

Term 1 | Week 6 | Thursday 5 March 2020



Message from the Principal

Zones of Regulation

Hopefully by the end of this week parents will have had a chance to begin a conversation about 'the zones' with their children. The "Zones of Regulation" is a curriculum designed to help students identify their feelings and emotional reactions with a focus on managing impulses or disruptive emotions. One of the benefits of introducing the ZoR is that we are providing a social curriculum where Teachers are actively helping students to learn and use sensory and perspective-taking strategies that encourage better self-regulation. Children are currently learning about the Zones and will see them represented simply as four colour-coded zones in our new classroom visual reminders (replacing the peg chart). The aim of introducing this social curriculum is that it focuses on encouraging uninterrupted learning time so that students learn more effectively and teachers deliver lessons with less frequent minor interruptions.

As a school, we need to teach the social behaviours for learning so that students are better able to engage in and experience within the academic curriculum. Our teachers are using PBL lesson time to teach children self-regulation strategies. The first step will be for students to learn how to recognise and respond to our emotional state and the second is for students to develop a personal 'toolkit' of effective regulation tools. When children learn when and how to use these tools, they are one step closer to independent regulation (and increased learning engagement).

We've started publishing our ZoR lessons online on our PBL page on the school website, so that parents can engage with this social curriculum alongside us. We hope you find this a useful resource so that you can start using the same language to talk about how your child is going at school. Click on the link to visit the PBL site:

<https://prettybch-p.schools.nsw.gov.au/supporting-our-students/pbl/pbl-lessons.html>

Personal Best

Another change this year relates to the way that we aim to recognise and celebrate students who are striving for their "personal best". One of our school values is "Excellence" and we teach and reinforce for all our students the value of setting goals, striving for quality work and persisting to achieve their own personal best. In 2020, our school will host an extended assembly at the end of each term where students will be acknowledged for these important and highly valued qualities setting personal goals, showing learning persistence and achieving their personal best. Parents will be invited to attend this special assembly to acknowledge their child's effort and progress towards individual learning goals. The first of these assemblies will be in Week 10 of Term 1. Personal best is recognised in many ways, and every week I get to share in the celebration of students persisting towards and achieving quality work in all Key Learning Areas. This week I enjoyed not only seeing the finished product of some wonderful art but also talking to Penny, Ashley, Lucy and Liam as they shared how they had achieved their 'personal best', confidently discussing the techniques and art processes they employed to create their art work.



Feedback is always sought and appreciated. Feel free to drop me an email any time.

Kind regards, *Karen Wardlaw*

What's Happening at PBPS?

Please visit our website for more details and spare notes... <https://prettybch-p.schools.nsw.gov.au>

When?	Events & Due Dates
T1 W6	P&C AGM 7PM on Monday 2 March. All Welcome.
T1 W6	6/3 Sport Assembly
T1W7	9/3 BWSC Meet & Greet 6pm
	10/3 Zone Swimming Carnival
	11/3 Kincumber High Meet & Greet 6pm
T1W8	17/3 Stg 2 Local Area Walk-Rumbalara
	19/3 Harmony Day

Assembly Awards and Principals Awards

Congratulations to the students who received Merit Awards and Principal Awards at our last assembly.

Term 1 - Week 3-4

Kinder Jock, Florence, Archie

Kinder/1 Finn, Xanthe, Luke

Yr 1/2 Enzo, Zack, Elodie, Matilda

Yr 2/3 Euan, Jack, Olivia, Amelie

Yr 3 /4 Fletcher, Frida, Orlando, Scarlett

Yr 4/5 Jack, Sadie, Finlay, Edie

Yr 5/6 Keanu, Maya, Alastair, Aston

Principal Awards

Martin M, Euan R, Henry C (5/6),

Joseph W, Jalen S (3/4)

Daisy P, Amelie M (2/3)

Health and Safety update - mosquitoes

Our school space is currently experiencing a significantly high mosquito population and we are encouraging the use of personal repellent. Mosquitoes are primarily attracted to carbon dioxide and the "smell" of our skin. This means that the best option for preventing bites, as confirmed by NSW health, is to use personal repellents. Many students are bringing and applying their own personal roll-on or pump spray and some students are wearing personal repellent wrist bands. On average, 15-20 students are coming to the office to use the school spray at each break time. Our wonderful Mrs Hyde is assisting by using the spray on students to ensure they are adequately covered and is reminding students to consider bringing their own to school whilst the mosquitos are out in high numbers. We are also ensuring that inside spaces are available at lunch and/or recess for students to remain inside under the supervision of a teacher, particularly those who experience painful reactions to mosquito bites.

