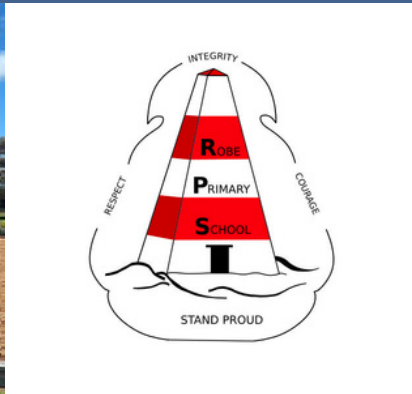


NEWSLETTER

ROBE PRIMARY SCHOOL



IMPORTANT DATES

Monday 24 – Friday 28 February

R-6 Swimming

Monday 3 – Friday 7 March

Nude Food Week

Wednesday 5 March

400/800m & High Jump
Championships-at school

Thursday 6 March

Sports Day – Robe Football Oval

Monday 10 March

Public Holiday

Wednesday 12 – Monday 24 March

NAPLAN testing – Years 3 and 5

Tuesday 18 March

SAPSASA District Athletics
Millicent

Tuesday 1 April

Learning Discussions
TBC

Thursday 3 April

Year 6 GRIP Leadership Conference
Mount Gambier

Friday 11 April

Last day of Term 1
2pm – Assembly
2:15pm – Early dismissal

PRINCIPAL - ANNE GRAYSON

WELCOME TO OUR NEW SCHOOL YEAR

5 years past and my commitment for another 5 as principal of Robe Primary School has me reflecting on the professional learning that has occurred so far and the strong foundation that we have created for quality teaching & learning at Robe Primary School. This year our Quality Start theme is 'Learning to Learn – Learning for Life' and we shift the focus from teaching to learning and from teachers to students. Our intention is to build our collective knowledge about how to learn. We want the children in our care to be active and engaged participants in their future – at school, at home and in the community.

We have introduced our students to 3 constructs that will support teachers and students alike to develop a shared language around how we learn – the Engagement Continuum, the Learning Pit and we have linked our ready to learn plans with science of how the brain works.

Our destination is that students understand the following about the...

Engagement Continuum

- Being positively engaged in classroom activities can make a difference.
- Developing vocabulary around the states of engagement will help students to start to develop their capacity to actively engage and drive their learning.
- By being active partners in the learning process students will be learning how to participate, invest, and drive their own learning experiences.

Learning Pit

- The Learning Pit helps us as learners to be more comfortable when things get challenging; it helps us to develop problem solving strategies and to share our thinking about our learning.

Brain Science & Regulation

Our brains have certain areas that control thinking and emotions - **Prefrontal Cortex, Amygdala and the Hippocampus.**

- The **Amygdala** is part of our Limbic System and is called our survival brain - It is called our survival brain because it helps to detect potential threats & controls our stress response (e.g. fight, flight, freeze, flop/drop, fawn)
- The **Hippocampus**, also part of the Limbic System, regulates memory. Experiences can trigger past memories which then leads to reacting the same way we did the last time we had that experience. There is a strong connection between the Amygdala and the Hippocampus.
- The **Prefrontal Cortex** is responsible for higher order thinking, planning and decision making and is commonly called our thinking brain. This part of the brain is not fully developed until around 25 years of age. It can be difficult for children to access in high-stress situations as the connection between the Amygdala and Prefrontal Cortex has not yet fully developed.

Why is emotional regulation so important?

- Helps us to maintain healthy relationships
- Improved academic achievement
- Reduces behavioural issues
- Contributes to positive mental health and overall wellbeing
- Assists with self esteem and confidence
- Allows for great cognitive development

Self-regulation is a life long process (as many of us would know) and so it is important that both teachers and parents/carers at home support children through co-regulation. Co-regulation is when a trusted adult helps a child to recognise their body clues, emotional state, calm down, feel safe and learn to regulate their emotions independently.

Below is a sample of the site wide regulation plan we have co-created with all students, to encourage a consistent understanding and approach to supporting children to regulate their emotions. Each zone is linked with Dan Siegal's hand model of the brain. Students have written their body clues, feelings and common behaviours for each zone.

Body clues are our internal warning signals and play a key role in regulation. Tuning into our body clues helps students to become more aware of their warning signals, which can help them to select the appropriate regulation strategies. This is linked with interoception: Our internal sensory system where the internal physical and emotional states of the body are noticed, recognised, identified and responded to.

For each zone, there is a list of strategies children can use to help to regulate. Several of these such as the slow, deep breathing and cold drink, splashing water on our face are effective strategies to activate our vagus nerve. The vagus nerve is the main component of our parasympathetic nervous system 'rest and digest'. It helps to counteract our amygdala's 'fight, flight, freeze' response. Activating the vagus nerve slows down our heart rate and lowers blood pressure, promoting relaxation and calmness – supporting regulation!

