

# Number 15: 23 September 2020

**COMMUNITY NEWS** - [click to open Community News](#)

Excursions – [click for more information](#)

Click *here* to view our Calendar

## PRINCIPAL NEWS

Dear Families,

We are almost at the end of an amazing Term of learning here at TPS. Thank you for your patience, support and understanding as we have navigated our return to onsite activities including excursions, assemblies, parent / volunteer programs, debating, the uniform shop re-opening and the return of sushi sales. Children and teachers have relished all opportunities to re-start programs and venture offsite to enjoy new learning beyond the school grounds. We look forward to continuing such opportunities throughout Term 4.

This holiday period will see a lot of activity here, as we begin a range of maintenance and improvement works across the site. Key projects include:

- Kinder Sandpit Upgrade
- Raised garden bed installation – Prep Classroom Wall (EC entrance)
- Retaining Wall replacement – behind Administration block (Play West pathway)
- Loose Parts Shed installation – EC Playground (near blue court entrance)
- Fence repairs – Play East (oval entrance down to creek)
- Debris removal from the bank behind the Design and Tech Hub, and
- Tree trimming as recommended in our recent arborist report.

Families are asked to restrict their movement across and around the school grounds during this holiday period to ensure the safety of all.

### 2021 Class Structures and Staffing

From the start of Term 4, we will begin constructing class structures and groupings for 2021, based on student needs and numbers. **If circumstances**

**change and your family will no longer attend TPS in 2021, parents / carers are asked to contact the school as soon as possible.** This information will greatly assist with decision making in this area. Thank you.

I wish everyone a safe, restful and enjoyable holiday break and look forward to welcoming everyone back on Monday 12th October for an exciting Term 4!

Best wishes

*Danielle Bresnehan*

Principal

## Taroona Awards

Congratulations to the following students who received an award at our last Assembly.

- **Creativity** - Max F, Anabelle A, Cameron U, Cecilia C
- **Respect** - Lilli H.T, Sophia K, Coco W, Reuben D, Noah J,
- **Resilience** - Abi S,
- **Collaboration** - Liam D,
- **Excellence** - Elaine J, Isaac F, Claire B, Livanshi S, Maxim O, Oliver B, Freya M, Luna M, Felicity Y, Lilith F, Sean L Otis B, Ivy M, Lily H-R
- **All 5** - Henry S, Lori C, Emilia W, Saskia C

## Zones of Regulation



In our previous newsletter we answered the question: Why Teach the Zones? Today's post is focused on: ***The Four Zones: Our feelings and states determine our Zones.***

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow

Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

The Zones can be compared to traffic signs. When given a green light or in the Green Zone, one is “good to go”. A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light or stop sign means stop, and when one is in the Red Zone this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize.

All of the zones are natural to experience, but the framework focuses on teaching students how to recognize and manage their Zone based on the environment and its demands and the people around them. For example, when playing on the playground or in an active/competitive game, students are often experiencing a heightened internal state such as silliness or excitement and are in the Yellow Zone, but it may not need to be managed. However, if the environment is changed to the library where there are different expectations than the playground, students may still be in the Yellow Zone but have to manage it differently so their behaviour meets the expectations of the library setting.

For more information go to:  
<https://www.zonesofregulation.com/learn-more-about-the-zones.html>

## **STOP WALK TALK: School Holiday Competition for Families**

Students from K-6 are learning strategies to support positive social interactions in both classrooms and out in the playground. The simple language of Stop, Walk and Talk is encouraging students to use their own voice, walk away and communicate to teachers. Families may like to support this at home by entering our school holiday competition. Please see below for details.



## Growing Up Program: Week 1, Term 4

All classes will be involved in the Growing Up Program during the first week of Term 4.

The Growing up program is Tasmania's leading relationships, sexuality, and protective behaviours program for students from K - 6. The program is age-appropriate and sequential, and addresses:

- staying physically, emotionally and mentally healthy throughout life
- protective behaviours, peer pressure and self-esteem
- creating and maintaining healthy and meaningful relationships

Family Planning Tasmania recommends that students are provided with relationships, sexuality and protective behaviours education each year. The Growing Up Program aims to increase positive communication between parents/carers and their children. Family Planning Tasmania provides a parent/carer information session with every program. This covers the program content and the ways in

which parents can support their child's learning. Family Planning Tasmania also provides parent fact sheets and take home tasks in some year levels. For more information about the content of the program, please click on the link: GUP flyer PDF A4 2019

Our session for parent / carers is scheduled for **Monday 12 October, 8:30am** in the Makerspace. Please sign in at the office prior to attending the session.

