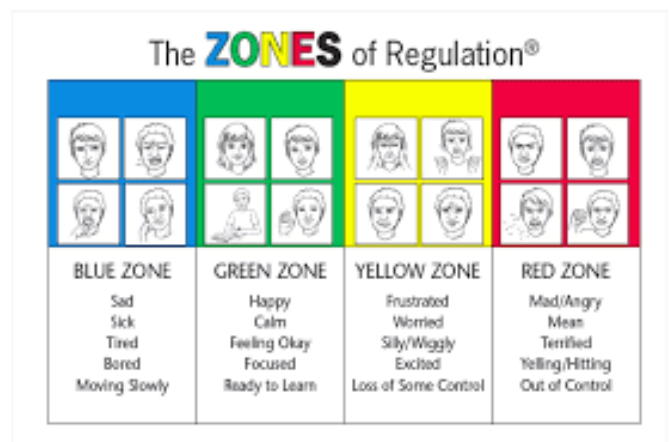
Year Two students ordering numbers from smallest to largest in Intervention.



Work taking place on Garnpung Playground.



Legionnaires Hat (black with Logo) \$15.95  
 Bucket Hat (With Logo) \$16.95



Our Zones Poster in every Primary Classroom.