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Friday 5th May, 2023

Dear Parents,

Welcome back to Term Two. Hopefully all of our families enjoyed the break and Easter period. The students have settled in well to the routines and excitement of school. Whilst Term Two this year is quite short, it really is jam-packed with lots of events to be involved in. In fact, some of our students have already been on excursions and competed in Cross Country.

I am extremely proud of the students who attended Cross Country this week. Not only did they represent the school brilliantly, they all also performed extremely well! Congratulations to 31 students who participated in the Troop District Cross Country. Despite very trying conditions all of the students performed brilliantly and all contributed to our most successful Cross Country ever, where 10 of the 31 students will progress to the Zone final. A special mention to Evie and Will who won their races and to Pip O'Donoghue for all her help at the finish line. Also, a HUGE thank you to Mr Whelan and Ms McGann for your organisation, support and enthusiasm across the day.

In Week 5, after an extremely successful Grade Prep Community Conversation in Term One, we have our Grade 1/2 Community Conversation. Psychologist Giuliett Moran will be back by popular demand to follow on from her work with families in 2022. We find resilience in young children a hot theme running through families in our Junior Learning Community and hope that by having Giuliett back to build on work already started, families will feel supported by the school to implement practical processes at home. Please keep an eye out for the invitation in your Grade 1/2 child's bag.

Last week we had some very creative and talented parents at school sewing Heat Packs for the Mothers Day stall. Thank you to Kate Jackson, Tiff Valhand, April Scala and Kelly Bradley for your contributions. We look forward to hosting the many Mothers, Grandmothers and special female figures that will be joining us next week on Wednesday morning for a special morning tea (see flyer at the end of the newsletter). A lot of preparation has gone into this event, ensuring that it is a special day for all involved. Monica Rylance our Mental Health and Wellbeing Leader has organised a special guest speaker; Beth from Geelong Meditation Centre. We are hoping that the morning is enjoyable and relaxing for all involved.

Whilst it is expected that all students are in their full winter uniform at the beginning of next week, I have been made aware that there are a few sizes of the winter kilt currently unavailable. Please let me know directly if this is impacting your child's ability to wear their full winter uniform.

Thank you to those families who have filled out the Sports Athletics Carnival Google Form offering to help out on Friday May 19th. Without volunteers events like this struggle to go ahead. It is integral that all volunteers have completed the Volunteer Induction Session and had their referee check approved prior to being selected to help out on the day. Child Safety is our number one priority on days like this, so please understand the importance of this element of the process.

We are looking forward to the adventures of the next two weeks, with lots of great learning planned and extracurricular experiences too.

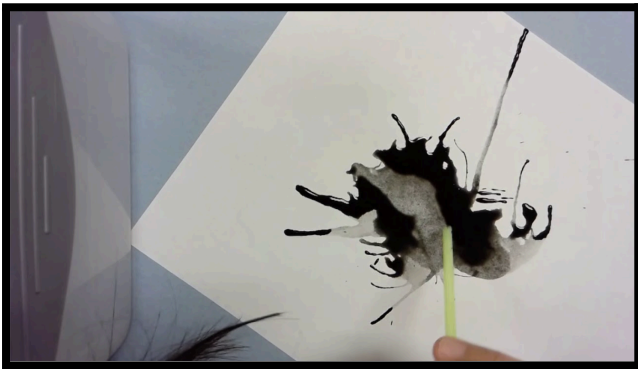
Kind regards,
Louise Vakirevic



Simone Nott
Deputy Principal Learning and Teaching

As a ResourceSmart School, Christ the King prides itself on purposefully integrating sustainability throughout the curriculum, aiming to explore and communicate learning beyond the school gate. In Term Two, from Prep to Year Six, Problem Based Learning focuses on our right and responsibility as active citizens to practise and promote sustainable practices with waste. This term students will also consider the relationship between waste and water. Water can easily be taken for granted as a limitless resource by those who live with a plentiful supply, however it is a valuable resource, especially in our changing climate. This unit of learning prompts us to stop and think about how we live on our planet.

To begin their learning, the students in Prep have been learning that our world (creation) is a gift God has given us. They have been reading stories and singing songs about what makes the world special. The students have discussed the living things that exist in the sky, on the land and in the ocean.

