



Leadership News

Dear families,

I have recently returned from leave and for the rest of this term Toulia Girgolas and I will be sharing the role of Principal.

Recently the Minister for Education Blair Boyer attended a special function at our school to announce the 7.5 million dollar investment in music education across public schools for the next 3 years. This announcement took place at our school as The Pines is acknowledged as having an excellent music program.

Music education builds skills and confidence for students. It teaches patience and persistence. Research has shown that music education also assists in building students' academic outcomes.

The Education Minister said that this new funding would assist the funding of equipment and training for teachers, as the government wants to see more music education in schools.

The Minister also mentioned the excellent work of students and teachers in music at The Pines. He said that "it was even more special to announce this at The Pines School where music has transformed the school". It was great to see our staff and students acknowledged in this way. Our music program has been very successful and assists our positive academic outcomes.

Cherie Collings



Leadership News continues over page

***Dates to
Remember***

2024

TERM 2

Week 6

5–6 June

School Photos



Week 7

10 June

***King's Birthday
Public Holiday***

12 June

***Parafield Gardens
High School
Transition Visit
Year 6***

TERM 3

Week 1

22 July

Pupil Free Day

Principal

Mrs Cherie Collings

Deputy Principal

Mr Sam Konnis

Assistant Principal

Mrs Toulia Girgolas

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Leadership News continues ...

As this article is being written I can hear a strange and almost unfamiliar occurrence happening outside. I think we know it as *rain*. This is a timely reminder that as from next week until week six, Term 3, children will not be required to wear a hat during play time. However they can continue to wear their hat if they choose to. Hats should be stored in a safe place until next term.

Due to the Salisbury Precinct being closed, the children at The Pines School have missed out in the department's swimming program. The good news is that the new and refurbished swimming centre at Salisbury has re-opened and all of our children R-5 will be receiving the much missed swimming lessons. The program will be over three weeks, beginning in Term 3, weeks 9 and 10 and concluding in the first week of Term 4. Further information including costs and times will be sent home in early Term 3.

Our Year 5/6 campers returned safely from their wonderful experience in the hills of Adelaide. The children enjoyed all of the activities organised for them, especially the 5 kilometre hike up to the top of Mt George.



In week 7, all of our Year 6's have been invited by Parafield Gardens High School (PGHS) to experience a half day of "high school life", regardless whether they go to PGHS in 2025. Consent forms have been sent out and should be now coming back to the class teacher.

With the onset of the cold and wet weather, more of our students will be experiencing cold and flu type symptoms. We strongly suggest, children are kept home to avoid spreading unwanted viruses through our school community.

Teachers are busy writing school reports at the moment and they should be going home by the end of the term.

Looking forward to a busy and productive second part of the term.

The Pines School - Term 2 Calendar 2024

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
6	3 June	4 June	5 June  School Photo Day	6 June  School Photo Day	7 June
7	10 June King's Birthday Public Holiday	11 June	12 June Parafield Gardens High School Transition for Year 6 (half day)	13 June	14 June
8	17 June	18 June Aboriginal Performance	19 June Dream It-Yrs 5/6	20 June	21 June
9	24 June Sammy D. Year 6	25 June	26 June	27 June	28 June Primary Science Show
10	1 July ← NAIDOC Week →	2 July	3 July 'Keep the fire burning! Blak, loud and proud'	4 July →	5 July School Assembly 11:50 End of Term School Finishes 2:00pm
EVENTS AND ACTIVITIES MAY BE ADDED OR CHANGED DURING THE TERM					



"Say Cheese"



**MSP Photography
are on their way!!!**

School Photo Day is:

**Wednesday 5th JUNE &
Thursday 6th JUNE**

**Have your child's school memories
captured forever.**

Please take time to read the relevant information
on the MSP payment envelopes & remember
these helpful points:

- Don't seal envelopes inside each other – You can pay for all children in one envelope however each child needs to have their own envelope on photo day.
- Use the Shootkey on your envelope to order online!
- Family envelopes are available at the school office upon request.
- Please enclose correct money as no change is given – cash, cheques and money orders only. Credit card payments can only be made online.

Please feel free to visit our web site

www.msp.com.au

For photo enquiries Phone: (08) 8132 1148 or Email: enquiries.adl@msp.com.au



WELLBEING CORNER



This year we have been focussing on using the Zones of Regulation to explore a range of emotions to help students identify how they are feeling. It is important to know that all feelings are okay and there is no 'bad' zone. Students can be angry, but it does mean they have 'anger issues,' it just means they need ways to recognise and cope with their anger.

I think you can agree that throughout the day or week, we can have a range of feelings, depending on the circumstances that occur, and constantly need to regulate ourselves by using tools to help us focus on our goals for the day. When a student is learning something new in class, they may become overwhelmed or frustrated. By teaching them to recognise their body signals that connect with their feelings, then support them to use tools to cope with these feelings, it will allow them to build more resilience to better tackle these learning challenges.

The **ZONES** of Regulation®

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

Families have begun asking how they can use the zones of regulation at home. Here are some ideas you make like to use with your child(ren):

- Identify your own feelings using the Zones in front of your child (eg. 'I am worried, I think I am in the yellow zone.')
- Talk about what tool you could use in each zone (eg. I am going to take 3 deep breaths to help me focus)
- Remember that the goal is NOT to get back to the green zone, but use tools to cope with the zone you are in to achieve your goals for the day (eg. If someone close to you passes away, you are not going to stop being sad, but you are going to use strategies to help you cope with your sadness)
- At times, wonder what zone your child is in (eg. You are having a hard time keeping your eyes open, you look sleepy)
- You can also discuss which zone a character of book or movie might be in (eg. their fists are clenched and their face is red, how do you think they are feeling)
- Talk to your child about the tools they could use to regulate in each zone. You can practice them when they are calm and relaxed so when they start to have more uncomfortable feelings, they already have a bank of tools to choose from.
- Try and model using tools yourself (eg. I am feeling worried, so I am going to go and listen to some music so I can try to keep my mind positive).

