



Fraser Park Primary School

Newsletter



Government of South Australia
Department for Education

THE FRASER PARK BZZZ

Important Diary Dates for Term 1

27/2

Year 3 / 5
NAPLAN Prac

11/3

Public Holiday

13/3—22/3

NAPLAN

18/3

Student Free
Day

25/3—27/3

Parent Teacher
Interview

Well the term is well into full swing and now that we have finished swimming lessons, classes have knuckled down and are busily working towards creating strong Literacy and Numeracy learners.

We would like to thank parents for their organizing their children for swimming last week. With the changing times and inconsistent days, it was great to see that there were no issues with students not having their swimming gear.

NAPLAN will soon be here and notes went home to parents who have children in Year 3 and 5. If you have any questions or concerns about NAPLAN, please come to the Front Office and we will try to address any questions or concerns you may have.

An exciting announcement, Fraser Park will be again running their Easter Raffle very soon and winners will be drawn just before the Easter weekend. Sostay tuned for future newsletters and the Facebook page to ensure that you don't miss out on winning some very yummy prizes. Once the raffle starts, tickets will be available from the front office in Week 6.



Principal's Piece

It has been a busy start to the term. Each class is settling into their new environment and learning new routines. Seeing the students engaging in each learning block is excellent, and I have enjoyed seeing many students work. I hope you have enjoyed seeing photos of your child's work. We enjoy sharing your child's learning and send home examples at every opportunity. A reminder that school starts at 8:45 am. Getting your child to school on time is essential to ensure they can participate in the literacy block. Students can be onsite from 8:30 am.

Last week the students participated in swimming lessons. Seeing some students gaining confidence in the water and showing their new skills was great. The students are looking forward to improving their new skills in action later this year.

Last week, we also held our Governing Council AGM. It was great to have several new parents and community members join our Governing Council. I look forward to working with the Governing Council throughout the year. In our following newsletter, we will introduce our 2024 Governing Council.

NAPLAN is fast approaching for our year three and five students. Last week, information about NAPLAN was sent home. If you have any questions or concerns, please see me or Kara Lienert.

A couple of quick reminders. We must stay as cool as possible as the weather is heating up. Students need to wear sun-smart clothing and wear hats while in the sun. We also recommend students drink plenty of water during the day. Water bottles can be filled up during the day. Secondly, our school site is a Smoke and vape-free zone, and that includes the dirt carpark. If you have any questions, please let me know.

Julie Cawte has been working with the Governing Council to finalise our school uniform. We will be sending information out shortly. We are also in the process of completing our year six t-shirts and jumpers. I look forward to seeing our students in the new uniform.

I have enjoyed seeing the fantastic learning so far this year and cannot wait to share more learning stories in our following newsletter.

Kimberly

"Education is our passport to the future, for tomorrow belongs to the people who prepare for it today."

Malcolm X.

Wellbeing Corner

Did you know breathing techniques have the power to calm and reset our emotions?

Slowing down our breathing and taking deep breaths is one of the most powerful tools we have for calming down. It helps our muscles relax and it helps to turn back on the parts of the brain that power down when we get upset. This, in turn, allows us to express ourselves better and to make better decisions. Try this **4-7-8 breathing**.

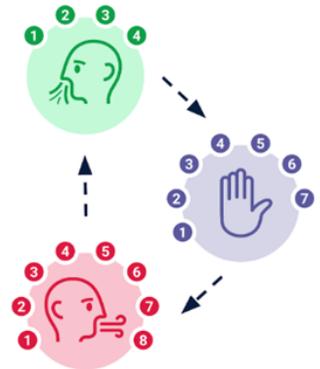
Take a deep breath in through the nose for 4 seconds. Hold the breath in for 7 seconds and then breathe out through your mouth for 8 seconds.

At school, students are encouraged to ask their teacher for a breather when they are becoming anxious or upset. **Walking** helps to calm your body, and also helps to calm any negative thoughts. Students are able to take a short breather/walk after they have talked to their teacher.

Sometimes, when the weather is rainy and wet or extremely hot, for their own safety students may need to regulate and reset in class. A great way to distract yourself is the **Count to Calm** technique. We can try counting to 10 or more (maybe 100) depending on how upset we are. We can count backwards from 10 or 20 to zero. Choose any number you like!

Another cool trick is to **count all of the objects of a certain color in the room**. If you're getting really frustrated and you're about to say or do something that you'll regret later, distracting yourself by counting all of the orange objects in the room and then all the blue objects in the room could be enough to slow down and bring us back to a calm state.

4•7•8 Breathing



Take a Walk

Can I please
pace in the back
of the classroom?

Can I please
go for a walk?



Count to Calm

Count to 10
(or more)

Count backwards
from 10 (or
more)

Count all the
objects you see
of a certain color

Community Page



UNIFIED BASKETBALL

Learn New Skills & Make New Friends

WHO: Children and young people 10-16 years with or without an intellectual disability or autism

WHEN: Every Wednesday in Term 1
4:30pm-5:30pm

COST: \$18 per term

WHERE: Unity College Murray Bridge Gymnasium

CONTACT: Scan the QR code or contact
ashleighg@specialolympics.com.au



*This is a joint project between
Special Olympics South Australia and
the Murray Bridge Wellbeing Hub*

Special Olympics
South Australia



Come along to the Learning Together Community playgroups. Our playgroups are all about playing, singing, learning, and having fun together.

