

# COORARA PRIMARY SCHOOL

CARING | HONESTY | RESPECT | RESPONSIBILITY | TEAMWORK

## Newsletter

Principal: Rebecca Read

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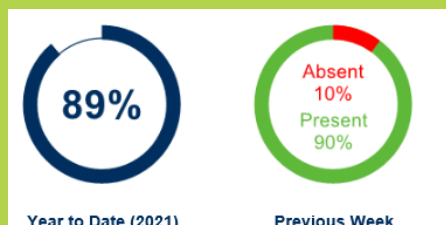
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### Term 2 Week 5 Thursday 27<sup>th</sup> May 2021

## Diary Dates

- 28/5/21  
Play, Create & Connect
- 31/5/21  
**Little Book Worms**
- 2/6/21  
Reconciliation Picnic
- 4/6/21  
Play, Create & Connect
- 7/6/21  
Amanda Graham  
Illustrator in Residence  
**Little Book Worms**
- 8/6/21  
Amanda Graham  
Illustrator in Residence
- 9/6/21  
Amanda Graham  
Illustrator in Residence
- 11/6/21  
Play, Create & Connect
- 14/6/21  
Queen Birthday Holiday

### Attendance



### Dear Families

The Zones of Regulation is a curriculum geared toward helping students gain skills in consciously regulating their actions, which leads to increased control and problem solving abilities. Being able to identify a problem and finding ways to solve them safely is key to developing our Emotional Intelligence and greater success in life. At Coorara, we utilise the Zones of Regulation to promote these vital skills, across all year levels.



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

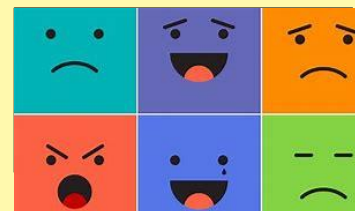
Blue – low alertness (e.g. sad, sick, bored)

Green – in control (e.g. calm, happy, focused, content)

Yellow – starting to lose control (e.g. frustrated, anxious, excited)

Red – extremely heightened (e.g. anger, panic, elation)

Every emotion we experience can be categorised into one of the 4 distinct Zones. By learning about what choices and strategies we can use in the different Zones, we have greater understanding of our emotional triggers and emotional soothing or calming strategies.



At Coorara, we use visuals in every learning area to support the language and communication around feelings and choices. Like any learning, regular use of the skills and language will help to build up the knowledge and understanding. At home, you can also use the Zones of Regulation language and strategies by having some coloured squares on the fridge door or by having a small area with some key emotional images or names for you or your child to refer to.

Warm regards,  
**Anthony Parina**  
Wellbeing & Teaching and  
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			

**Monday 14<sup>th</sup> June**  
**Queen's Birthday Holiday**

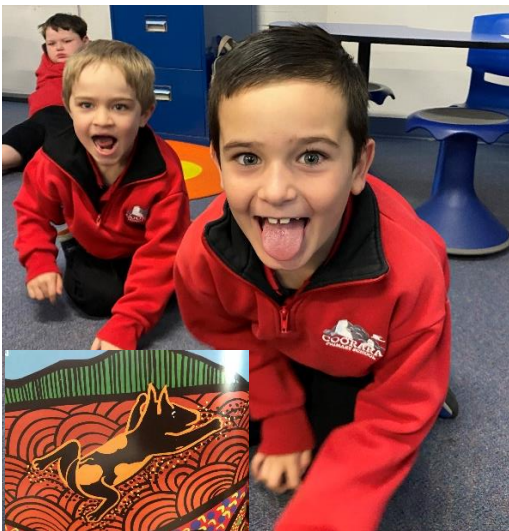
In Room 18, we have been reading the picture book **Big Rain Coming** by Katrina Germein.