For information about talking to your child about relationships, sexuality and puberty visit [http://www.dhhs.tas.gov.au/publichealth/healthy\\_communities/talk\\_soon\\_talk\\_often](http://www.dhhs.tas.gov.au/publichealth/healthy_communities/talk_soon_talk_often)

## **E-Safety: Online Games**

Online games can be great fun for your child, but make sure you can help them manage the risks.

Many games can improve your child's coordination, problem-solving and multi-tasking skills, as well as help build social skills through online interactivity with other players. But it is also important to understand what might go wrong and have a negative impact on your child.

The eSafety Commissioner website has a page for parents and carers about gaming which covers:

- How to create a safer gaming environment for your child
- Is your child spending too much time gaming?
- Grooming and bullying through in-game chat
- Limiting in-game purchases
- Games with gambling themes

More information is available at:  
<https://www.esafety.gov.au/parents/big-issues/gaming>

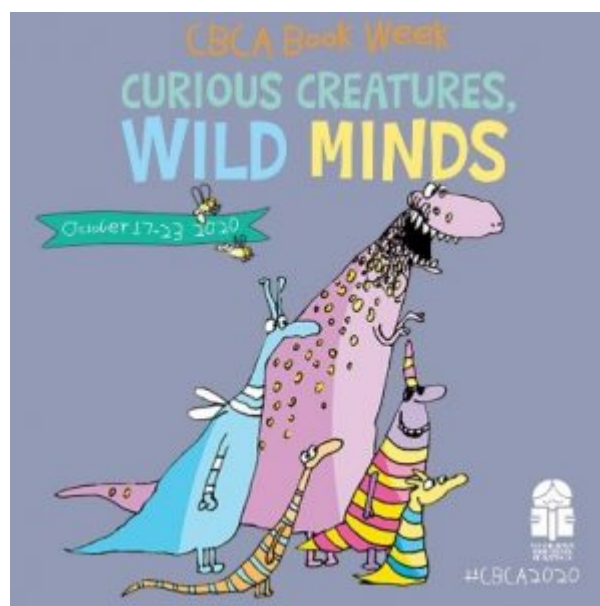
## **Book Week**

### **SPECIAL 'BOOK WEEK' ANNOUNCEMENT!**

Coral Tulloch (local author) has confirmed her visit to TPS during Book Week! Kinder to Yr 2 children and families, please see the special notice attached – you will need to bring a special toy to school for a special adventure!



Don't forget our Book Week Parade – costumes at the ready on Wednesday the 21 October (that's only the 2<sup>nd</sup> week back after the holidays!!).



### **Book Week Activities - October 19 - 23**

1. Author Visit – Coral Tulloch visiting Tues 20 and Wed 21.

(Kinder – 2 will need to bring a special toy for their Author session on Wed 21)

1. Book Week Parade – Wed 21 at 9.00am in the Quadrangle (children only please – no visitors allowed due to COVID-19 onsite restrictions)
2. Daily 'Guest Teacher' Readings
3. Early Childhood and Primary Inter-class Book Quizzes

We look forward to a fabulous week of celebrating reading and books!

Your Friendly Book Week Organising Committee

## CLASSROOM NEWS

### French

Please click on the image below for further information.

**Salut Bonjour! Bonjour!**

This term we have investigated how we can use our French language skills within our classroom inquiries.

In ECE classrooms, we have explored old pictures and cards from France. We had to use our knowledge of the days and months in French to figure out what sort of cards we were looking at. We also explored what a French classroom might have looked like in the 1950s. Kinder have also read *The Very Hungry Caterpillar*.

In Y/N classes, we started to look at *Les Saisons* (the seasons) and how they are different in Australia and France. We used our nature play skills to observe our surroundings and create some big class poems about Spring. Joe and Miki also investigated the indigenous Weather Knowledge map to give us some additional information about the seasons in Australia. There is no recorded information for Tasmania on the indigenous Weather Knowledge map at the moment, but the boys did explore *Wetere* for us.