Modelling interoception skills and labelling your own emotions at home, can help support this skill in your child. For example, 'I can feel my heartbeat getting faster and my face is feeling warm, I think I might do some deep breathing to get back to my comfy zone'. 'I can see that you're getting frustrated with your homework and you're in your stretch zone, why don't we choose an activity from your plan to get back to your comfy zone'. Or simply using the hand model to acknowledge what stage you're in is a great way of modelling this, without all the talking!

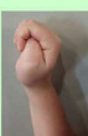

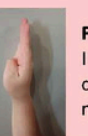



If you would like a copy of your child's regulation plan to use at home, please reach out to their classroom teacher.

We are all very excited as we look forward to our new school year as students are already starting to use the language of learning to describe themselves during tasks and activities and to explain their emotional state using our school's regulation language – Comfy, Stretch and Flipping our Lid!

A massive THANK YOU to all the families that attended our wonderful day of learning at our first parent expo last Thursday. I can appreciate that it was a lot of information to get heads around and please let me reiterate – we are all learners in this process – educators, students and parents/carers.

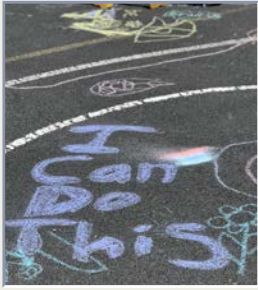
Thank you to all the Governing Council members who attended – your voice is vital in strengthening our collective school culture.

Please watch this space as I will continually share information with our families to help develop and strengthen our collective understanding about how we learn at Robe Primary School.

 <p>Comfy Prefrontal cortex has full control and all parts of the brain are connected.</p>	 <p>Stretch My pre-frontal cortex is still connected, but my amygdala is beginning to have more control.</p>	 <p>Flipped my lid I am dysregulated. My pre-frontal cortex is no longer connected and my amygdala has taken over.</p>
<p>I might feel: Happy, interested, curious, calm, relaxed</p>  <p>Body clues: Smiling, relaxed muscles, slow heart beat</p> <p>I am doing well at: Listening, playing, engaging, doing my work, practicing hard things, having fun</p>	<p>I might feel: Annoyed, overwhelmed, nervous, sad, silly, tired, hungry, thirsty</p>  <p>Body clues: Muscles getting tense, heart beat getting fast, face feeling hot, frowning</p> <p>I might start to: Find it hard to listen, try to avoid my task, feel like running, get too close to others, hide</p>	<p>My feelings: Over excited, silly, sad, worried, anxious, angry, mad, scared</p>  <p>My body clues: Fast heart beat, tense muscles, hot, frowning,</p> <p>My behaviours: Run in class, hit/kick, stop listening, invade people's space, yelling, loud noises, throwing things, hide, run away</p>
<p>I can:</p> <ul style="list-style-type: none"> • Have a brain break • Have a drink / crunchy snack • Go to the toilet • Keep trying to do hard things • Ask for help • Continue with learning • Interact with my classmates • Practicing deep breathing 	<p>I may need support to co-regulate:</p> <ul style="list-style-type: none"> • Take a break outside • Deep breathing • Cuddle/Gentle touch • Drink /crunchy snack • Go to the toilet • Move to a quiet area in the classroom • Do a job for my teacher 	<p>I can try to (with help from an adult)</p> <ul style="list-style-type: none"> • Move to a quieter area • Deep breathing • Go for a walk with an adult • Cold drink/splash of water over face



Learning to Learn – Learn



SITE LEARNING PLAN – (SLP)

Overarching priority is to develop effective learners through our chosen theme of Learning to Learn – Learning for Life. The Engagement Continuum, the Learning Pit and brain science will be a focus in every classroom to support our children in being more cognisant of how they learn.

Our SLP academic goals will be reading comprehension/vocabulary, as well as taking a closer look at Mathematics through the SA Curriculum. We will maintain a focus on ‘challenging’ all kids so that each and every one reaches their full potential as readers, writers and mathematicians.

Learning intentions and success criteria (LISC) have become imbedded in daily practice to help make the learning destination visible and the use of formative assessment to regularly ‘check in’ to see how children are travelling with their learning is an ongoing practice and process. This continues to play an integral role in day-to-day teaching and learning.

Our 2025 Professional Learning overview will reflect these priorities. Our professional learning focus each Tuesday afternoon and the subsequent Pupil Free Days will continue to deepen teachers understanding and inform more intentional teaching in the areas above.