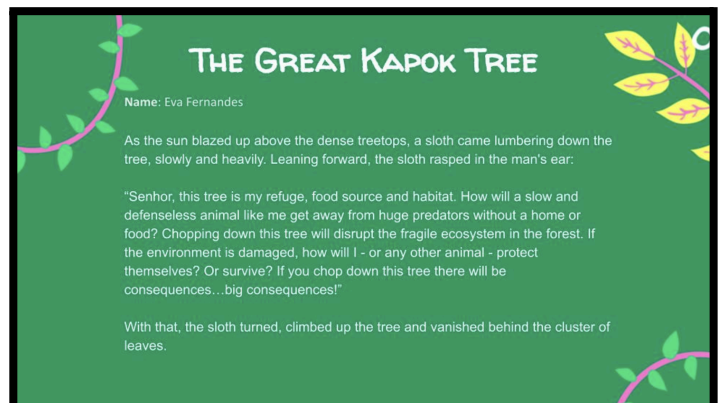


Building on this idea, this week students in the JLC learnt about air and water pollution. They discussed how we can be responsible stewards for our planet by not contributing to pollution. The Grade One and Two students were particularly interested in how to reduce the amount of rubbish going to landfill. To reflect their understanding the students created artworks by drawing a picture of a city and adding the "pollution" using black food colouring. Across the school, students will consider our use of the bins to reduce, reuse and recycle waste and investigate if there are ways in which we can further minimise our impact on the world around us.

Throughout their learning this term students across the school will consider the impact of the waste in local and global water ways. In writing, our SLC students have explored the impact of humans on the Amazon River and Rainforest by reading *The Great Kapok Tree*. Students have used this as inspiration to write their own texts which show the importance of speaking up as an active citizen.

When students understand where water comes from and the processes involved in getting water to the school, they will better understand how precious it is and how best to use it.

This week students in the MLC went to the Balyang Sanctuary to undertake water sampling of the Barwon River. They investigated the number and types of macroinvertebrates, or waterbugs, that were present in the water. Different water bugs can withstand different levels of pollution – so identifying the types found in our local waterway provided a useful indication of its health. The students found that although the Barwon River was home to some sensitive waterbugs, the water way had some pollution and the water quality could be improved.



If you would like to try water bugging you will need:

- a picking tray (roughly 30cm x 50cm and 10cm deep; light coloured trays work best)
- a fine fishing net
- a small bucket
- an ice cube tray
- plastic spoons
- a magnifying glass (optional)
- [a waterbug identification](#)
- [waterbug data recording sheet](#)

In future weeks all our Learning Communities will use digital technologies to design and produce solutions to the problems they have identified through their learning. We look forward to sharing these with you over the rest of the term.



Monica Rylance
Mental Health and Wellbeing Leader

Zones of Regulation

We had a very successful Professional Development day at the start of the term where we explored School Wide Positive Behaviours and Brain-breaks. Both are important systems and strategies to help build a positive learning and play environment for our students and also to give our students strategies to regulate their emotions and to focus on their learning.

Our learning communities also have a focus on the Zones of Regulation too. The Zones of Regulation® is a systematic, cognitive behavioural approach used to teach self-regulation by grouping our state of alertness, feelings and arousal into four coloured zones. Created by Occupational Therapist and Autism Resource Specialist, Leah Kuypers, The Zones of Regulation® framework provides children with strategies and tools to become aware and independent in controlling their emotional impulses, manage their sensory needs, and improve their overall ability to problem solve. Having an understanding of our emotions and the impact they have on their behaviour and relationships too is important for our students becoming socially and emotionally competent.

When students are not in the Green Zone (the optimal place for learning) we help them to apply strategies to help them to become more alert, focussed or to become calm in order to re-enter the Green Zone.

One of the key pieces to the Zones of Regulation is the point that there is no one "right" zone to be in. It's natural to experience the 4 zones. You can be in more than one zone at a time. Some emotions can fall into more than 1 zone. We all have fluctuations of moods and behaviors.

The part that is important is for us to use strategies to help us understand and identify our feelings and emotions. It's important for us to understand how our actions impact others, particularly when we are not able to manage our emotional or behavioral response. There is no "bad" zone.

To be used with The Zones of Regulation™ curriculum
Reproducible E

The ZONES of Regulation™

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Relaxed	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

Blue Zone	Green Zone	Yellow Zone	Red Zone
Blue Zone: Used to describe a low state of alertness. The Blue Zone is used to describe when one feels sad, tired, sick, or bored.	Green Zone: Used to describe the ideal state of alertness. A person may be described as calm, happy, focused, or content when he or she is in the Green Zone. The student feels a strong sense of internal control when in the Green Zone.	Yellow Zone: Used to describe a heightened state of alertness. A person may be experiencing stress, frustration, anxiety, excitement, silliness, or fear when in the Yellow Zone. The student's energy is elevated yet he or she feels some sense of internal control in the Yellow Zone	Red Zone: Used to describe an extremely heightened state of alertness. A person may be experiencing anger, rage, explosive behavior, panic, extreme grief, terror, or elation when in the Red Zone and feels a loss of control.

REMINDERS

School Uniform

As of the beginning of Week Two, Term Two (Monday 1 May) it is expected that all students will be in full Winter uniform. For further details please visit the [school's website](#). All uniform items can be purchased from [Noone Uniforms](#).

