

COORARA PRIMARY SCHOOL

CARING | HONESTY | RESPECT | RESPONSIBILITY | TEAMWORK

Newsletter

Principal: Steph Tulloch

www.cooraraps.sa.edu.au | Taylors Avenue, Morphett Vale SA 5162

Phone: 8325 2066 | Fax: 8325 1750 | Email: dl.0323.info@schools.sa.edu.au

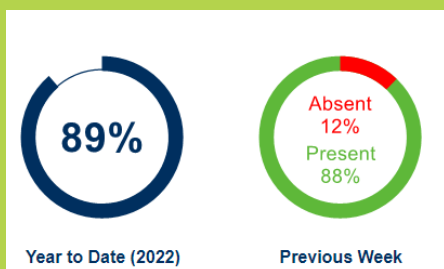
Term 1 Week 5

Thursday 3 March 2022

Diary Dates

- 7/3/22
AGM 6.30pm in the Resource Centre followed by Governing Council meeting at 7pm
- 8/3/22
Assembly 9.00am
Hosted by Rm 18
- 11/3/22
PUPIL FREE DAY
- 14/3/22
ADELAIDE CUP HOLIDAY
- 21/3/22
Little Book Worms commences
HARMONY DAY
- 22/3/22
Musical Committee meeting 3:15pm
- 23/3/22
Senior Choir Rehearsal
Excursion

Attendance



Dear Families

With the start of the year well and truly underway I wanted to write to introduce and refresh the use of the Zones of Regulation within our learning community. From the kindy, all the way to our year 6 students, we use a common approach in supporting the emotional literacy and development of our young people.

The Zones of Regulation is a curriculum used to scaffold self-reflection and build understanding of our feelings. At Coorara we use the Zones to support daily conversations about how we are going and also to reflect on how others may be feeling.

The Zones break down our emotional state into 4 distinct categories:

- **Blue** – low alertness (e.g. sad, sick, bored)
- **Green** – ready to learn (e.g. calm, happy, focused, content)
- **Yellow** – starting to lose control (e.g. frustrated, anxious, excited)
- **Red** – extremely heightened (e.g. anger, panic, elation)

The Zones are also used to support students to understand that every emotion we experience is valid. It guides us to reflect on what Zone we are in, what choice would be the safe choice and ways we can help ourselves and others. Please feel free to talk with your teachers about how the Zones are being used in school and also chat with your child to see if they can share their understanding and learning. A great activity you can do with your child is to read a book or watch a show and share what Zone you think a character might be in and why.

Warm Regards,
Anthony Parina
Wellbeing /
Teaching
& Learning Leader

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

Pupil Free Day
Friday 11th March

Reminders

Adelaide Cup Holiday
Monday 14th March

Welcome to Uncle Tamaru

This Term, we welcome Kurna Elder, Uncle Tamaru, to Coorara Primary School as our Aboriginal Community Education Officer. He will be supporting individual Aboriginal students and their families within the school.

Uncle Tamaru will be sharing his knowledge of Aboriginal history, culture, and Kurna language with our students and staff. Over the past weeks, students have enjoyed working with Uncle Tamaru to learn:

- Kurna language through singing
- Cultural dances in Music
- The difference between an Acknowledgement of Country and Welcome to Country
- How native plants are used in Aboriginal culture
- Ngaitalya (my respect)

Uncle Tamaru will be working with our students and staff on **Tuesdays** and **Thursdays** this term. As part of our whole school learning, we encourage you to greet Uncle Tamaru and our staff in Kurna language. Uncle Tamaru has shared some common greetings in Kurna language for you to use below.

The [k] says
/g/ in Kurna
language

NIINA MARNI

are you good

MARNI AI

good I am

YUKU MARNI AI

so so good I am

KUKU AI

sick I am

NAKUTHA

goodbye but not forever

Warm Regards,
Sophie Panousakis
Deputy Principal



ANNUAL GENERAL MEETING

Monday 7th March
Resource Centre
6.30pm

Would you like to have your say? Do you have ideas and or suggestions you would like to share? Would you like to be more involved in your child's education? Do you have 2 Monday nights free a term? If so, you may be interested in joining our Governing Council. No experience is necessary.

All Governing Council members need to have a current Working with Children Check, RAN or apply for one. We can support parents to obtain these checks.

Governing Council Meeting
Monday 7th March
7.00pm



Little Bookworms

@ Coorara

Mondays

9-10am

in the

Resource Centre

All Welcome



Attention Parents
Playground
Play

~ Parents~

Parents please be aware that the big kids playground (near the oval) **does not have a teacher on yard duty at 8.30am before school.** **Parents need to supervise their own child if playing on this equipment at this time**

KAURNA WORD OF THE WEEK

From Uncle Tamaru

Ngaitalya

Translation: Respect

Breakfast Club

8.30am – 8.50am Held in the yellow unit
Students are welcome to pop into breakfast club every morning.



U N I V E R S I T Y
A MEMBER OF CHILDREN'S UNIVERSITY AUSTRALIA

Children's University will be starting again this year at Coorara. With only 20 spots available it will be first in with your consent forms.

More information to follow.

Watch this space.....