STAFF ROLES FOR 2025

- Penny Day is working with our Reception children.
- Kimberley Austin is working with our Year 1/2/3 class 4 days – Anne Grayson – 1 day.
- Jane Hayes is working with our Year 3/4 class, as well as being Curriculum Coordinator.
- Kylie Johns is working with our Year 5/6 class.
- Tom Wachtel is working as our NIT teacher and sports coordinator, with a focus on PE & Health, Science and HASS.
- Nat Boulden will be working each Friday as our Well-being coordinator and our Autism Inclusion teacher for 2025.
- Tom will also be relieving Jane so she can fulfil her Curriculum Coordinator role. In this role, Jane is responsible for: general administration, Student Services and staff professional learning with Brightpath.
- Cassie Bermingham – Finance Manager – Supervisor of Student Support Officers (SSO’s)
- Jodi Keane – SSO & School administration
- Georgie Sneath, Stacey Wirth, Mardi Brooks, Lisa Maczkowiack & Lashay Semple – our very valued SSO’s

This year, and at this time, we have 97 students attending Robe Primary School. 7 new families started in our Reception class this year - that is with no other older siblings attending our school. We also have 4 new reception students joining our school with the mid-year intake, taking our numbers to 101 students in our care.

We welcome 2 new families to the Robe community – the Cunningham family with Aidan in 3/4 class and Nadia in our 1/2/3 class and to the Polkinghorne family with George in the Reception class.

GENERAL PARTNERSHIP REMINDER

Our 'South East Coast and Vines' Partnership is the largest partnership in the state. Sites include - Beachport Primary School, Millicent North Primary School, Glencoe & District Kindergarten, Mount Burr Primary School, Glencoe Central Primary School, Nangwarry Primary School, Kalangadoo Kindergarten, Newbery Park Primary School, Kalangadoo Primary School, Penola High School, Kangaroo Inn Area School, Penola Primary School, Kingston Community School, Rendelsham Primary and Preschool, Kingston Early Learning Centre, Robe Primary School, McArthur Park Kindergarten, Robe Soldiers Memorial Kindergarten, McKay Children's Centre, Tantanoola Primary School, Millicent High School & Millicent North Kindergarten.

Our Education Director is Doctor Ruth Schubert and our Principal Consultant is Di Loveday.

LATE ROLL ARRIVALS & EARLY DEPARTURES

If a child is late to school, the teacher may have marked the roll, the parent/child **MUST** check in with the front office and see Jodi or Cassie.

If children need to leave school early due to being unwell, a medical appointment or for family reasons etc., it is the parent/carers responsibility to come into the front office and sign the child in/out.

COMMUNICATION

Our newsletter is sent home on Fridays, twice per term and will continue to be distributed via email as well as being available on our school website. Events and key dates for your diaries can be found on the Term 1 planner. Changes to dates will be notified as early as we can. Class Dojo will continue to be used for most class-based communication. For more information on how to stay informed and get in touch through the school year, please refer to the information guide below:

- **Robe Primary School website** - general school information and current policies
- **Class Dojo** - Individual and class student learning is viewed through this application, teacher discretion
- **School newsletters** - twice per term via email and available to view on school website
- **Edsmart** - families receive information/forms via email
- **Community Portal** - student/family information
- **The school front office** - Email dl.0384.info@schools.sa.edu.au
 - Phone 87 682 168
 - Mobile 0408 846 884

If you have questions or concerns related to your child:

- The class teacher is your first port of call for questions or concerns about your child's progress in learning, learning needs, homework or wellbeing.
- If the matter remains unresolved your concerns will be referred to Anne Grayson.

SPORTS DAY

Organisation and preparation is happening as we speak, more information will go home to families in the near future. The big day is Thursday March 6th – week 6. We look forward to another great day. Thank you in advance to Tom, Jodi and staff for their hard work in making this event run as smoothly as possible – appreciated. We look forward to seeing you at this annual event!

A limited number of white polos tops (Lacepede) are available from the front office for \$5, sorry no red polos available for purchase.



GUICHEN
LACEPEDE

LEARNING DISCUSSIONS

These important discussions will be held in week 10. More specific information will be sent home soon. The learning discussions provide a vital link between home and school and is an opportunity for parents and carers to talk about the learning journey of their child/children, at that point in time, with classroom teachers.

FETE PREPARATIONS

Our annual Easter Fete preparations are well on the way. The fete will be held on Saturday April 19th from 10am – 4pm. Your help is absolutely needed to make this a success. Any support, whether on the Parents & Friends Committee or not, is sincerely appreciated.

LITTLE LEADERS

Our Little Leaders are being decided upon today, the Year 6 students gave speeches on Monday, their interviews were this morning, and we will formally announce positions today at assembly. Classes will be voting for their LL representatives next week.



REMINDER



**HATS ARE MANDATORY
IN TERM 1**

NO HAT, PLAY IN THE SHADE

(HATS AVAILABLE FOR \$8 FROM FRONT OFFICE)

SWIMMING

Next week, week 5, we have Reception to Year 6 swimming at Kingston Community School.

