

GRIP



Leadership



Conference



Koondrook Primary School respectfully acknowledges the traditional custodians of the land on which we stand. We pay respects to the Barapa Barapa Elders past, present and future.

Koondrook Primary School

KPS: Respect, Responsibility, Resilience

May 1st, 2024

Issue no: 7

Principal's Report

New Playground

It is very exciting that Koondrook Primary Schools application for \$537000 to build a new playground for the students has been successful. This money has been granted through the Australian Government Schools Upgrade Fund. VSBA - Victorian Schools Building Authority will manage the building process and works. The project needs to be completed by June 2026. Hopefully it will be completed before then.

Cross Country

On Friday 3rd May we will be holding our school Cross Country commencing at 12:30pm. All races will start in the carpark and the children will run out the front gate and along the river track and then finishing on the school oval. Children can wear their House colours to school on this day. We will be having an early lunch. Parents are welcome to attend the Cross Country and can help out if you would like. We have a few students from Barham High School coming to help along the river track.

School Uniforms

We are certainly starting the day with some much cooler mornings. Now is the time to find those school jumpers and jackets to wear to school each morning. We have a selection of new uniforms at the office, as well as some 2nd hand items (at a bargain price of \$2 per item) so don't hesitate to come into the office on Tuesdays or Thursdays to see Judi if you need uniforms. We also have green beanies for purchase. Please make sure students have their jumpers clearly labelled with their name.

As we are a SunSmart school, school hats may be put away today 1st May.

Dates to Remember

Term Dates 2024

Term 2 ~ April 15th – June 28th

Term 3 ~ July 15th – September 20th

Term 4 ~ October 7th – December 20th

Public Holidays

June 10th – King's Birthday

November 5th – Melbourne Cup

School Dates to Remember

April 30th – Yr. 6 GRIP Leadership @ Bendigo

May 2nd – Down Ball Incursion

May 3rd – KPS Cross Country Run

May 7th – Yr. 6 Transition @ BHS

May 8th – Yr. 6 Transition @ KTHS

May 14th – Mallee Division Cross Country @ Swan Hill

May 17th – Open Day

May 20th – Rocket Science Incursion, Yrs. 4/5/6

May 28th – Regional Cross Country @ St Arnaud

June 14th – Winter Sports @ Kerang, Yrs. 4/5/6

Assemblies

May 10th – Grade 3 to do item

May 24th – Grade 4/5 to do item

Zones of Regulation

What are the Zones of Regulation?

The Zones of Regulation is an internationally renowned intervention which helps children manage their emotions. At Koondrook Primary we use the Zones of Regulation throughout the whole school. The zones provide a framework for our children to develop self-regulation.

Children learn to identify emotions, recognise events that might make them move to a different zone and use the tools they have learnt to help them remain or move to a particular zone to help them regulate how they are feeling.

What are the different Zones?

Blue Zone: low level of alertness, not ready to learn, feels sad, sick, tired, bored

Green Zone: calm state of alertness, optimal level to learn, feels happy, calm, focused

Yellow Zone: heightened state of alertness, feels frustrated, worried, silly/wiggly, excited

Red Zone: heightened state of alertness and intense emotions, not an optimal level for learning, out of control, feels mad/angry, terrified, yelling/hitting, elated

We teach the children that everyone experiences all of the zones. The Red and Yellow Zones are not 'bad' or 'naughty' zones. All of the zones are expected at one time or another. We will show them that the Blue Zone, for example, is helpful when you are trying to fall asleep.

How will my child learn about the Zones of Regulation?

We use the zones through direct and indirect teaching and through our curriculum. We also use the zones language as part of daily school life so all staff refer to them, not just the class teacher.

What can I do to support the Zones of Regulation at home?

- Identify your own feelings using zones language in front of your child (e.g. "I'm feeling frustrated because..... , I am in the Yellow Zone.")
- Talk about which tool you will use to be in the appropriate zone (e.g. "I'm going to go for a walk as I need to get to the Green Zone.")
- At times, wonder which zone your child is in. Or, discuss which zone a character in a film / book might be in. (e.g.: "You look sleepy. Are you in the Blue Zone?")
- Provide positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone. E.g. "I can see you are working really hard to stay in the Green Zone by..."
- Teach your child which zone tools they can use (e.g. "It's time for bed, let's read a book together to get to the Blue Zone.")
- Display and reference the zones visuals and tools in your home
- Play "Feelings Charades"
- Have regular check-ins. "How are you feeling now?" and "How can you get back to Green?"
- Share how their behaviour is affecting your zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy / go into the Green Zone
- People watch and guess the feelings/zones of others
- Play 'Zones Uno' (can be purchased online)
- Create a calm box full of things which help to keep your child calm and alert.