During the reading process, students have developed their **background knowledge** about:

- Minyerri – a remote Aboriginal community in the Northern Territory where the story is set
- The local Aboriginal community in Minyerri
- Rain and the water cycle
- How the author, Katrina Germein, has used text structures to build suspense throughout the story

Students have also developed their understanding of the **vocabulary** used in the book. We acted out some of the vocabulary to support our understanding. Here are some examples and photos.

'The night was so warm  
Rosie's kids **dragged** their  
beds outside to maybe feel  
some breeze while they  
slept.'



'The **panting** dogs  
at Roberta's camp  
dug themselves  
dusty holes to keep  
cool.'

**Fact:** Dogs pant to cool  
themselves down.  
When humans need to  
cool down, they sweat.  
Dogs cannot do that,  
so they pant.





'The children swam in the **billabong** after school. The water was warm and still.'

**Facts:** A billabong can form when a river changes its course, cutting off a section and leaving behind a large body of water, similar to a lake. *Billabong* is a term that comes from the language of the Wiradjuri people in New South Wales, and describes a lake or pond.



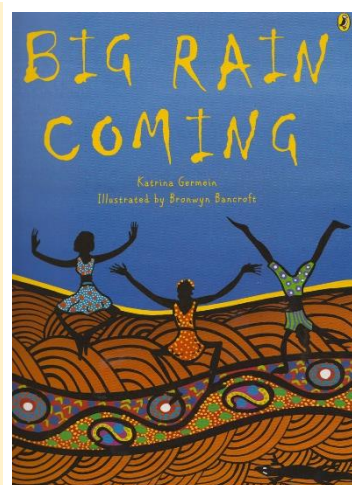
Students drew how a billabong forms on whiteboards.



'On Saturday there was rain.'

**Wonderful**, cool, wet, rain.'

Students discussed why the rain was 'wonderful' and what it means to celebrate!



**Students have been monitoring their understanding of vocabulary and concepts during independent reading.**

When a student comes across a word they can read but do not understand the meaning of, they bookmark it with a green post-it note. We then discuss the word as a class and learn its meaning.

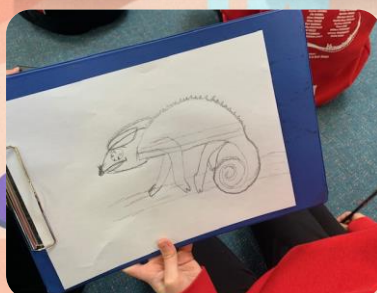






## Amanda Graham Illustrator in Residence

Great start to our Illustrator in Residence project. We had lots of fun learning about the role of the illustrator with Amanda Graham.



### Beginning school is an adventure with lots to discover!

Coorara Cubs will provide an opportunity  
for your child to build upon

## Thursdays

12.30PM – 2.30PM

STARTING THURSDAY, 9th SEPTEMBER 2021

LAST SESSION THURSDAY, 25th November 2021

**For children enrolled for Reception in 2022**

## CHANGE OF DETAILS

Please inform the front office of any changes to your  
family details

It is very important that these details are updated.

Also many of our text messages are coming back  
to us, this means your mobile number is incorrect

Please contact us on

**8325 2066 with your new number**

Mobile Phone & Personal Device Policy  
Is now on Coorara PS website to view



Please use QR code to  
view  
Mobile Phone &  
Personal Device Policy



### Kytons Bakery Winter Warmer Fundraising Drive

Order forms & money to be returned by  
Wednesday 23<sup>rd</sup> June.

Orders will be available for collection on  
Wednesday 30<sup>th</sup> June 2021 from the verandah  
outside the Resource Centre from 2:30pm.

## LOCK-IN!

Come along and have a night of fun and games  
and wear your pyjamas!

**Friday 18<sup>th</sup> June 2021**

Cost \$8.00

(Drink, hot dog and packet of chips)

5.00pm – 7.00pm

**Coorara Lock-In Ticket Order**

Return to the Drop & Go Box with your payment  
no later than Friday 11<sup>th</sup> June 2021.