

# Solly Serial

## Term 3 ~ Friday 9th August ~ Week 3



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Leadership Team  
Principal  
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### VISION & VALUES

A Proud Past, A Bright Future

Respect

Responsibility

Confidence

Persistence



**Monday 26th Aug -  
student free day**

**Friday 6th Sept -  
School closure**

**Thursday 19th Sept -  
Sports Day**

To families,

A very big warm welcome to all our new Reception students, who have officially started as school children. They have all settled in well under Miss Brittney Taylor's gentle guidance and are having a wonderful time being part of our great school. We look forward to supporting them all grow as learners.

To start the term, we celebrated NAIDOC week with the lovely Judy Crosby visiting and supporting our primary classes to create their own classroom artworks. These are works in progress and will be showcased once complete. We also ran rotation activities across all year levels which saw students of all ages supporting one another to complete their chosen activity. Thank you to Jas and Tash for all their background work to make this happen.

This week our Year 3-6 students have participated in either cricket or tennis, forming an important part of the Health and P.E. curriculum. These programs are not always about the physical skills, but also support the development of important skills such as sportsmanship, working as a team and demonstrating fair play that aligns with the rules of the game. These are valuable skills to learn that translate beyond sport and into life. Thank you to Mr B for all your organising.

Included as an insert is a copy of our new resolving issues policy. Please have a read of this, including the useful tips section. Classroom teachers are always the first point of contact for any questions or queries you might have, and we are always here to support our students and families. Clear and respectful communication is a non-negotiable, but our doors are always open, and we want to work with you to achieve the best possible outcomes for our learners.

As always, term 3 is full of events, so please check the calendar and mark the important dates. One of those includes Book Week with the theme "Reading is Magic". We have the parade, a student scavenger hunt and a sausage sizzle lunch. There has already been lots of chatter about costumes with some very creative thinkers out there.

Take care and I look forward to seeing you soon!

Kelly Heading



# THE ZONES OF REGULATION

What are the ZONES of Regulation?





Solomontown Primary School will be using the Zone of Regulation. This is a framework to teach and support students with self-regulation. Studies have shown that since Covid 'children are impulsive or find themselves in an unregulated environment it is much more difficult for them to develop their emotional self-regulatory capacity'.

Lessons and activities will help gain skills in the area of self-regulation. Self-regulation can go by many names, such as self-control, self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. The lessons and learning activities are designed to help the students recognise when they are in the different zones as well as learn how to use strategies to change or stay in the zone they are in.

In addition to addressing self-regulation, the students will gain an increased vocabulary of emotional terms, skills in reading other people's facial expressions, perspective about how others see and react to their behaviour, insight into events that trigger their behaviour, calming and alerting strategies, and problem-solving skills.

Zones of regulation categorises states of alertness, energy, and emotions into four coloured Zones.

## The ZONES of Regulation

			
<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> overjoyed/Elated Panicked Angry Terrified

Wellbeing Newsletter Term 3 Week 3

Dear Families

Welcome back everyone. When visiting the classrooms it is great to see the students smiling faces and see how excited they are to share their holiday news.

Recently I have been reflecting upon how busy the SAT Leaders and students have been throughout the year organizing special events and raising money, not only for the school sandpit toys, but for others. The students at Solomontown Primary have passionate hearts and really care about what is happening in their community and beyond. This is demonstrated through the Crazy Hair Day in which we raised money for the Canteen Cancer Foundation.

Through caring and actively helping others, the students have discovered how these acts of kindness have boosted their own wellbeing, sense of belonging, and increase their empathy for others. These events have taught the SAT Leaders skills in organization, teamwork and leadership. Well done.

<https://www.mentalhealth.org.uk/explore-mental-health/articles/what-are-health-benefits-altruism>

Kind Regards  
Zherie Bouwman  
Wellbeing Leader





# Book Week 2024 "Reading is Magic"

- ◆ Monday and Tuesday - wizard making craft activity with Mrs Luke & Colleen in the tech room.
- ◆ Tuesday 20th August - JP trip to the public library.
- ◆ Wednesday 21st August - dress up parade 9.15am - (parents welcome to attend the parade).
- ◆ Wednesday 21st August - Magic treasure hunt then a free sausage sizzle lunch for students. (Don't forget to return sausage sizzle order form by Wednesday 14th August)



## Scholastic Book Fair



**Tuesday 10th September**

**Wednesday 11th September**

**8 - 9am & 2 - 4pm**

**In the back of the school library**



### 2024 SPORTS DAY POLO SHIRTS

Polo Shirts in the Schools' House Colours can be ordered for Solomontown School students, the house name will be embroidered in black on the front left hand side of the shirt. If you are interested in purchasing one for your child/children please fill in the tear off note below and return to the front office with **payment no later than Thursday 19th August**. The sizing is the same as the school uniform Polo Shirts, they are not available for family members. The cost will be student size. \$18.00 & adult size \$22.00 each. I will notify you when the shirts are available for collection, which will be before sports day.

Regards ,

Sue Norton— Finance Officer



#### SPORTS DAY POLO SHIRT

Students Name: .....	Colour .....	Size .....	Rm Number .....
Students Name: .....	Colour .....	Size .....	Rm Number .....
Students Name: .....	Colour .....	Size .....	Rm Number .....
Students Name: .....	Colour .....	Size .....	Rm Number .....

If you don't know your child's house colour please contact the school.

House Colours: **Bunyeroo (red)**      **Wilpena (green)**      **Willochra (yellow)**

Size: \$18.00 Student 6 8 10 12 14 16

.....\$22.00 Adult S M L XL 2XL PARENT/CARER SIGNATURE: .....



**RETURN TO FRONT OFFICE NO LATER THAN THURSDAY 19TH AUGUST**

**Centre pay - Cash - bank transfer - (please circle your choice of payment)**

COME JOIN US FOR OUR



**ABORIGINAL**

**PLAYGROUP**

**MONDAYS- 9:15 - 11:15 AM**

FOR CHILDREN AGED 0 TO 5 YEARS OF AGE WHO IDENTIFY AS  
ABORIGINAL/AND OR TORRES STRAIT ISLANDER

Port Pirie West Children's Centre Community Room  
Call 8633 0077 for further information  
Transport can be arranged. Fruit supplied.

Facilitated by Takeria Crosby-Woods and Learning Together

## Week 4 Lunch order

Kupsch Bakery pie, pasty  
OR sausage roll with  
sauce. All orders come  
with either choc milk,  
strawberry milk, water or  
fruit box. Orders to be  
returned to the front  
office NO LATER than  
Wednesday 14th August.

## Solomontown Primary School

### Playground Fundraiser



WHERE: Solomontown Football Clubrooms

WHEN: Wednesday 21st August

TIME: **EYES DOWN** 7.30pm

COST: \$5.00 entry (includes a supper plate and free  
tea and coffee)

Tickets can be purchased before the night, contact  
Rose Finlayson to purchase.

Raffle tickets will be available on the night, lots of great  
prizes to be won!



## Important Dates and INFORMATION

**Monday 26th August -  
Student Free Day -  
(staff will be doing Berry  
St training)**

**Friday 6th September -  
School Closure -  
(Adelaide show day)**

### **PLEASE UPDATE YOUR CONTACT DETAILS**

Please call into the office if  
you have recently made  
changes to your contact  
details. Also, if you have new  
emergency contacts or moved  
house.