

COWANDILLA

Primary School & Children's Centre



NEWSLETTER

Term 1, Week 3
2024

Welcome to the 2024 School Year

A very warm welcome to the 2024 school year. Welcome to our new Reception and Preschool children as well as our new students in year levels throughout the school. We welcome all new families to our wonderful school community. I have been very proud of the way our students have welcomed and supported our new students. Thank you to our parents that have also warmly welcomed and supported our new families and caregivers to belong and connect to our Cowandilla community.

I would like to take this opportunity to acknowledge our amazing staff at Cowandilla Primary School and Children's Centre and thank them on behalf of our community for their commitment to planning, creating and providing quality learning programs and welcoming environments that help children and their families throughout the school to feel connected and supported.

This term we welcome new staff members, Kylie Greenfield who is teaching the Year 1 /2 class on a Tuesday and the 4/5 class every Thursday. We are also very pleased to have Alexandra Dalman as part of our staff again this year. Alexandra is a Music Education Field Officer who is helping schools to implement the DfE Music Education Strategy. Alexandra is based at Cowandilla Primary School and works across the Western area.

We are also very pleased to welcome back our contract teachers: Nick Muxlow who is teaching PE on Fridays, Ashleigh Steer who is teaching R/I and HASS, Lisa White, Marie Van Rensburg, Liliana Bruno who are teaching in the Intensive English Language Program. We also warmly welcome back Dylan Peisley, our Aboriginal Community Education Officer to our staff team. Dylan will be working in the role as ACEO and will be at school all day on Monday, Tuesday, Wednesday, on Thursday mornings and on some Fridays.

Parent Information/ Engagement Night and Annual General Meeting

Thank you to the many students, parents and caregivers that were able to attend the parent information sessions that were provided by classroom teachers last Tuesday evening. We appreciate that many parents and caregivers took this opportunity to find out about the teaching, learning and wellbeing programs and how they can support their child's learning at home.

Our AGM was well attended and we welcome newly appointed members. Our 2024 Governing Council members will be introduced in the next newsletter.

Our School Values: Respect, Responsibility, Kindness and Personal Best

In Term 1, we will have a whole school focus on understanding the meaning of our school values and building a sense of "Belonging" in our school community. Each class will be exploring what it means to belong to their class, our school and the wider school community. Teachers will be explicitly teaching about our school values and anti-bullying and harassment strategies. You will hear more about this learning throughout the term. During the first few weeks teachers have been working with students to establish class and school expectations in a variety of school settings and exploring the language and actions students will use to develop a positive and supportive learning culture. Our positive school culture here at Cowandilla Primary School and Children's Centre is based on our values of **Respect and Responsibility**, as well as **being kind and being your personal best**.



Wellbeing – Back to School Tips

It has been fantastic talking with children over the last few days and finding out about their holidays and how they adapted to the start of the school year. I am always impressed with how quickly young children accept and adapt to new learning, new classroom routines and structures. Coping with change can be tricky and challenging and our students have been positive, happy and resilient as they work with their teachers and classmates to create a safe and positive learning environment.

Here are a few tips to help everyone get back into the daily school routine:

- **Tip 1 Remain positive.** Start your morning by sharing a positive comment about the day ahead. It could be what you are looking forward to or what your child may be looking forward to about school that day. Remain optimistic, as it improves wellbeing and resilience.
- **Tip 2 At the end of each day, ask your child for the highlight of their day.** This can be a learning or social moment. Celebrate that highlight! Talk about how they managed a situation that may not have gone well.
- **Tip 3 Remain calm.** We all know that the first few weeks of school can be busy. Not only are students getting back into their routine, but many parents are returning to work, and as a result, may be feeling busier than ever and slightly frazzled. Try to stay calm in front of your child and take a breath in order to get it all done. Remember, you can't do it all, but what you can do is GREAT!
- **Tip 4 Laugh everyday.** Even if it's for 10 seconds, a laugh or smile can change your wellbeing instantly.
- **Tip 5 Hug your kids** and let them know you're always there for them!

Staff Information: Our Reception and Year 1 Teachers

At Cowandilla Primary School we have three classes that have our new reception students in them. The classroom teachers are Rasmey Don, Miranda Hatedakis and John Kitsi. These three outstanding teachers work closely together to plan the teaching and learning for the reception and Year 1 students. Rasmey, Miranda and John have taught here at Cowandilla for several years and thoroughly enjoy the privilege of being the first teachers of children's schooling experience.