Morning tea is provided for the kids and tea, coffee, and milo for you. We

Drop in for a play on Monday or Wednesday at 10:00 am or come into our Baby play on Tuesday Mornings.

Other programs are available too! Nature Play at local parks, Cooking Together and Parenting programs.

For more information call Adele on

0423 020 991

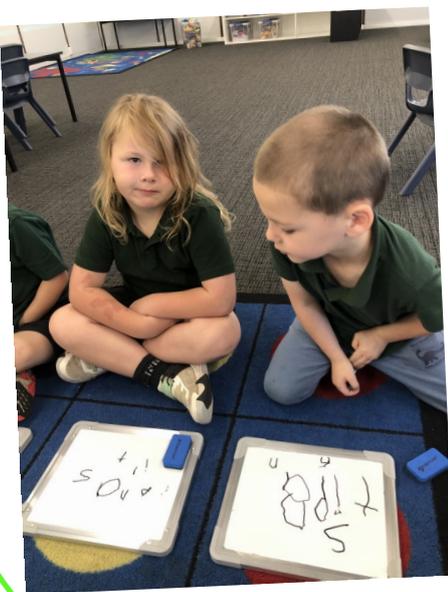


Classroom Profile

Kungari



Students have settled in well into learning in Kungari this year. We start each morning with a morning circle and dance. They all love learning their sounds using their individual whiteboards.

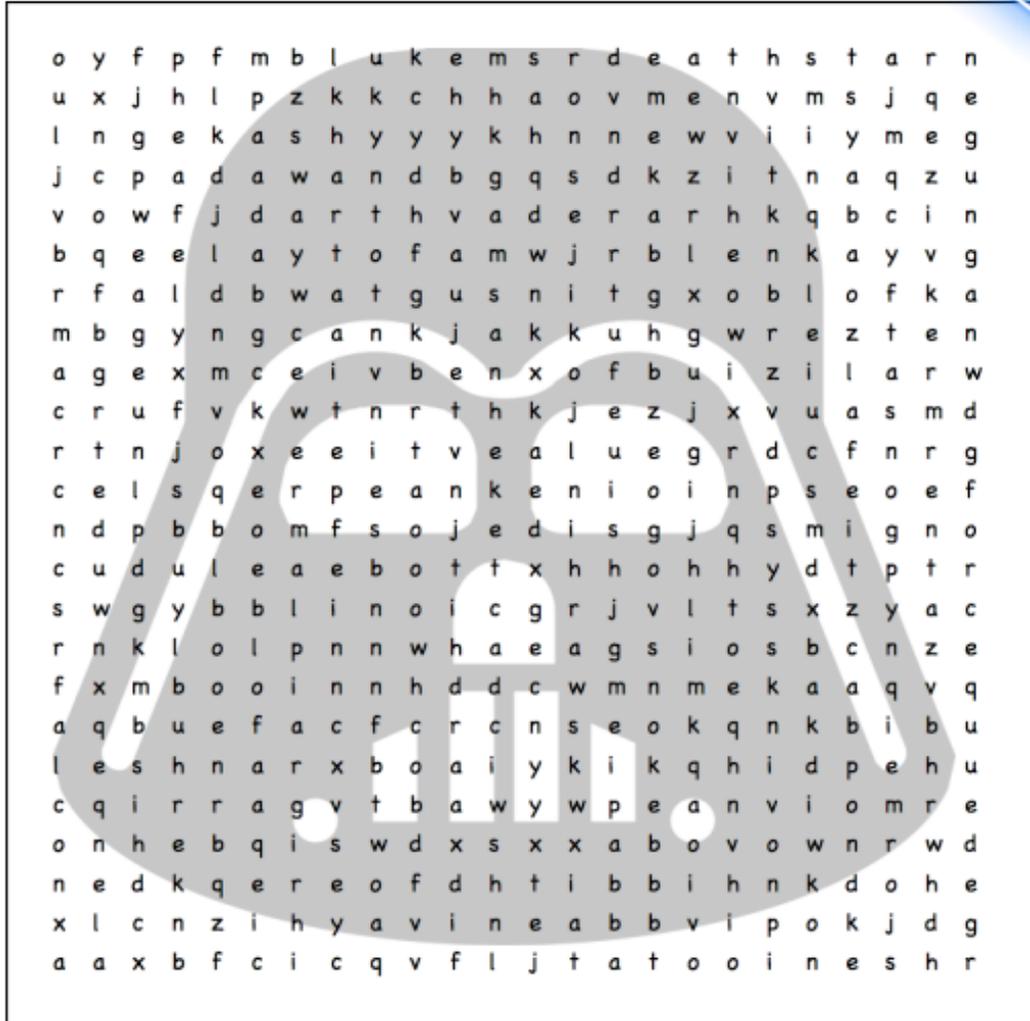
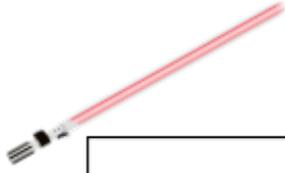


