

NEWSLETTER

McDonald Park School



Principal – Kirsty Hill
 Chairperson Governing Council – Talia Birks
 57 North Terrace, Mount Gambier SA 5290
 Telephone 08 8724 9811 Fax 08 8725 0254 Email dl.1021.info@schools.sa.edu.au
 Website www.mcpar7.sa.edu.au



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Understanding the Zones of Regulation at McDonald Park School

At McDonald Park School, we are committed to fostering a supportive and inclusive environment for all our students. One of the key frameworks we use to help students manage their emotions and behaviours is the Zones of Regulation.

What are the Zones of Regulation?

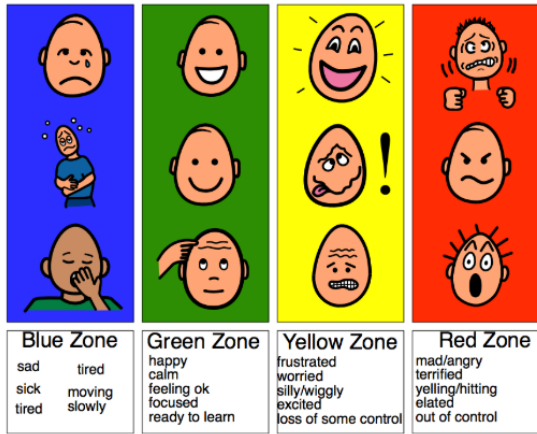
The Zones of Regulation is a curriculum designed to teach students self-regulation and emotional control. It categorises emotions and states of alertness into four coloured zones:

Blue Zone: This zone is used to describe low states of alertness, such as feeling sad, tired, or bored.

Green Zone: This is the optimal zone for learning, where students feel calm, focused, and ready to learn.

Yellow Zone: This zone indicates heightened alertness and emotions, such as stress, frustration, or excitement.

Red Zone: This zone is for extremely heightened states of alertness and intense emotions, such as anger or panic.



How We Implement the Zones

At McDonald Park School, teachers integrate the Zones of Regulation into daily classroom activities. Students learn to identify their current zone and use strategies to move towards the Green Zone, where they can be most productive. This might include deep breathing exercises, taking a break, or using positive self-talk.

Benefits for Students

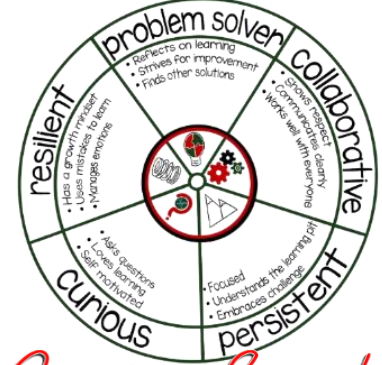
By understanding and applying the Zones of Regulation, students gain valuable skills in emotional awareness and self-control. This not only enhances their learning experience but also improves their social interactions and overall well-being. All classes across the school have a 60 minute Zones of Regulation lesson every fortnight to deepen their understanding of their emotions and learn strategies to support them regulate throughout their day.

Supporting Your Child at Home

Parents can support their children by discussing the Zones of Regulation at home. Encourage your child to express their feelings and identify which zone they are in. Together, you can explore strategies to help them manage their emotions effectively.

For more information on the Zones of Regulation and how you can support your child, please feel free to contact your child's teacher or visit the Zones of Regulation website.

Kirsty Hill, Daniel Castle & Lia Jordan



Coming Events

WEEK 7

Wednesday 12 March to Friday 14 March

NAPLAN

Friday 14 March

CASUAL DAY

80s, 90s & NEON Theme

Gold coin donation or donate on Qkr! app

Assembly 9:15am Gym

WEEK 8

Monday 17 March to Friday 21 March

NAPLAN

Wednesday 19 March

CAMP QUALITY Puppet Show in gym for Rec – Yr6

Thursday 20 March

N6 Noorla Yo Long

WEEK 9

Monday 24 March to Friday 28 March

Years 3-6 SWIMMING

Friday 28 March

Assembly 9:15am Gym

VISION AWARDS

Term 1, Week 5

RESPECT

Presented to	By	For
Georgia H	Mrs Waters & Miss Day	always showing kindness towards her peers.
Oscar S	Miss Schulz & Mrs Deppeler	being a kind and considerate peer to his classmates.
Tyson H	Miss Schulz & Mrs Deppeler	settling into McPark confidently and being a respectful member of our class.
Ally G	Miss Hutchinson & Mrs Deppeler	supporting and encouraging her peers.
Caileigh F	Mrs Cooper & Mrs Deppeler	being a respectful member of the class, always using her manners and being inclusive of others.

