Littlehampton
Primary & Preschool

Newsletter

Week 6 Term 1 2020

Update from our Principal

IMPORTANT DATES

Wednesday 8th April
Last Day of Term 1
Assembly 2.25pm
3pm Finish.

Thursday 9th April
Pupil Free Day
TD for Teachers

OSHC Open for Bookings
Easter Arts & Crafts

Please take note of the revised Vacation Care Program that our OSHC have now put into place on Page 4

Monday 27th April
Term 2 commences

ADVANCE NOTICE
Monday 18th May
Term 2
Pupil Free Day

Dear families,

I hope you are all well and managing to keep sane in this crazy time we are living through. Yesterday (Thursday) we sent out the latest information about Coronavirus from our Chief Executive, Rick Persse, and the Minister for Education John Gardner. In addition we also forwarded a 'tips for coping with anxiety 'from the Australian Psychological Society (APS). With the constant media coverage it is sometimes difficult to keep perspective and not become anxious. The APS suggests limiting media (including social media) exposure and instead looking for factual information from reliable sources. SA Health and the Australian Government's Health Alert are both sites that provide common sense advice and updated facts. In regards to school information, we will continue to provide updates as we receive them.

You would have received our message that we have turned off our drinking fountains (bubblers) so the children can no longer place their mouths over the nozzle to get a drink. This is not very hygienic at the best of times, let alone in a time like now, so we ask that every child comes to school with a drink bottle please. There are taps around where they can refill their bottles. If they forget, we have cups they can use and keep.

Due to 'social distancing' we are also cancelling our school interviews. In place of the face to face meetings, **on Friday week 10 (3rd April)** all teachers will be sending home a pro-forma with information on your child's progress within their goals, and a student reflection using PERMA and/or the Effective Learner Profiles. There will be opportunities for you to email teachers or if you prefer, phone them with any concerns.

All staff and teachers are working hard to ensure that in the case of a **school closure** (which is not planned by the government at this time) there will be educational resources available to families via online learning and offline. This is happening over and above the normal teaching program and all the other pressures that have now arisen around ensuring a high level of hygiene. The school, preschool and OSHC are doing everything they can to make sure your child in a safe environment. I can assure you that we are all going over and above to operate as normal in an abnormal situation.
For families that choose to self-isolate, we understand that you feel the need to keep your family close. However, for the time being school is still open and we are expected to keep providing our normal teaching and learning program within the school environment. We have been working on a 'learning from home' tab on our website that will allow you to access other sites and pages that will support you in providing an educational program from home. The link is below and will be updated regularly:
www.littlehamptonps.sa.edu.au/learning-from-home/

Please note that if you are choosing to self-isolate you must inform the school and then ensure that your child/ren are at home under your supervision.

We need your support, not only through reinforcing good hand washing and general hygiene, but in reducing any anxiety your child might have about the current situation, or around coming to school. Teachers have been talking to their students about what we are going through as a nation and globally routine.

Update from our Principal continued...

However, they have also been emphasising the need to be at school and keep to a normal (as possible) routine.

Let's make sure we are all being kind and considerate to each other in an unprecedented situation. History will judge our reactions to this historical event, so let's make that judgement one that we can be proud.

Take care, Irene

Volunteers/Service Providers on site including SAKG

At this moment in time we are allowing some visitors and volunteers on site. We have strict protocols in place and a checklist that must be filled in and signed. We believe that there are some programs that are essential to our student's wellbeing and that provide a service to us as a school community. Of course our older volunteers have been advised not to come on site and work with students as they are amongst our most vulnerable community members.

Breakfast club is still continuing while 'Kick Start for Kids' is continuing to deliver food.

The Zones of Regulation

We have recently started teaching a whole school program designed to help children build self-regulation. The Zones of Regulation is a complete social-emotional learning curriculum, created to teach children self-regulation and emotional control.

The Zones of Regulation uses four colours to help children self-identify how they're feeling and categorise it based on colour.

The curriculum also helps children better understand their emotions, sensory needs, and thinking patterns. They learn different strategies to help them cope and manage their emotions based on which colour zone they're in.

The Green Zone

The green zone is used to describe when you're in a calm state of alertness.
Being in the green zone means you are calm, focused, happy, or ready to learn. This is predominantly the state you *want* your child to be in. It's also the state most needed in the classroom in order to learn.

The Yellow Zone

The yellow zone describes when you have a heightened sense of alertness. This isn't always a bad thing, and you typically still have some control when you're in the yellow zone.

Being in the yellow means you may feel frustrated, anxious or nervous. But, it could also mean you're feeling excited, silly, or hyper – which is okay in the right situations.

The Red Zone

The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they're no longer about to control their emotions or reactions. This is the zone kids are in during meltdowns.Being in the red zone means you're feeling anger, rage, terror, or complete devastation and feel out of control.

The Blue Zone

The blue zone, on the other hand, is used when a person is feeling *low states of alertness or arousal.* When you're in the blue zone you may be feeling down – sad, sick, tired, or bored. You're still in control, as you are in the yellow zone, but with low energy emotions.

We are teaching children to identify when they are in different zones and helping them build a toolbox of strategies to support them in self-regulating to green

Search the "Zones of Regulation"in Google and you'll find lots of resources and tips on how to implement this learning at home.

Nathan Sanders Assistant Principal

Helping Solve Problems

I find it really uncomfortable to watch someone experience a problem without helping. And I know that there are plenty of other people like me. We have a natural desire to rush in like a superhero and fix the problem.

The problem with this is that we can treat the people we are helping as though they are helpless in the face of trouble. Usually we can better help by teaching the skills necessary for a child to help themselves. (Of course there are times when an adult needs to step in.)

When a child tells you they have a problem it is a good idea to take the time to ask some questions:

'What have you tried to fix your problem?'