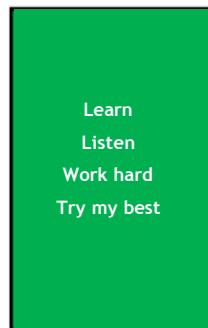
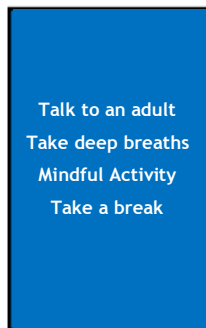
Fun with Autumn leaves



What zone am I in?



Use these tools to get to Green



GRIP Leadership

On Tuesday the grade 6 students went to Bendigo for a GRIP Student Leadership Conference at the Red Energy Arena. We got to school early at 6.25am. We got on the bus at 6.30am and went to Kerang to pick up Kerang and Kerang South. We got to Bendigo at 8:50 and at 9.15 we had the first session. It was about how everybody can step forward and lead. We played a game of Uno and when it finished, we wrote "It's normal to leave things for others to solve, but leaders step forward and want to be involved." We had the first break at 10.45 and the next session was at 11.10. The topic was The Sacrifice of a Leader. The meaning is 'sacrifice means giving up something for the sake of something more important.' Some people did a play and the most fun part of the play was Captain Selfish! We did a quiz. WE DID LOUD NOISE IS... We had fun in Loud Noise, it was in with session topic 3, Stepping Forward with New Ideas. Stepping forward is not about me it's about making my school the best it can be. We had another break at 12.30 to 1pm. The last session was called The Extra Steps - doing the things that leaders often forget. The day was good I had a great time.

By Charlotte



Prep 2025 Information Night

The process for enrolling Foundation students in Victorian Schools has changed slightly this year. The timelines have been brought forward a little, which means that from the start of Term 2 Koondrook Primary will be accepting enrolments for next year. If you have a child due to start school in 2025 please don't hesitate to contact us. There will be an information session for parents and carers of children wishing to start Prep/Foundation in 2025, on Monday 27th May at 6pm. You will get an insight into the programs and opportunities available at KPS.

There will be information on:

- The Pre-school to School Transition Program
- Enrolment process
- The opportunity to meet staff and ask questions
- Buddies Program
- What we offer at KPS

We look forward to meeting new and old families and welcoming you to the KPS community. Please call the school if you are unable to attend if this time does not suit.

Year 6 Transition

Next week the Year 6 students will attend transition days at both KTHS and Barham High. I expect all the children to attend these days. It is good for the children to see what each of the secondary schools have to offer and see what new opportunities they will be able to take up in the next stage of their education.

Barham High Transition

On Tuesday 7th May the Year 6 students will attend the Barham High School transition day. Students are able to catch the school bus to and from Barham High. Students would need to be at school by 8:30am to catch the bus at 8:40am.

KTHS Transition

On Wednesday 8th May the Year 6 students will attend the first transition day at KTHS. Students have been given bus passes for the day. Buses leave from the old Post Office and near the Storage Sheds on Grigg Rd.

Assembly

Our next Assembly will be on Friday 10th May at 3:00pm on the BV. Year 3 will perform the item.

Firewood Fund Raiser

School Council are holding a firewood fundraiser on Sunday 19th May. The idea is to raise funds to help with the cost of the Year 3/4 Camp. We hope that some parents will come along to help out. We are selling loads of wood for \$250. Orders need to be placed with Jess McNeil by 12th May. Pick-up starts from 10am and you will be given a time when an order is placed.

Open Day

We will be welcoming families and friends to Koondrook PS on Friday 17th May for our Open Day. Classroom visits will start at 12pm and run through to 1:35pm. After that you can join us with a BYO picnic lunch until 2pm. The students really enjoy showing their families what they do at school so we hope to see you there!





Auskick is starting this week!

WHEN: Thursday 2nd May

TIME: 5pm

WHERE: Barham Footy Oval

If you haven't registered yet as you have a child who is unsure if they are wanting to do it, feel free to bring them along for the first week and see how they go. Then you can register after that.

REGISTER HERE:

<https://play.afl/play/auskick>

No need to wear uniform, just comfy clothes
No need to wear footy boots, runners are fine
No need to bring your own footy, we have plenty

SEE YOU THERE!



Mallee Division Cross Country

The Mallee Division Cross Country will be held in Swan Hill on Tuesday 14th May. The event is at Riverside Park in Swan Hill - this is the park at the river opposite the swimming pool.

If your child is selected to attend the Swan Hill Cross Country it is the Parents responsibility to transport their children to and from Swan Hill. Children must be at the event at least 30 minutes before the scheduled starting time. We must keep to the time schedules. No exception or waiting will be permitted.