YEAR 1/2/3 - 9.30-10.30am

RECEPTION - 10.30-11.30am

YEAR 3/4 - 12.15-1.15pm

YEAR 5/6 - 1.15-2.15pm

Information has been emailed to families and a hard copy was also sent home this week.

STUDENT/FAMILY INFORMATION

Please use Community Portal to access student information including absences, home address, emergency contacts etc and please update this information as required via this portal.

CRICKET BLAST

STARTING WEEK 5, THURSDAY 27TH FEBRUARY!

(NOTE: DATE CHANGE)

Reception to Year 6 students welcome and please register as soon as possible to receive your welcome pack.

Thank you
(on behalf of Tim Cece)

JOIN IN THE

FUN!



Cricket Blast is an energetic & fun program for kids up to the age of 10 to develop new skills, make new friends and play cricket in a team environment!

ROBE POP-UP BLAST PROGRAM

Robe Primary School Oval
Starting Thursday 27th February
3:30-4:30pm
Boys and Girls Welcome
5-12 year olds
4 weeks - \$35 pp

SCAN HERE



PLAY CRICKET

ADELAIDE
Strikers



Term 1 2025 (11 weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday
1	27-Jan Public Holiday	28-Jan TERM 1 STARTS	29-Jan	30-Jan	31-Jan
2	03-Feb	04-Feb	05-Feb	06-Feb	07-Feb
3	10-Feb	11-Feb	12-Feb	13-Feb QUALITY START ALL DAY EXPO PARENT WORKSHOPS	14-Feb
4	17-Feb GOVERNING COUNCIL AGM AND MEETING 5:15PM	18-Feb	19-Feb	20-Feb	21-Feb NEWSLETTER 
5	24-Feb SWIMMING	25-Feb	26-Feb	27-Feb	28-Feb
6	03-Mar NUDE FOOD WEEK	04-Mar	05-Mar SPORTS DAY 400/800M & HIGH JUMP CHAMPIONSHIPS	06-Mar SPORTS DAY	07-Mar
7	10-Mar Adelaide Cup	11-Mar	12-Mar NAPLAN-Years 3 & 5 STARTS	13-Mar	14-Mar
8	17-Mar	18-Mar SAPSASA ATHLETICS (MILLICENT)	19-Mar	20-Mar	21-Mar CAMP QUALITY PUPPET SHOW
9	24-Mar NAPLAN-Years 3 & 5 ENDS	25-Mar	26-Mar	27-Mar	28-Mar NEWSLETTER 
10	31-Mar	01-Apr PARENT-TEACHER LEARNING DISCUSSIONS T.B.C.	02-Apr	03-Apr YEAR 6 GRIP LEADERSHIP CONFERENCE (MOUNT GAMBIER)	04-Apr
11	07-Apr	08-Apr	09-Apr	10-Apr	11-Apr LAST DAY TERM 1 2PM ASSEMBLY 2:15PM EARLY DISMISSAL

SECONDHAND UNIFORM **FOR SALE**

Hoodies, polos, dresses,
shorts, leggings, pants

ALL ITEMS \$5

LOCATION - FRONT OFFICE -
LIMITED NUMBER OF ITEMS



LIMESTONE COAST LITTLE ATHLETICS SPECIAL AGM

DATE

SUNDAY 23 FEBRUARY 2025

TIME

10:00AM

LOCATION

ROBE PRIMARY SCHOOL, UNION STREET,
ROBE

BBQ PROVIDED & KIDS ARE WELCOME

WE ARE 
LITTLE ATHLETICS



FORESHORE PLAYGROUND UPGRADE

PUBLIC CONSULTATION OPEN!

We are currently engaging about the upcoming minor upgrade of the Foreshore Playground.

Vote for your preferred equipment type by following this link or QR code
<https://www.surveymonkey.com/r/MJQMS23>



Consultation period
17 February - 10 March

District Council of
ROBE



FREE EVENT

FESTIVAL

on the GREEN



CULTURAL DANCE, MUSIC,
FOOD, DOOR PRIZES,
ACTIVITIES AND MORE...

Free Food Vouchers

Limited availability

Saturday
March 15th 2025

Cave Garden / Thugi
Mount Gambier

11am - 3pm

Bring your own **seat!** Don't forget your **deck chair** for a relaxed day on the green!



This event is funded by the Limestone Coast Community Connections team. For more information on Community Connections and regional support, visit the website using this QR code.



Receive up to \$500 from ANZ for education costs

Achieve a savings goal for 10 months and ANZ will match it up to \$500. You need to:

- ✓ Be 18 years or older
- ✓ Have a current Health Care Card or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

Apply here



saverplus.org.au
1300 610 355

Terms and conditions apply.