THRIVING

Presented to	By	For
Billie S	Mrs Spencer & Mrs Harding	settling into school routines well, demonstrating a positive attitude and an eagerness to learn.
Estelle J	Miss Schulz & Mrs Deppeler	putting maximum effort into all learning tasks.
Yasmin C	Miss Hutchinson & Mrs Deppeler	engaging in all areas of learning and supporting her peers.
Dallas Mc	Miss Hutchinson & Mrs Deppeler	being resilient and taking on feedback, especially around pencil grip.
Kobe H	Mrs Cooper & Mrs Deppeler	settling into his new school with confidence and enthusiasm.

ENGAGEMENT

Presented to	By	For
Benjamin M	Mrs Spencer & Mrs Harding	settling into school life well and engaging confidently with his learning and routines.
Audrey C	Mrs Pitkin & Mrs Harding	always having a 'ready to learn' attitude and showing enthusiasm to new learning.
Elijah P	Mrs Pitkin & Mrs Harding	his enthusiastic and positive attitude towards being at school.
Harry D	Mrs Waters & Miss Day	consistently engaging in all aspects of learning.
Charlotte R	Mrs Cooper & Mrs Deppeler	displaying a willingness to attempt all learning opportunities with a positive mindset.
Lukas H	Ms Huitema	always engaging with learning activities and being an excellent role model for others.
Vincent A	Miss Schulz & Mrs Deppeler	always showing great listening during instruction time.

COLLABORATION

Presented to	By	For
Charlie Mc	Mrs Cooper & Mrs Deppeler	working collaboratively in groups and being an engaged learner, displaying confident leadership skills.
Aubrey H	Ms Huitema	always working collaboratively with others and being an excellent role model in the classroom.



SWIMMING LESSONS - Week 9

Monday 24 March to Friday 28 March

Room 1	Year 3	Year 4
	9:30 am to 10:15 am	9:30 am to 11:00 am
Room 2	Year 3	Year 4
	10:15 am to 11:00 am	9:30 am to 11:00 am
Room 5	Year 3	Year 4
	11:00 am to 11:45 am	11:00 am to 12:30 am
Room 6	Year 3	Year 4
	11:45 am to 12:30 pm	11:00 am to 12:30 pm
N1	9:30 am to 11:00 am	
N3	11:00 am to 12:30 pm	
N5	1:00 to 2:30 pm	
N6	1:00 to 2:30 pm	



SEEKING VOLUNTEERS

Learning Assistance Program LAP



The Learning Assistance Programme is a programme involving interested community volunteers working at schools, with specific children, on a one to one basis.

We believe that every child has the right to reach his/her full potential socially, emotionally, physically and educationally. We believe that it is not only the parent / caregiver or teacher

that can assist children to reach their potential, but a confidante is also an asset.

The role of the volunteer is first and foremost to establish a caring relationship with the child. We believe that the LAP role is most beneficial in providing children with a significant other for emotional support.

LAP IS BASED ON SIX "C'S"

CARE - Positive relationship is vital

COMMITMENT - Time and motivation

COMMUNICATION - Sharing with another

CONFIDENTIALITY - Of their work

CONTENT - Work with teachers

CO-OPERATION - Of all parties

ROLE OF LAP VOLUNTEER

1. Acts as a supporter, friend, someone to be safe with, is non-judgemental, a confidante and is sensitive to change and needs.
2. Gives time to listen, share, play games, read stories, write stories.
3. Spends time involved in activities within the school.
4. Confidentiality must be observed at all times.

RESOURCES

LAP volunteers may borrow any resource material from the School Resource Centre. A budget allocation will cover the cost of printing, pencils, paper etc.

If you have a spare 45 min or one hour per week, or you know someone that you think would be interested in being involved in the program or would like more information, please give Linda Ward or Daniel Castle a call at school on 8724 9811 or return the slip below.

✂.....

