



What's On At Watsonia Primary

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Dear Students, Parents and Friends,



Over our first few weeks teachers and students have started the year very well and have used our Watsonia Primary school 'Quality Start Up' program to establish a safe, happy and fair environment for a successful year of learning. Together they have set up classroom expectations, elected student representatives, and agreed on the behaviours that will set them up well for the year. Classes have also accessed two excellent external Wellbeing programs: 'Smiling Minds' and Zones of Regulation' we will continue work with these programs over the year but you may like to ask your child what they already know about the 'zones.' If you would like to know a bit more about the 'Zones' and in case your child needs some prompting at home: please see below for a brief explanation of the

'Zones,' how we use them and why they are very helpful.

Thank you to the parents that turned up on Friday morning for our **Parents and Friend's meeting** to sign up and volunteer for some up-coming events this year especially the Open Day and Fair on the 16th March. We had 12 eager Parents turn up and they put their names beside some of the tasks that will help support this school event. If you couldn't make the meeting but would like to help-out please contact me to tell me how you'd like to help. We'd love some help with the following:

1. **Neighbourhood Flyer drop off.** If you are able to drop off any flyers in your neighbourhood then please come into the office and see Sue who will provide the Flyers and mark off your intended distribution area (so we don't double up.)
2. **Gazebo Lending** (we have 3 so far, one permanently donated by Bunnings – thanks Melinda, and 2 on lend - thanks Hayley and Loula)
3. **Working Bee** Saturday 2nd March

Great to see Fuzz back at school helping with student's reading, our 'dogs in school' program is very positive and really making a difference. Thank you Karen Catt for supporting our students and Fuzz.

Last week I mentioned that room 7 has been set up as a Sensory and support space and the attached picture shows some of the furniture that has also been distributed to classes.

A special congratulations to Hudson, Finn C and Seth who represented our school at the district Swimming carnival, well done you three!

I'm looking forward to Monday's Assembly as we will have a special presentation of our school values from Ms Wright's 5/6 class.



"The Zones of Regulation" is a conceptual frame work used to teach students self-regulation. Creating this type of system to categorize the complex feelings and states students experience improves their ability to recognise and communicate hoe they are feeling in a safe, non-judgmental way. It also allows students to tap into strategies or tools to help them move between the zones. The zones of Regulation categorize states of alertness and emotions into four coloured zones:

The Blue Zone is used to describe low states of alertness, such as when one feels sad, tired, sick or bored. This is when one's body and/or brain is moving slowly or sluggishly.

The Green Zone is used to describe a regulated state of alertness. A person may be described as calm, happy, focused or content when in the Green Zone. This is the zone students generally need to be in for schoolwork and for being social. Being in the Green Zone shows control.

The Yellow Zone is also used to describe a heightened state of alertness; however, a person has some control when in the yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, and many more slightly elevated emotions and states when in the Yellow Zone (such as wiggly, squirmy or sensory seeking.) The Yellow zone is starting to lose some control.

The red Zone is used to describe extremely heightened states of alertness or very intense feelings. A person may be experiencing anger, rage, explosive behaviour, panic, terror, or elation, when in the red zone. Being in the Reda Zone can best be explained by not being in control of one's body.

(The Zones of Regulation - Leah M. Kuypers, MA Ed. 2011)

I hope you all have a lovely weekend.

Regards, Paul Johnson, Principal, Email: johnson.paul.p@edumail.vic.gov.au

PUPILS OF THE WEEK FOR 15/02/19



Yr. 5/6 SW	Ane	For a great start to Year 6 at Watsonia Primary School.
Yr. 4/5 SA	Amber	Completing all work to a high standard, great job!
Yr. 3/4 IN	Jordan	For producing great work and learning in all class activities. Well done!
Yr. 1/2 SL		
Prep AH	Georgi	For her super speedy subitising during Maths. Amazing work!
Music	Jack	Giving it a go in performing arts and having a wonderful start to the year!
Art	Zach	Improving his drawing skills and creating a talented groovy astronaut!
P.E.	Eden	Great listening and demonstration of skills in Physical Education.
Italian	Sarah	Completing all her work and taking a great deal of care. Brava!!
Principal Award	Isla	An excellent role model to her peers

CSEF: Camp, Sports & Excursion Fund application forms are now available at the school office please see Sue as soon as possible and don't forget to bring your health care card.



EFTPOS The school office has the facilities for families to pay via EFTPOS either using your credit card or debit card we can also do remote credit transactions (strictly no cash out). Anyone wishing to pay any type of payment whether its school fees, booklist, uniform, camps, Bookclub etc can be done so just talk to Sue in the office.



Stall Holders Wanted!

**** We still have some spots left ****

If yourself, friends or family are interested
In holding a stall at our

Watsonia Primary Open Day & Fair

Date: 16th March, 2019

Time: 10am to 2pm

Cost: \$20.00 + \$5.00 if needing a table

Please contact Melinda

melinda31@hotmail by 8th March

TERM 1 PLANNER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Jan 28	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2/3
(Week 1) Australia day Public Holiday	PUPIL FREE DAY Teachers return	Years 1 to 6 return	Preps begin	ISS forms to go home	
Feb 4	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9/10
(Week 2)		Prep Entry Interviews	School Captain Panel	Interschool Sports against St Mary's away	
Feb 11	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16/17
(Week 3) SAM's Speeches District Swimming try out @ watermarc 8am-8:45am		Prep Entry Interviews Applications for Chair, Library, ICT, Flag and Art and House Captains due	Parent Teacher Interviews 3.30 to 8.30	Year 6 Leadership positions to be finalised Interschool Sports against Watsonia Heights away	
Feb 18	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23/24
(Week 4) Preps start 3:30 finishes		Prep Entry Interviews	District Swimming at Watermarc: 10:00- 12:40	Interschool Sports against Bundoora @ Home Parents & Friends Meeting at 9am	
Feb 25	Feb 26	Feb 27	Feb 28	Mar 1	Mar 2/3
(Week 5)		Prep Entry Interviews	Out of Uniform Day Yr6 Graduation Fundraiser	Interschool Sports against Greensborough away	
Mar 4	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9/10
(Week 6) Badge Presentation with Colin Brooks Preps at school 5 days				Interschool Sports against Norris Bank @ home	
Mar 11	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16/17
(Week 7) Public Holiday Labour Day	3-6 Showcase 2.45 to 3.15	1-2 Showcase 9.15am to 10.00am		Prep Showcase 9.05am to 9.45am Interschool Sports against Watsonia North @ home	School Fair/Open Day
Mar 18	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23/24
(Week 8)			Harmony Day	Interschool Sports against Streeeton @ home	
Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30/31
(Week 9) Planning Week	Camp forms to go home			Yr 6 Graduation Fundraiser Lunchtime Movie	
Apr 1	Apr 2	Apr 3	Apr 4	Apr 5	Apr 6/7
(Week 10) Twilight Sports & P&F BBQ 5pm to 7pm				Last Day of Term 2:30 finish.	

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