Uniform Term 2 - 2023



BOYS:

Long sleeve striped school shirt
Long navy school pants
School Jumper
Navy socks
Plain Black Leather School Shoes
School Beanie (optional)
School Scarf (optional)

GIRLS

School Jumper
Tunic
White school shirt with Peter Pan collar
Navy socks / Navy Tights
Plain Black Leather School Shoes
School Beanie (optional)
School Scarf (optional)

Some additional information below from our School Uniform Policy:

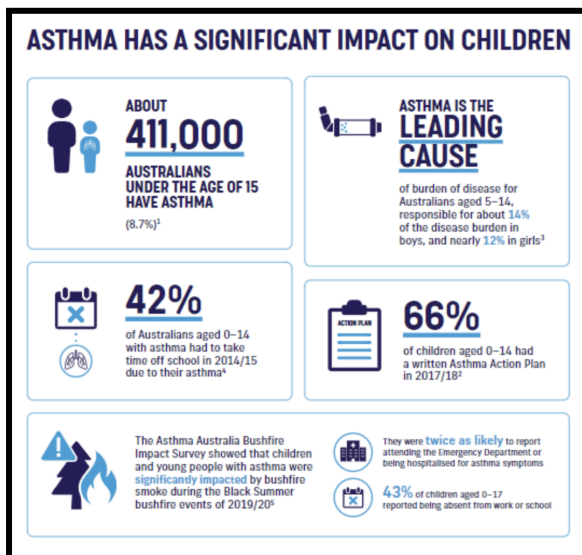
Hair As per the advice of the Head Lice policy, long hair must be tied back. Ribbons and other accessories must be school colours - navy blue, white or red. Extreme hairstyles and unnatural hair colour are not acceptable (exemption may occur for approved fundraising days).

Jewellery No jewellery (except tight sleeper/stud earrings)

Tattoos Tattoos are not permitted

Classroom teachers will contact you directly if students are out of uniform. It is every parent's responsibility to make sure their child is in correct uniform, and if there is a uniform hiccup, please contact your child's teacher via the diary to let them know the reason for your child being out of uniform. We do have some spare articles of uniform at school, but these are mainly for when someone has an accident.

Medical Management: Asthma & Anaphylaxis



We have a number of children in our school who suffer from Asthma and Anaphylaxis. It is important that parents provide an updated Asthma Action Plan and Anaphylaxis Action Plan each year and **upload this to Operoo.**

2023 CALENDAR - TERM TWO

Week Beginning	Date	Event
Week 1 24/04	Monday 24 April Tuesday 25 April Wednesday 26 April	SCHOOL CLOSED - Staff Professional Learning SCHOOL CLOSED - ANZAC Day Public Holiday ALL STUDENTS RETURN TO SCHOOL
Week 2 01/05	Friday 5 May	Community Think Tank - 10.00 AM
Week 3 08/05	Wednesday 10 May Friday 12 May	Mothers Day Morning Tea - 9-11AM Recognition Awards Assembly - 2.30 PM
Week 4 15/05	Friday 19 May	School Athletics Carnival - 9AM - 3PM
Week 5 22/05	Mon 22 May Wednesday 24 May	COMMUNITY GROUP MEETING - - 2PM School Advisory Council Meeting - 7.00 PM
Week 6 29/05	Thursday 1 June Thursday 1 June Friday 2 June	JLC COMMUNITY CONVERSATION - 7PM Kicking for Vivqueque Day Recognition Awards Assembly - 2.30 PM
Week 7 05/06	Dates and time as advised Friday 9 June	Program Support Group Meetings SCHOOL CLOSED - Staff Professional Learning
Week 8 12/06	Monday 12 Jun Friday 16 June	SCHOOL CLOSED - King's Birthday Public Holiday Dynamiq Training - Whole School Emergency Exercise
Week 9 19/06	Mon 19 June Wednesday 21 June Wednesday 21 June Thursday 22 June Friday 23 June	COMMUNITY GROUP MEETING - 2.00 PM School Advisory Council Meeting - 7.00 PM Reports and Student Assessment Portfolios Sent Home Recognition Awards Assembly - 2.30PM FINAL DAY FOR STUDENTS (SCHOOL FINISHES AT 12.00PM)



PLEASE JOIN US FOR A

MOTHER'S DAY
Morning Tea

WEDNESDAY MAY 10 AT
9AM - 10:30AM

IN CHRIST THE KING'S HALL

ALL MOTHERS, GRANDMOTHERS,
MOTHER FIGURES WELCOME

A GUEST SPEAKER TO PRESENT AT
9:45AM.

←-----→
Confirm your attendance by returning this slip by Monday May 9th

I/We will be in attendance? Yes / No

Student Name: _____

Names of attendees: _____