

NEWSLETTER

McDonald Park School



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Chairperson Governing Council – Sally Bailey
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Issue No 2, 15/2/2024 - Week 3, Term 1

Zones of Regulation

The Zones of Regulation is a curriculum designed to foster self-regulation and emotional control. We have been trialing The Zones of Regulation with volunteer classes. This year at McDonald Park school we made the decision to roll out the use of The Zones of Regulation across the whole school. We found that the trial helped students understand their emotions and had a positive impact. We felt these are valuable skills for all students to have. The Zones of Regulation will help to develop a common language across the whole school to discuss emotions and the behaviours that occur when dysregulated.

What is 'The Zones of Regulation program'?

- A framework to simplify how we think about and manage our feelings and state of emotions
- A supportive teaching tool
- A tool to categorise complex feelings and states into four coloured 'Zones'
- A way to improve the ability to recognise and communicate feelings in a safe, non-judgmental way
- It helps develop 'tools' to move between the Zones
- It gives a collection of calming and alerting strategies a child can draw upon to help regulate themselves in different situations.

It is not

- A discipline model or a behaviour approach
- Punitive or shaming of negative behaviours.

A Summary of The Zones

The Blue Zone: a low energy state where the 'slow' feelings reside, e.g. sad, tired, bored, sick

The Green Zone: the optimum state for the classroom and includes feelings such as : happy, calm, focused and proud

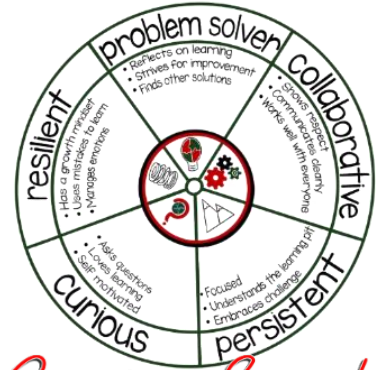
The Yellow Zone: a high energy state where the 'fizzy' feelings are found, e.g. excited, frustrated, anxious and silly

The Red Zone: an 'out of control' state including feelings such as" angry, terrified, aggressive, elated, exuberant, and ecstatic

For more information go to <https://zonesofregulation.com/resources>

Room 1, Room 5, A1 and N4 are trialing the program during term 1 as their teachers are working with the Department for Education specialist along with two SSOs, Lia Jordan and Katherine Bundy. From Term 2 all classes will have a Zones of Regulation display in their room and SSOs will have Zones cards on their lanyard. It is expected that the whole school will be familiar and putting it in practice.

Kirsty Hill, Daniel Castle & Lia Jordan



Coming Events

WEEK 3

Assembly (GYM)

Friday 16 Feb 9:15am

T-Ball begins

Friday 16 Feb

5:00pm Blue Lake Sports Park

WEEK 4

ACQUAINTANCE NIGHT

Wednesday, 21 Feb.

5:30pm to 6:30pm

(Sausage Sizzle – from 5:15pm)

GOVERNING COUNCIL AGM

Wednesday, 21 February 2024
at 6.45pm

Come & See McPark

Enrolment Tour

(2024 Mid year intake)

Friday, 23 February 2024 at
12:00pm

WEEK 7

Monday 11 March

ADELAIDE CUP



PUBLIC HOLIDAY

Student Leadership in 2024

The Student Leadership for 2024 was selected at the end of last year. The process involved writing an application. The quantity and quality of applicants were impressive, which made the final decision a difficult one.

2024 Student Leadership consists of Ambassadors, Promotions & Events group, Environment group and Team Captains.

Ambassadors

Ambassadors will work with Mr Castle to plan and present at assemblies, represent the school for special events and be involved in public relations. Our Ambassadors are Harper A, Ruby C, Alfie T and Seth A.



Promotions & Events

Promotions and Events group will be working with Miss Eldridge, Mrs Spencer and Mr Lewis to assist in the planning and management of special events at our school and to promote our school through visual and sound displays, including capturing special events and student learning. Promotion and events group members are, Tahj P, Elsie A, Moana K, Deklan T and Sophie W.

Environment

The Environment group will work with Ms Bundy and Mrs Harding to lead projects in the garden and school with a sustainability and indigenous focus. Our Environment group members are Abbey B, Halle D and Chelcy K.



Sports Team Captains

Team Captains will work with Mr Castle to plan lunch time activities, mentor in the yard and be actively involved in events such as sports day. Team captains are:

Karu – Aiden R, Izabella N

Warrnap – Hamish H, Kasey W

Merit – Jensen D, Phoenix F

Parri – Cruz C, Alexis B



SRC Representatives

Our SRC Leaders will work with Mrs Jordan and the SRC class representatives throughout the year. They will have regular meetings and work towards making sure our student voices and ideas are heard and implemented where possible. The SRC leaders are Queen S and Roxy J.