Timetable:

Marshalling for first event -: 10.40am

11.00am 12/13-year-old girls

11.20am 12/13-year-old boys

11.40am 11-year-old girls

12.00pm 11-year-old boys

12.30pm 10-year-old girls

12.45pm 10-year-old boys

1.00pm 9-year-old girls

1.20pm 9-year-old boys

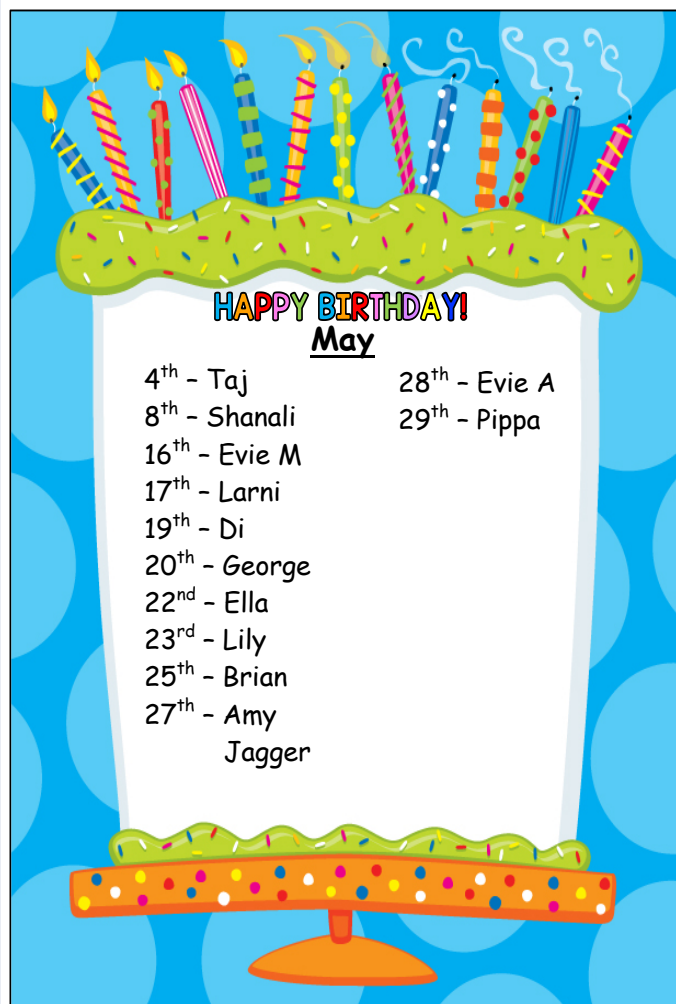
Amanda Bradford

GRIP LEADERSHIP

The grade 6 students from Koondrook PS and many other schools in the Gannawarra Shire attended the GRIP leadership conference in Bendigo yesterday. We arrived at school early in the morning and travelled to Kerang to pick up the Kerang South and Kerang Primary students. When we arrived at the Red Energy Arena in Bendigo, we got a booklet that had our activities in it. In the first part of the day we learnt about what makes a good leader, like being friendly to others, helping people, and trying new things. In the next session they told us why it's good to make a sacrifice and ways to help make the school better. And in the last session we thought about what type of person we would like to be this year. We played lots of games throughout the day. I think that it was really fun!

By Indigo C





HAPPY BIRTHDAY!
May

4 th - Taj	28 th - Evie A
8 th - Shanali	29 th - Pippa
16 th - Evie M	
17 th - Larni	
19 th - Di	
20 th - George	
22 nd - Ella	
23 rd - Lily	
25 th - Brian	
27 th - Amy	
Jagger	



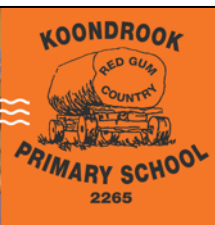
**KOONDROOK
PRIMARY
SCHOOL**
2265

Fire wood Fundraiser

Limited amount only 10 tonne
available at
\$250.00 per tonne
split & loaded

Collection date: Sunday 19th May
Collection Site: Koondrook Primary
School

Bookings essential
Please call Jess 0408019151



**KOONDROOK
RED GUM
COUNTRY
PRIMARY SCHOOL**
2265



PREP 2025 *Information* **NIGHT**

Monday
27th May
6pm

Murray Parade,
Koondrook,
Victoria

**Learn what
we can offer
Your Child**

- ✓ The Preschool to School Transition Program
- ✓ Comprehensive Curriculum
- ✓ Specialist Programs - MARC Library & MACC Art
- ✓ Meet Staff and ask questions

www.koondrookps.vic.gov.au  Koondrook Primary School  5453 2428

KOONDROOK PS **OPEN DAY**

Friday 17th May - 12pm to 2pm





Parents, Carers, Friends and Family are invited to come
and see what we do here at Koondrook PS.
Classroom visits from 12pm to 1:35pm.
Join the students for a BYO picnic lunch till 2pm.

 Classroom Visits

 BYO Picnic Lunch

 5453 2428  Koondrook Primary School  koondrookps.vic.edu.au

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