NAPLAN 2024

NAPLAN is a national literacy and numeracy assessment that students in Years 3 and 5 sit each year. It is the only national assessment all Australian students have the opportunity to undertake.

As students progress through their school years, it's important to check how well they are learning the essential skills of reading, writing and numeracy.

NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national standards and over time. Students sit assessments in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. The questions assess content linked to the Australian Curriculum: English and Mathematics.

NAPLAN is just one aspect of a school's assessment and reporting process. It doesn't replace ongoing assessments made by teachers about student performance, but it can provide teachers with additional information about students' educational progress.

This Year the NAPLAN assessments will be held earlier than last year between the 13th March and the 25th March 2024. Our Year 3 and 5 students will sit a practice test on the 27th February.

Parents of students in Year 3 and 5 will receive more information about NAPLAN in the near future. Please contact the school if you have any questions about NAPLAN.

Student Birthdays

Due to the Department for Education Right Bite Policy and the different dietary requirements of some students, we are asking parents not to bring in cake or any food to celebrate a child's birthday. It is important that we acknowledge children's birthdays, however to ensure safety and equity we need to do this in different ways rather than having food as the focus. If parents or caregivers have any questions please talk with a member of the leadership team. Please click on the link to the Right Bite guidelines and information.

<https://www.education.sa.gov.au/schools-and-educators/health-safety-and-wellbeing/right-bite-food-and-drink-supply-standards-for-south-australian-schools>

Before and After School Student Supervision

Our school yard is supervised in the morning by a teacher from 8:30am. To ensure students remain safe please do not drop them off or encourage them to arrive at school before 8:30am. Our Before School Care program is available to care for students from 6:45am if this is needed.

Our school yard is also supervised after school from 3:15-3:30pm. It is safe for students to wait at the front of the school on Jenkins St as this is where the teacher on duty supervises. Please do not ask your child to wait after school for you on the playground. We ask students to come to the front office if their parent is late and arrives after 3:30pm so that they can be supervised.

2024 Site Improvement Priorities

This year we will also continue to implement a whole school approach to supporting student wellbeing. Supporting student wellbeing and improving attendance continue to be priority improvement areas at Cowandilla Primary School. This year we will continue to embed our whole school approach to implementing and using the **Zones of Regulation** across the site. Teachers will be supporting students to identify how they are feeling and use the language to describe this, connect these feelings to the four zones and help students to develop different tools to regulate their emotions. In the middle to upper primary years we are focusing on building students' skills so that they are able to use the zones and tools independently and transfer this into their everyday lives.

In Literacy, our teaching and learning improvement will continue to focus on building students' phonemic awareness and embedding the explicit teaching of reading strategies to ensure students have the foundational skills to read fluently and comprehend at all levels of questioning. This year we will also maintain our focus on the teaching of writing, from Reception through to Year 6. Through the explicit teaching of model texts students will continue to learn paragraph and sentence structure as well as the language features and punctuation of different text types.

Our 2024 Numeracy focus will be to ensure students have strong calculation skills, which will include a sound understanding of our base 10 number system, calculating strategies and being able to apply these skills in a variety of mathematical situations.

Parent, Teacher and Student Learning Goal Discussions

During weeks 9 and 10 of this term, class teachers will be having meetings with parents/ caregivers and children to set learning goals for the year and to discuss learning progress. These discussions will be a great opportunity for parents to ask any questions about their child's learning, share with teachers their child's strengths, and to work together to develop achievable goals for your child. Information about how to make a time to meet with your child's teacher will be shared with the community over the next few weeks.

2024 Materials and Services charge

In 2024 our Governing Council has set our school fees at \$287:00 which is the Department for Education's Materials and Services fee. At the end of February families will be sent an invoice with information about the new process to apply for School Card. All types of School Card applications are now online.

Visit sa.gov.au/education/school-card for more information if you would like to find out more. Information about how to go about the process and if you are eligible will be provided to families. We also have front office staff that are able to answer any questions that you may have.

Kiss and Drop Zone

The **Kiss and Drop off zone** at the front of the school on **Jenkins Street** is only for student drop off and pick up. Parents and Caregivers **need to stay in their cars** and not park in this area during the specified times before and after school. This is to ensure safety for all members of our school community. Recently parking inspectors from the West Torrens Council have been patrolling the area from 3:00 – 3:30pm.