A hand-drawn color wheel with eight segments, each representing a color and a set of coping skills. The colors are Blue, Green, Yellow, Red, and others. Each segment is numbered 1 through 8. The coping skills listed include:

- 1 (Blue):** Take a walk, Fresh air, Drink H2O, Jumping jacks
- 2 (Green):** Feelings, Good, OK, Calm, Ready
- 3 (Light Green):** Coping Skills, Stress ball, Forget to a ball
- 4 (Yellow):** Feelings, Anxious, excited, worried, silly, mad, Nervous
- 5 (Light Yellow):** Coping Skills, Deep breathing, Body sock, Take space
- 6 (Red):** Feelings, Angry, mad, Frustrated, enraged
- 7 (Light Red):** Coping Skills, Take space, vent to music, listen to, laugh at, Dumping bag
- 8 (Light Blue):** Feelings, Sad, sick, hurt, tired, down

www.weareteachers.com/zones-of-regulation-activities

Blue Zone <i>Feeling sad, tired, bored and moving slowly</i>	Green Zone <i>Feeling happy, calm, ok focussed and ready to get to work</i>	Yellow Zone <i>Feeling frustrated, worried, agitated or excited in an unhelpful way</i>	Red Zone <i>Feeling angry, terrified, acutely stressed</i>
Talk to someone	Tackle difficult tasks	Use positive self-talk	Take deep, calming breaths
Prepare some healthy food that will have the right nutrients to get you back on track	Make the most of the time to get through your to do list	Put all those things you need to do in your diary to bring order, including self-care	Do something physical that dissipates the adrenaline – gym or High Intensity Interval Training
Grab a cuppa on the couch and take some time out	See the friend or relative you've been meaning to, but haven't got around to	Make lists to get things out of your head onto paper	Talk to someone unconnected and rehearse a conversation with the person that is the source of your frustration
Read a book or watch a film	Work, but don't push yourself too hard!	Do some yoga or go swimming	Write down your feelings
Get outside in the fresh air	Try new things	Talk to someone	Count to 10
Speak to your therapist/coach	Write in a journal	Get outside for a walk – get grounded	Have a hug
Do some yoga or other gentle stretching	Be positive and help others	Meditate or do mindfulness exercises	Do something a bit different / creative
Wait it out and don't beat yourself up – everyone needs some down time	Get some exercise	Take a shower	Remind yourself of all the things that you are grateful for

Ideas for tools in each zone:



Reconciliation & NAIDOC Week Performances

Dear Parents/Caregivers,

This year for Reconciliation Week (27th May to 3rd June) and NAIDOC Week (7th July to 14th July) we have organised an incursion performance which will be on Tuesday, 18th June to celebrate and learn about all the Aboriginal cultures throughout Australia.

Majeda Beatty will be our performer this year, she is the very talented sister of Ryka Ali who performed at The Pines School in 2021.

This will be a whole school incursion at no cost to families.

We hope all students will learn from and enjoy the performance.

Ngaityalya (Thank you—Kurna)

Aboriginal Education Team

MAJEDA BEATTY MURRI ISLAND GIRL



THE PERFORMER

Taking you on a journey of Australia's First Nation dreamtime through an interactive and vibrant experience, **Majeda Beatty presents both Aboriginal and Torres Strait Island** cultures as well as sharing her perspective on being an indigenous millennial woman. She believes in the importance of cultural pride and carrying on past traditions as well as moving forward in a modern world.

Majeda is a Sydney based singer, actress and dancer who comes from a proud Wuthathi mother, her roots stemming from Far North Queensland and an African American father. Growing up she was taught the importance of her culture from her mother through movement, song and storytelling. At five years of age Majeda started performing in schools with her family's cultural dance group and over the years her talents have seen her perform over a wide variety of mediums. In recent times she has become well known for her starring role in the ABC3 Drama series 'Ready For This'.



THE PERFORMANCES

K – 6: The richness of both Aboriginal and Torres Strait Island cultures will be shared in this two part, immersive performance which is tailored to the age groups of the audience through song, dance, stories and language, all with high levels of participation. The flags will be discussed and Majeda will present and demonstrate various instruments, artifacts and costumes specific to each culture as well as the importance of ochre and the significance of the body paint designs in aboriginal culture. She will perform and teach dances for audience participation.

Years 7 – 12: Similar to the above whilst providing more mature, age appropriate content. Students will learn about indigenous inventors and freedom leaders through an insightful and inclusive experience. Preconceptions will be challenged with teachings of traditions, history and even thought provoking insights into the future the First Nation communities hope for.

COMMUNITY NEWS



Puddle Jumpers—Extra Food Support
Bagster Road Community Hub
Monday's from 5—8pm
Hot meals, pantry items, fresh fruit and vegetables
Kid's activities
No bookings required
Telephone: (08) 8487 1830

OLSH
OUR LADY OF THE
SACRED HEART
COLLEGE

SCHOLARSHIPS

APPLY NOW FOR 2025 Applications Close Monday, 3 June 2024

LEARN MORE

LOST PROPERTY

Lost property is starting to build up.

Could parents please check lost property daily. It would be helpful for your child's name to be on items of clothing, drink bottles and lunch boxes. If items are misplaced we can return them to your child/ren classroom.