In 5/N classes, we have explored how French is a global language. We also discovered *Milieu Sans Frontières* (Borders Without Borders). We used our collaborating and translation skills to read some of the information for students they share on their French website.

		
Joe shares his understanding of the seasons in France.	Eren and Lachie explore an old postcard.	Y/N editing and constructing their poem outside.

**Indigenous Weather Knowledge**

There are 7 Indigenous seasons. Different Aboriginal groups categorised seasons differently. The Garwud Indigenous people from Victoria had *Karing* which was late summer to January to March. It was also wet season. It was the hottest and driest time. They had *gungul* season which was autumn in March to May. It was heavy rain season. They had *churnup* which was winter in May to July. It was cold rain season. They had *lanerut* which was pre-spring in July to August. It was cooling but season. They had *perjurn* which was spring from September to November. *Perjurn* was mid-flower season and it started to warm up. *Bulderer* was November to January and *Suberly* season there was hot dry weather. By Joe and Miki.

## Design and Technology

What has been happening in our new Design and Technology Hub? Please click here to see what our classes have been up to!

## TOM

### Tournament of Minds

What a fabulous time the Tournament of Minds teams have had. Pressure, new friendships, problem solving and the learning of many new skills.

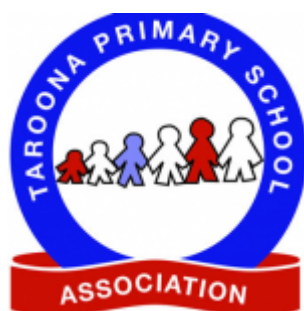
Our 7 teams worked very hard and were able to complete the tasks on time. Their problems were filmed and submitted 2 weeks ago.

We were thrilled to learn that 3 of our Arts teams were successful in achieving Merit awards, the highest award given this year. Congratulations to all 7 teams. Awards and certificates will be awarded at the first assembly in Term 4. There

will be further information in the next newsletter.

## LAUNCHING INTO LEARNING - Super LiL Term 4

Families are encouraged to come along and join in the fun with special sessions scheduled in Term 4. Click on the flier for full details!



## TPSA NEWS

Please find below links to documents from the most recent TPSA Meetings:

DRAFT TPSA Meeting Minutes 010920

TPSA Minutes 1 September 2020 (Draft)

TPSA minutes 18 August 2020 Final

Principal Report TPSA Meeting 4 August 2020

Please send all enquiries / correspondence to [TPSAenquiry@gmail.com](mailto:TPSAenquiry@gmail.com)



# UNIFORM SHOP NEWS

The TPS Uniform Shop is now open on **Thursdays from 2:30 - 3:15pm.**

## **Covid-19 Rules for the Uniform Shop**

The Uniform Shop is located directly underneath the staffroom, accessible via the Early Childhood Playground and the Quadrangle.

The shop is small with limited room to move around, so it is important we adhere to the current Covid-19 advice and ask that visitors follow the social distancing and hygiene measures in place at the school for visitors, parents and carers.

**ONLY two customers** at a time are allowed in the shop, maintaining a physical distancing of 1.5 metres. A hand-sanitising station will be placed at the entrance of the shop and all customers must use this prior to entering.

We kindly ask that customers be considerate of others waiting outside so please keep browsing time to a minimum. The shop doors **will close at 3:15pm sharp.**

## **Uniform Ordering**

We encourage parents to order online via the QKR! App. Click **here** for instructions.

All orders received via QKR by 11am on Thursdays **will have their order ready for collection at the School Office on Friday mornings.** QKR is the preferred method to order uniforms at this time. Please note, no cash will be accepted in the Uniform Shop - only EFTPOS payments until further notice.

## **Second-Hand Clothing**

The second-hand clothing racks will be on display inside the uniform shop for purchasing. Second hand uniform purchases are very popular so please be mindful of the time spent viewing the racks. We will do our best to serve everyone.

Second-hand clothing donations are very welcome, these can be dropped into the School Office during office hours.

## **Uniform Item and Price Lists**

Please click [here](#) for the current list of uniform items.

Please click [here](#) for the order form (manual processing) and price list.

Thank you for your patience with the current process for purchasing uniforms.

If you have questions about school uniforms, please contact Katie Ferguson.  
[katieferguson@netspace.net.au](mailto:katieferguson@netspace.net.au)

## Changes to STAS Eligibility

The Tasmanian Government has announced the expansion of the Student Assistance Scheme (STAS), which waives the cost of Tasmanian Government levies for eligible students, beginning in the 2021 school year.