'What can you do to help fix your problem?'

'What do you think that I could do to help you?'

Asking questions slows us down and stops us from rushing in and taking over. It also empowers the other person by showing that you believe there are things that they are capable of doing without you. It also encourages them to try something themselves the next time they have a problem, before they ask for help.

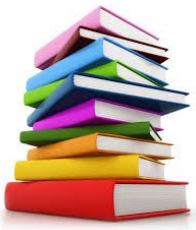
Praise a child for their efforts to problem solve, especially when you witness them solving a problem without any adult involvement. Look for teachable moments in everyday life, and talk about them.

Learning to solve problems effectively is a long process. Adults are by no means experts, we keep learning as we face new problems and conflicts in our own lives. Therefore, there are always new things that we can teach to others.

Joey, PASTORAL CARE WORKER
at Littlehampton Primary School on Mondays and Thursdays

Joey.Traeger704@schools.sa.edu.au

Premiers Reading Challenge



Congratulations to the following students who have completed the Premier's Reading Challenge. Well done! All these students have been given a completion certificate and will then receive their Award from the Premier in November:

Alexandra Smyth, Samuel Grant, Rory Martin, Asher Vanderbom, Sithuki Kalugala Hewage Don, Levi Sappenberghs, Chase Clark, Zac Hutchinson, Sandira Waduge, Owen Steer, Brayden Muhlhausler, Vincent Robson-Mullard, Samuel Passmore, Madison Whitburn, Lily Beauchesne, Asha Linke, Harriet Copping, Jaia Eckert, Blake Webb, Taj Gore, Yasmin Berra, Reef Shute, Addison Rice, Bonnie Roy, Seth Oaklands, Mia Grant, Soleil Bogdanowicz, James White, Emma Lay and Hamish Bailey.

Visible Learning

believe that it's vital that our students are able to confidently talk about themselves as active, self-aware learners and that they are armed with a 'toolkit' of strategies to help them learn.

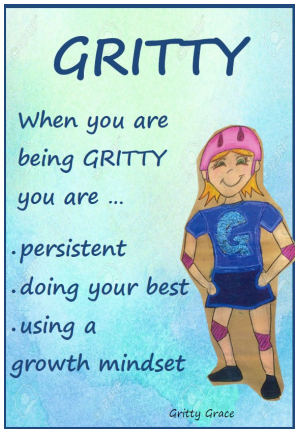
With this in mind, we having taken on the approach of Visible Learning.

Visible Learning is based on the principles which been developed from Professor John Hattie's extensive research into what factors have the biggest impact on student learning.

Our students use the Effective Learner Profile to assist them in talking about themselves as learners and to articulate their progress.

Our development of the Effective Learner Profile was a community effort! Staff, students and parents all contributed to identify the essential characteristics of an effective, life-long learner. Parents, we ask that you also use this language at home!

We would like to meet one of our Effective Learning characters: Gritty Grace.



Aquatics Day Fun

On Friday the 21st of February, all of the ear 6/7 students went to Aquatics at the Murraylands Aquatic Centre in Murray Bridge. In the morning we all got to school early so we didn't miss the bus. On the way to aquatics we all started to sing some songs but the best part was when we got off to begin a full day of fun.

Once the aquatics instructors explained safety precautions we separated into our assigned groups. There were four activities we all had a go at, there was; stand up paddle boarding, knee boarding/ water skiing, catamarans and canoeing. We really enjoyed all of the activities but water skiing and sailing were probably the favourites.

There were a few failed attempts at paddle boarding, with a lot of students falling into the water.

It was a very long day, we started at 9:30am and finished at 4:45pm, when we all headed back on the bus to school where our parents came to collect us.

By Keira Trevorrow and Ben Gautier
Sports Committee Leaders

Littlehampton Primary School OSHC

Vacation Care

14th April 2020—24th April 2020

(Closed Easter Monday 13th April 2020)

OPENING TIMES 7:00AM—6:30PM

Monday 13th April 2020

Closed

Easter Monday

Monday 20th April 2020

Science Day

Today we will be having home made science experiments

Cost $55 Less CCS

Tuesday 14th April 2020

Candle Making

Spend time making a beautiful candle to take home

Cost $55 Less CCS

Tuesday 21st April 2020

OSHC Sports Day

Please wear your school sports colours

Watts, Miles, Coppins, Childs

Sausage Sizzle for Lunch

Cost $55 Less CCS

Wednesday 15th April 2020

Walk & Lunch at Miles Park

Bring Tennis Racquets for play on courts

Please wear walking shoes

Please be at OSHC at 10am

(Excursion) Cost $55 Less CCS

Wednesday 22nd April 2020

Littlehampton Nature Walk

Let's explore Littlehampton including Glebe & Coppins Bush

Please wear walking shoes

Plus decorate your own bird feeder to take home

Please be at Oshc by 10am

(Excursion) Cost $55 Less CCS

Thursday 16th April 2020

Art Attack

Painting, Decorating, Craft and more

Cost $55 Less CCS

Thursday 23rd April 2020

Walk to the Duck Pond

Please wear walking shoes

Plus animal craft and games

Please be at OSHC by 10am

(Excursion) Cost $55 Less CCS

Friday 17th April 2020

Netflix Day

Come dressed as your favourite Netflix character

Cost $55 Less CCS

Friday 24th April 2020

Pizza & Cookie Making

Cost $55 Less CCS

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Email : kathryn.schultz132@schools.sa.edu.au

Bookings close Monday 30th March 2020

Book early to guarantee a spot as spots are limited and may be booked out before closing date (Bookings after 30th March will not be accepted)

Enrolment and Booking forms: http://www.littlehaps.sa.edu.au/OSHC.htm