Staff Car Park

Our school car park is **only for staff** and parents/ caregivers with a **Disability Parking Permit**. Please do not enter the school car park as this will compromise the safety of students, children and staff. This is also not a carpark for preschool parents.

We ask that school and preschool parents and caregivers park in the side streets around the school. Parking in Wilson Street is a good option as you can then walk across the oval to collect your child or some parents also park in the Hamra Library carpark and walk down Jenkins St.

Parent and Caregiver Communication

Our school newsletters will be published and emailed to families, every three weeks on Thursday 16th February, 9th and 30th March. These newsletters share school and preschool information about learning and events. Class newsletters are also used by teachers to communicate with parents. Teachers will forward information at least once a term about the learning programme and will continue to use email to communicate with parents. Please ensure that the front office and your child's teacher has your most current email address so that you are able to receive important school information as well as communicate with your child's teacher.



The poster features a pink background with white stars. At the top left is a circular logo with a black signpost that says 'Westside FRINGE' and '16 Feb - 17 Mar 2024'. To the right, the text 'Expo Day' is written in large, bold, pink letters. Below this, the event details are listed: '17 February, 11am – 3pm. Thebarton Community Centre, corner South Road and Ashwin Parade, Torrensville.' A list of three bullet points follows: '★ Free activities.', '★ Come 'n try sessions.', and '★ Fun for the entire family.' At the bottom right, it says 'For more details visit westtorrens.sa.gov.au'. The footer contains the text 'Brought to you by City of West Torrens' and the City of West Torrens logo, which includes a stylized sun and waves and the tagline 'Between the City and the Sea'.

Starting School has been so much fun!

Our 2024 school year has started with a bang! Look at all the fun we've been having in Ms Miranda's Class.

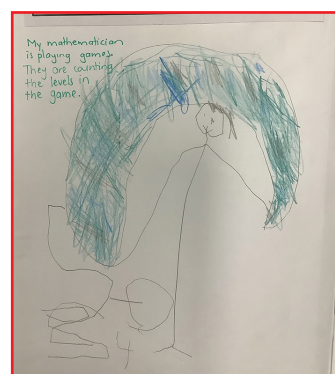
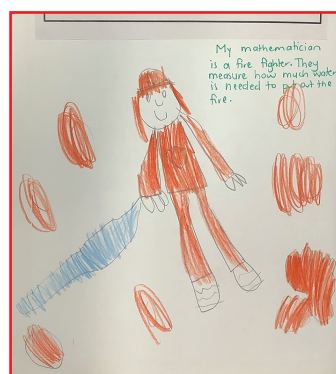
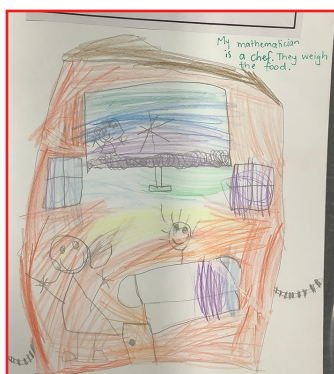


Swimming

We have all had so much fun in the water. The water was warm and the sun was shining. We learnt about being safe in and out of the pool. Our learning also involved getting out of the pool when there is an emergency, how to float on our back and jumping in the deep end with a life jacket.

What is a mathematician?

To begin our learning in maths, we discussed the story of maths. We talked about noticing maths in our everyday world and what we think a mathematician is. Students were then asked to draw their mathematician and discuss with the class how their mathematician uses maths. This was an extremely successful task as all students were engaged in participating and did a really good job of waiting their turn and sitting using the 5 L's.