Fraser Funnies

Name: _____

Date: _____

STAR WARS Word Search Puzzle



Find the hidden words written in BOLD letters

- | | | | | |
|--------------------------|-----------------------|--------------------|-------------------------|---|
| droids | Wedge Antilles | Jawa | Rey | First Order |
| Jabba the Hutt | Luke Skywalker | X wing | Alderaan | Obi-Wan Kenobi |
| Millennium Falcon | Rebels | Finn | General Hux | Empire |
| lightsaber | force | Leia Organa | Republic | Padawan |
| Darth Vader | Jedi | Yoda | Admiral Ackbar | Death Star |
| Snoko | Kylo Ren | Han Solo | Anakin Skywalker | Chewbacca |
| Boba Fett | Sith | Yavin | Kashyyyk | Jakku |
| Mandalorian | Endor | Ewok | Tatooine | gungan |
| Poe Dameron | | | |  |

(The words may be hidden vertically, horizontally or diagonally.)

Literacy and Numeracy Challenge

Solve the word problems, there is a reward for the first correct entry handed into the front office.

~~LEAST~~

ALL THINGS
all things

heart

Solve the numeracy problem, there is a reward for the first correct entry handed into the front office.

Karel, the wonder dog, jumped into a fast flowing river and swam downstream at 50 metres per minute. After a rest and sniff around, she swan back upstream at 30 metres per minute, returning to her original position.

If Karel swam for 16 minutes, how far did she swim altogether?

_____ metres

_____ kilometres

Diary Dates

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	29/1 Beginning of Term 1	30/1	31/1	1/2	2/2
Week 2	5/2	6/2	7/2	8/2	9/2
Week 3	12/2 Swimming	13/2 Swimming	14/2	15/2 Swimming	16/2
Week 4	19/2	20/2	21/2	22/2	23/2
Week 5	26/2	27/2 NAPLAN Practice Year 3 and 5	28/2	29/1	1/3
Week 6	4/3	5/3	6/3	7/3	8/3
Week 7	11/3 Public Holiday Adelaide Cup	12/3	13/3 NAPLAN	14/3 NAPLAN (Y3/ 5) Cricket Clinic	15/3 NAPLAN (Y3/ 5)
Week 8	18/3 Student Free Day	19/3 NAPLAN (Y3/ 5)	20/3 NAPLAN (Y3/ 5)	21/3 NAPLAN (Y3/ 5) Cricket Clinic	22/3 NAPLAN (Y3/ 5)
Week 9	25/3 Parent Teacher Interviews	26/3 Parent Teacher Interviews	27/3 Parent Teacher Interviews	28/3 Cricket Clinic	29/3 Public Holiday Good Friday
Week 10	1/4 Public Holiday Easter Monday	2/4	3/4	4/4 Cricket Clinic	5/4 Sports Day
Week 11	8/4	9/4	10/4	11/4	12/4 End of Term 1

Pulyeri

Preschool at Fraser Park



The summer scorchers have arrived! The children really enjoyed playing in the cool damp sand and the various water play experiences available for them. I'm sure you noticed the line full of t-shirts drying in the sun at pick-up time!

On hot days, we encourage children to drink plenty of water and play underneath the veranda, in the shade or inside where it is air-conditioned.

Wearing hats outside is a new and puzzling expectation for many children. Thank you for sending your child with a named broad-brimmed or bucket hat and for applying sunscreen before coming to preschool. We will be talking with children about why it is important to protect their skin from the sun's high UV radiation as we help them re-apply sunscreen after lunch each day.



Azalea, Ayom, Mackenzie, Xanthea Arya, Theodore, Lauren and baby play in the shade. When the ultra-violet radiation is above 3.



Claire & Lauren

Curriculum focus

Getting to know each other

The next few weeks will be spent getting to know each other's strengths and interests. We will pay attention to the right way and right pace to introduce new ideas such as routines and expectations at preschool. Claire and Lauren will be checking in with you to make sure your child's transition between home and preschool is a happy one.

Sharing from our hearts.

Preschool is often the first time children have to share spaces, toys and adult attention with so many others in a place that is not yet familiar to them. Sharing is an important social skill to learn but it is tricky for young ones. When children are made to share by someone bigger, it can cause resentful feelings.

At Pulyeri, we believe children can learn to share from the heart.

Here are some ways that we support this learning...

We ensure plenty of resources to minimise the stress around sharing things that children feel they need. Children can eat their own fruit snack from home instead of having it cut up onto a shared platter. Of course, donated fruit and vegetables from our garden will be offered to everyone to share.

Sharing from our hearts looks, sounds and feels like ...

We never take something from someone else's hands. We always ask.

Children say- "Can I have a turn?"

"Yes, when I am finished" ...

Educators say- "You are waiting for a turn.

You are being patient"

"You gave someone a turn. You are being a kind friend"