The eligibility for STAS will move to using the Health Care Card or equivalent as the assessment mechanism, replacing previous income thresholds that applied.



A set of *Frequently Asked Questions* has been developed to assist with any questions you may have.

Further questions about STAS or Levies and Charges in general can be sent to the Department of Education's Financial Services Unit at [stas@education.tas.gov.au](mailto:stas@education.tas.gov.au) or by calling 1800 827 055.

## TAROONA HIGH SCHOOL VIRTUAL TOURS

Taroona High School are offering virtual tours of their school for Year 6 families. Please click on the link below to access.

<https://taroonahigh.education.tas.edu.au/virtual-tours>

# ENTERTAINMENT BOOK



The Entertainment Book has gone digital!

Previously, Tarroona Primary School has sold hard copy Entertainment Books. The Entertainment Book is only available in a digital format now. Please click [here](#) if you wish to purchase a digital copy.

## SCHOOL INFORMATION

### Student Absences

A reminder to parents/carers to advise the school office if their child is unable to attend school due to illness or any other reason.

- By phone (6227 8325)
- Email [tarroona.primary@education.tas.gov.au](mailto:tarroona.primary@education.tas.gov.au)

A medical certificate is required if a child is absent due to illness for 5 days or more.

I NEED TO STAY HOME IF...							
I HAVE A FEVER	I HAVE DIARRHOEA	I AM SICKENED	I HAVE A RASH	I HAVE HEADPAINS	I HAVE AN EYE INFECTION	I HAVE A COLD	I HAVE BEEN IN THE HOSPITAL
Temperature of 38.5 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or hives	At the head/face, by hand	Redness, itching and/or 'crusty' discharge from eye	Sneezing, runny nose, cough	Hospital stay and/or (50 days)
I AM READY TO COME BACK TO SCHOOL WHEN I AM...							
Have been for 24 hours without the use of fever reducing medication	Have been diarrhoea free for at least 24-48 hours	Have been vomiting free for at least 24 hours	Have been with/without hives or with/without hives	Unaffected with appropriate first treatment at home	Until I have been treated by my doctor and infection clears	Until I am well again	Referred by my medical provider to return to school

### Signing Students in/out

To ensure we have an accurate record of student attendance, we ask that any student arriving at school later than 9:00am, or leaving for any reason during the school day, be signed in or out at the school office.

### Messages to Students

If you need to get a message to your child, please contact the school before 2:15pm to ensure enough time for us to pass the message on.

## Duty of Care

Please note that students are not to arrive before 8:30am. This is for the students' protection and safety as there are no teachers on duty prior to 8:30am and classrooms remain locked until this time. Supervision is provided before and after school:

- Playground (EXCLUDING PLAY WEST & OVAL) 8:30 to 8:55am
- Car park & bus area 2:50 to 3:05pm

## LADY GOWRIE



Lady Gowrie Tarooma Before and After School Care operates from the hall each school day from 7:00-8:30 am (Before School Care) and 3:00-6:00 pm (After School Care), catering for children aged 4-12 years. We offer a safe and stimulating environment based on the children's interests incorporating both indoor and outdoor play. We employ trained Educators and provide a nutritious breakfast and afternoon tea each day. Please contact the Lady Gowrie Outside School Hours Care Office on 6230 6806 or email us at [oshc@gowrie-tas.com.au](mailto:oshc@gowrie-tas.com.au) for more information.

Please click [here](#) for the Lady Gowrie Vacation Care Program.



To ensure the safety of our school property, please ring Crime Stoppers if you see anyone acting suspiciously in our school grounds.

## MOVE WELL EAT WELL

## Move Well Eat Well

Are you getting  
enough fruit and veg?



Everyday aim for:

**2** serves of fruit **+** **5** serves of veg

A serve of fruit is:



1 medium  
piece

2 smaller pieces

1 cup tinned

4 dried pieces

A serve of veg is:



1/2 cup  
cooked

1/2 medium potato

1 cup salad

1/2 cup legumes

For more ideas visit:

[www.moveandeatwell.tas.gov.au/families](http://www.moveandeatwell.tas.gov.au/families)

Department of Health  
Healthy Families Healthy Futures