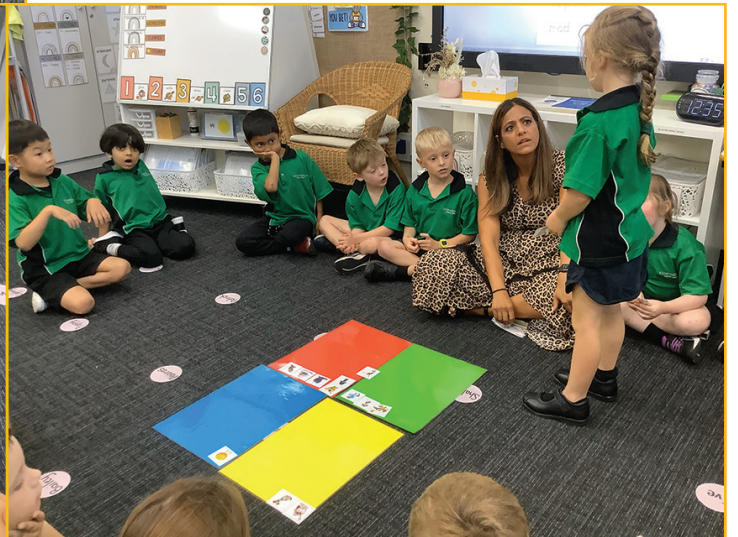


Zones of Regulation

We had a wonderful start to the year by taking time to learn about the Zones of Regulation and how we can regulate our emotions if we are in the red, blue, yellow or green zone. We discussed strategies we can use to help us manage our emotions, such as butterfly breaths, mindfulness colouring and yoga. We played a game of identifying which zone we thought the character was in. Students had to identify which zone their character was in, place it in the coloured zone and tell the class why they thought their character was in that particular zone.



Ms Miranda's Reception/Year 1 Class



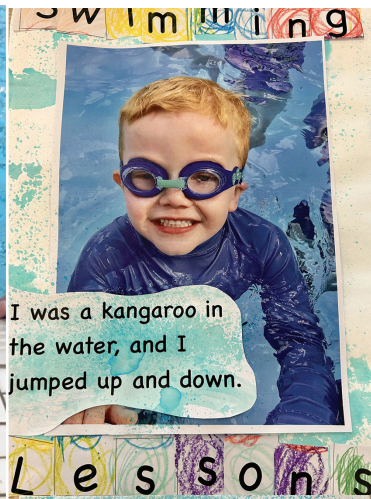
Water Safety Lessons

It has been fantastic to have our school pool up and running for our Water Safety lessons this term. Lessons began last week for some of our Early Years and Primary years classes. We have had some great water safety instructors guiding the students and developing their skills.

All classes are timetabled to have water safety lessons over the coming weeks. A note has been sent home letting you know which week/s your child's class has their lessons, along with a permission note. The permission note needs to be returned to school to enable students to participate in lessons.

Students from Reception to Year 2 have 5 lessons over 1 week. Year 3-7 students receive 10 lessons over 2 weeks.

The Department for Education Water Safety Program aims to engage and support students to become confident and safe in an aquatic environment and to develop skills and understanding directly related to water safety (survival and rescue skills). The goal is to promote confidence and safety in, on and around the water.



21 Jenkins Street
 Cowandilla SA 5033
 T 08 8443 7800
 F 08 8234 2445
 www.cowandilla.sa.edu.au

Supplementary Reproducible E for Elementary Ages

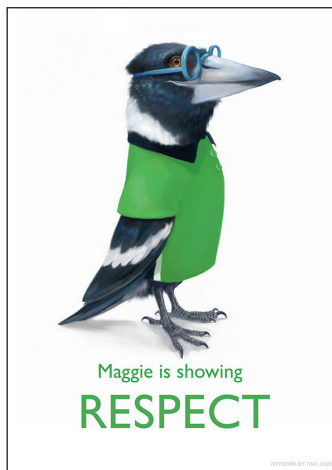
THE ZONES OF REGULATION

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	overjoyed/Elated Panicked Angry Terrified

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 Adapted from *The Zones of Regulation 2-Storybook Set* | Available at www.socialthinking.com

Our School Values



The following four Pupil Free days and a Site Closure Day have been approved by the Governing Council for 2024.

Wednesday 20th March
Pupil Free Day

Monday 29th April (1st day of Term 2)
Pupil Free Day

Wednesday 4th September
Pupil Free Day

Monday 14th October (1st Day of Term 4)
Pupil Free Day

Friday 29th November
Closure Day

Diary Dates

Monday 26th February
Year 6 Transition to High School Parent/ Caregiver Information Session 6:00pm in the meeting room.

Friday 8th March
Assembly 9:00am

Monday 11th March Public Holiday
School and Preschool Closed

Wednesday 20th March
Student Free Day for school and preschool (OSHC available)

Monday 25th March to Friday 5th April
Parent/Teacher/ Student Goal Setting Interviews

Thursday 28th March
Sports Day

Friday 29th March and Monday 1st April
School closed due to Public Holidays

Friday 5th April
Assembly 9:00am

Friday 12th April
Casual Clothes Day and Student Disco

Friday 12th April
Last Day of Term 1