2024 SAPSASA State Carnival & Championship Dates

TERM ONE			
WEEK	DATES	SPORT	EVENT
10	Wed. April 3 to Fri. April 5	Girls Softball	State Carnival
10	Wed. April 3 to Fri. April 5	Boys Softball	State Carnival
11	Mon. April 8	Swimming	State Championships
TERM TWO			
WEEK	DATES	SPORT	EVENT
5	Mon. May 27 to Wed. May 29	Boys Australian Football	State Carnival
6	Thurs. June 6	Cross Country	State Championships
9	Mon. June 24 to Wed. June 26	Girls Netball	State Carnival
9	Mon. June 24 to Wed. June 26	Boys Netball	State Carnival
TERM THREE			
WEEK	DATES	SPORT	EVENT
4	Wed. August 14 to Fri. August 16	Boys Football (Soccer)	State Carnival
4	Wed. August 14 to Fri. August 16	Girls Football (Soccer)	State Carnival
8	Mon. Sept. 9 to Wed. Sept. 11	Boys Hockey	State Carnival
8	Mon. Sept. 9 to Wed. Sept. 11	Girls Hockey	State Carnival
9	Mon. Sept. 16	Track and Field	State Championships
TERM FOUR			
WEEK	DATES	SPORT	EVENT
2	Mon. Oct. 21 to Wed Oct 23	Girls Australian Football	State Carnival
2	Fri. Oct. 25	Boys Basketball	State Championships
2	Fri. Oct. 25	Girls Basketball	State Championships
4	Mon. Nov. 4 to Wed. Nov. 6	Girls Cricket	State Carnival
5	Mon. Nov. 11 to Wed. Nov. 13	Boys Cricket	State Carnival
6	Wed. Nov. 20 to Fri. Nov. 22	Tennis (Boys & Girls)	State Carnival

Governing Council AGM

There are many ways in which parents and members of the school community can become involved in our school. Becoming a member of the Governing Council is one way that you can become involved in the school. We welcome new parents and encourage you to become involved. It is a great opportunity to be a part of your child's education and influence at the decision making level. It is also a way of finding out more about teaching and learning programs. If you wish to nominate yourself or another parent please fill in the form below and return to school.

✂.....

MCDONALD PARK SCHOOL GOVERNING COUNCIL 2024

I wish to nominate myself
for Governing Council in 2024.

I have spoken to and wish to nominate them for Governing Council.

Signed

Email address:

.....

Acquaintance Night

Wednesday 21 February
5:30pm - 6:30pm
AGM to follow at 6:45pm



Government of South Australia
Department for Education

\$3.00ea



5:15pm - 6:30pm
A fundraiser for student leadership

come & see McPark

Enrolment Tour
2024 mid year intake

Friday, 23 February
12.00pm

8724 9811 to register



McDonald Park School
57 NORTH TERRACE
Phone - 08 8724 9811
Email - admin@mcpark7.sa.edu.au
Web - www.mcpark7.sa.edu.au

Seeking new/former members

MCDONALD PARK SCHOOL

Wednesday
21 February 2024, 6:45pm

GOVERNING COUNCIL AGM

when you become a member on the Governing Council you can ...


- have a better understanding of our school
- have an avenue to address issues or concerns and ask questions
- gain a greater understanding of what our students are learning, curriculum spotlights
- request informative sessions

(08) 8724 9811
<https://www.mcpark7.sa.edu.au>





Government of South Australia
Department for Education

Community News




BeArtiful
INSPIRING CREATIVITY

Appropriate for ages 5 years to late teens.
Limited spots per class to allow for individualised learning.
Children will learn a range of art skills that will encourage creativity and self expression. Let your young creative learn art skills with us @BeArtiful
40 Gray Street, Mount Gambier SA 5290




Mondays & Tuesdays
Art and Craft Focus
Artistic Adventures
4:30pm - 5:30pm
Maximum 10 spots




Wednesdays
Painting Focus
Palette Playground
4:30pm - 5:30pm
Maximum 10 spots

CHILDREN'S ART CLASSES



Thursdays
Drawing Focus
Drawing Together
4:15pm - 5:00pm
Maximum 10 spots



Thursdays
Advanced Drawing Focus
The Sketch Book
5:15pm - 6:00pm
Maximum 10 spots

join our BeArtiful community
email helio@beartiful.com.au

Artists and Teachers
Ruth Stephenson
and Pariya Ziakas

Website - beartiful.com.au
Instagram - [beartiful_studio](https://www.instagram.com/beartiful_studio)
FaceBook - BeArtiful

Adult Art Classes @BeArtiful

Day and evening classes available

Join our art studio to broaden your horizons to the wonderful world of art. Whether you are a novice or experienced creative, our classes are structured to suit many individuals and groups.

Artists and Teachers
Ruth Stephenson and Pariya Ziakas

2024 BeArtiful Inspiring Creativity

CLASSES AVAILABLE FOR BOOKING



40 Gray Street,
Mount Gambier
SA 5290



Contact Us
hello@beartiful.com.au

Instagram
[beartiful_studio](https://www.instagram.com/beartiful_studio)

FaceBook
BeArtiful

Visit Our Website
beartiful.com.au