LAP VOLUNTEERS FOR 2025

I am interested in working as a LAP volunteer.

Name:

Phone number:

Eldest child's Name.....
(IF APPLICABLE)

Room no.....

COMMUNITY NEWS

MOUNT GAMBIER LIBRARY

World Autism Understanding Day Little Pebbles Workshop Wednesday 2 April at 10:00am

Join Karmyn Smith from Stepping Stones Wellbeing and learn about autism in early childhood.

Bookings essential, phone 8721 2540 or scan the QR code.



MOUNT GAMBIER LIBRARY

World Autism Understanding Day Quiet Hour

Wednesday 2 April
5:30pm - 6:30pm

Join us after hours for quiet time in the Library.

Sensory resources available.

All welcome.



6 Watson Terrace, Mount Gambier
Phone 08 8721 2540
mountgambier.sa.gov.au/library

FAMILY TOURS

Grant High School warmly welcomes Year 6 families to explore our school and facilities.

Join us for guided tours led by our Leadership Team where you'll explore our learning spaces, our school community and learn more about the opportunities we offer.

Tours will depart from the Junior Floor and run regularly in small groups, with each lasting approximately 45 minutes.

The last tour will depart at 6:00pm.



**WEDNESDAY
2 APRIL 2025**

From 4:00pm - 6:00pm

RESPECT TRUST COMMITMENT



**MOUNT GAMBIER
HIGH SCHOOL**



Government of South Australia
Department for Education



**2025 Year 6
Twilight Tours**
4.45pm or 5.45pm
Monday 17 March

Dear parents/caregivers

Families of year 6 students wishing to explore enrolment opportunities at Mount Gambier High School for 2026 are invited to attend one of our 2025 Twilight Tours from **4.45pm and 5.45pm on Monday 17 March (week 8)** in the Mount Gambier High School Collaborative Learning Centre.

The evening will include:

- A presentation about Middle School at MGHS
- Meet the Middle School Team
- Presentations about core curriculum areas - Solutions and Global Perspectives
- Mini tours of curriculum speciality areas in HPE, Arts and Technologies

Please contact the school to register your attendance for the Twilight Tour on 8721 0200 or via email dl.0784.info@schools.sa.edu.au and include your student's name, current Primary School, contact phone number and how many family members will be attending the tour. If you are unable to make a Twilight Tour or would like to speak further with our Principal and Leadership team we also have **Principal's Information Sessions scheduled for Monday 24 and Tuesday 25 March between 5.30pm and 6.30pm**. You can register your attendance for one of these sessions via the contact methods above.

We look forward to meeting you all!

Kathryn Sutton
Head of Middle School

LEARNING

BELONGING

RESPONSIBILITY

**SA POLICE
ROAD SAFETY CENTRE**

**MILLICENT SCHOOL
HOLIDAY PROGRAM**

Looking for something to do with the kids in the April School holidays?
Join SA Police for a free road safety session at the Millicent Road Safety Centre, Fifth Street Millicent on:

- Tuesday 15 April 2025 10am to 12pm for 5-8 years
- Tuesday 15 April 2025 1pm to 3pm for 5-8 years
- Wednesday 16 April 2025 10am to 12pm for 5-8 years
- Wednesday 16 April 2025 1pm to 3pm for 9-12 years



To book your child into one of these sessions please visit Eventbrite and search SA Police Road Safety Centre Millicent School Holiday Program (bookings live from 9am on 15/03/2025).



For more information on our range of programs visit www.police.sa.gov.au/road-safety or use the QR code on the left to take you straight to SAPOL's road safety page.



ZODIACS NETBALL CLUB

13A Players

We are seeking a small number of players for our 13A Team.

If you have been thinking of playing, it is not too late to join our positive and supportive club.

Please contact Zodiacs Netball Club via FB Messenger or alternatively email zodiacs@mna.com.au

nab AFL Auskick

REGISTRATIONS OPEN

FREE WITH SA SPORTS VOUCHER

East Gambier Football Club - 10 Week Program
Wednesdays - 4.00 - 4.45pm
Start Date - 30th April 2025

All Abilities Welcome
Ages 5-12 years (Turning 5 in 2025)

Auskick Coaches - Liam Hicks & Chris Anderson
Register - <https://www.playhq.com/afl/register/e79c70>