

# COORARA PRIMARY SCHOOL

CARING | HONESTY | RESPECT | RESPONSIBILITY | TEAMWORK

## Newsletter

Principal: Steph Tulloch

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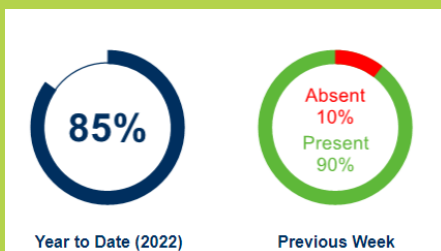
### Term 2 Week 3

Thursday 19 May 2022

### Diary Dates

- 20/5/22  
Walk to School Day & Healthy Breakfast  
School Website Photos
- 23/5/22  
Little Book Worms  
Governing Council Meeting
- 24/5/22  
Play, Create & Connect - 9am  
Cross Country
- 30/5/22  
Little Book Worms  
School Dental Visits - Mon, Tues & Wed
- 31/5/22  
Play, Create & Connect 9am  
Assembly Hosted by Rm 9  
Dentist
- 1/6/22  
Dentist
- 2/6/22

### Attendance



### Niina Marni,

Assembly: Well done Room 20 for your assembly. It was just wonderful to have all the kids back in the hall, despite it looking a little different (all the flooring has been lifted and is just concrete). We have some great awards handed out and they are listed on the back page.

Tomorrow is going to be a very busy day for staff and students alike. We have two things happening:

Firstly we have 'Walk to School' Day. We are meeting kids at 8:30am at Winifred Taylor Reserve and will walk to school together as a team at 8:35am. You are welcome to walk with us also. Once at school, we will have a healthy second breakfast available for the kids. You are also welcome to join them here whilst they have their food. I would like to thank Woolworths in Morphett Vale for providing all of the fresh fruit for us.

The second event tomorrow is "School Website Photos". These will be taken in the morning and used to update our school website, in the front office and for further publicity. If you do not wish to have your child's picture taken, please let the front office know. To be included in photos, your child must be in full school uniform and have a neat and tidy appearance.

Hall update: We are hoping to have the hall completed by August with new flooring complete.

Looking forward to seeing you here tomorrow to share in Walk to School.

Steph Tulloch

Principal

**Public Holiday**  
**Monday 13<sup>th</sup> June**

**Student Free Day**  
**Friday 24<sup>th</sup> June**

# The Zones of Regulation

## Room 7 and 8

The ZONES of Regulation™ Reproducible E The Zones of Regulation Visual

### The ZONES of Regulation™

<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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From The Zones of Regulation™ by Leah M. Kuyper • Available at [www.socialthinking.com](http://www.socialthinking.com)



During Term 1 and 2 Students in Room 7 and 8 have been exploring their feelings and their ability to recognize and communicate how they are feeling using the 'Zones of Regulation'





Sometimes things happen to make us feel worried, upset or frustrated. These things are called 'triggers'

math

loud noises

people calling me names

**CAUTION!**

**TRIGGERS AHEAD**

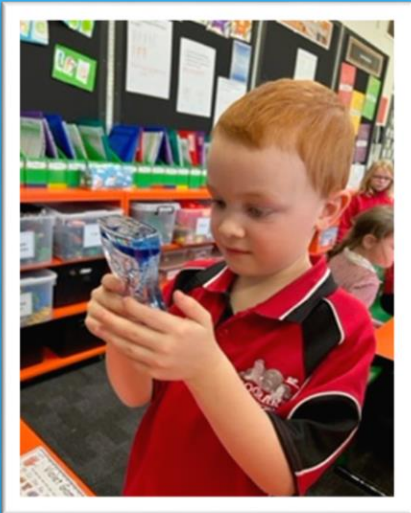
not understanding directions

strong smells

transition



Students are exploring different types of tools to help them self-regulate





## Anzac Day Youth Vigil

**Thank you** to Max Tuffin & April Young for representing Coorara Primary at this year's Anzac Day Youth Vigil. **Well done**



## Assembly Photos



## Walk to School Day

**Friday 20<sup>th</sup> May**

Staff will meet your children at Wilfred Taylor Reserve No later than 8:30am to walk to school

Breakfast will be supplied

Children that arrive late will need to be dropped at school



## BBQ for SALE

We are selling our 8 burner BBQ for \$80 ono. 1 burner knob won't turn off. Needs to be closed via the gas bottle knob. If anyone is interested let the school know. Good condition, needs a clean.



## Jump Rope for Heart kicks off this term!

Jump Rope for Heart is a fantastic physical activity and fundraising program. It's a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

It's important you [register your child online](https://www.jump rope.org.au/register), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started. [www.jump rope.org.au/parents](https://www.jump rope.org.au/parents)

Students will be skipping throughout term 2, during PE lessons, lunch and recess. During this time, you can share their online fundraising page with family and friends to help raise money for this great cause.

We will hold our school Jump Off Day on the 7<sup>th</sup> of July, this will mark the end of the program.

Thank you for supporting the Jump Rope for Heart program!