Our school response to mosquitoes has been guided by NSW health recommendations and the Department's Health and Safety directorate. Whilst mosquitoes currently remain a concern, all teachers will:

- encourage students to bring roll-on or pump-action repellent to school and provide reminders about re-applying throughout the day
- actively demonstrate how to apply repellent (and then ensure children wash hands thoroughly afterwards). This is for K-2 teachers in particular.
- Let students know that there is mosquito repellent in the office for students who may not have their own personal repellent at school.
- If younger students need help applying roll-on, arrange for older siblings to drop in to class before break time to help re-apply roll-on repellent.
- remind students that we have spaces available during at least one outdoor play session per day for students to remain inside under the supervision of a teacher. Mrs Wardlaw will be in the library every recess break for students who wish to engage in "quiet activities".
- teachers are to use classroom air conditioners and keep windows and doors closed in classrooms.
- consider the hall as an appropriate inside space when planning fitness activities.
- communicate to students the option of wearing long pants and long sleeved tops to school whilst mosquitos are currently high in numbers.

Students who may be particularly vulnerable to mosquito bites or who may have uncomfortable reactions to bites are provided with the opportunity to wear (or bring) long sleeved shirts and/or long pants to school. NSW Health recommends light-coloured, loose-fitting clothing to be worn for increased protection against mosquito bites. Children may wear this optional clothing choice all day or may choose to bring to school and put on over school uniform for outdoor playtimes/activities. Children who choose to wear alternate clothing as a preventative measure whilst mosquitoes are in high numbers may do so without concern regarding normal uniform expectations. We encourage parents to consider this as an option for their children until mosquitoes are less prevalent.

Voluntary School contributions

Families should have received a statement of account this week which provides details of the voluntary contribution. Whilst this is entirely voluntary, we wish to draw to parents' attention that \$20 of this contribution goes towards the school's Athletics subscription. Athletics is a wonderful learning resource which uses an online platform that allows students to learn, practice and reinforce maths skills at home as well as at school.

The Voluntary School Contribution also provides school assistance by covering the cost of non-stationary equipment such as art supplies, first aid consumables and other school resources. Whilst valued, we recognise that these contributions are voluntary in nature and appreciate that all families are different and unique. For some, the voluntary contribution may stretch some families and we respectfully stress the "voluntary" aspect of these contributions.

Positive Behaviour for Learning (PBL)

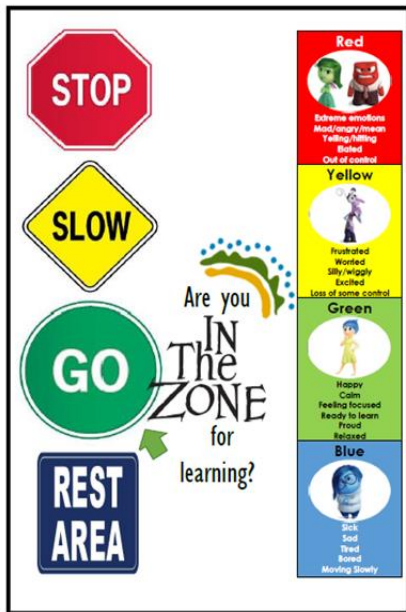
For the past 2 weeks students at PBPS have been introduced to the Zones of Regulation. This new system has replaced our Behaviour Peg Chart. Teachers have used the new posters, PowerPoint lessons and a variety of scenarios to explain the 4 zones in detail. These zones are:

1. **Blue Zone** (Rest Area)
2. **Green Zone** (In the Zone for Learning)
3. **Yellow Zone** (Slow – Proceed with Caution)
4. **Red Zone** (Stop)

Students have been taught how they can use 'tools' from their 'toolkit' to get them back on track and in the 'In the Zone' for learning.

It's been great to see both students and teachers using the zones language in the classroom and on the playground. We will be continuing to explore the zones throughout the term

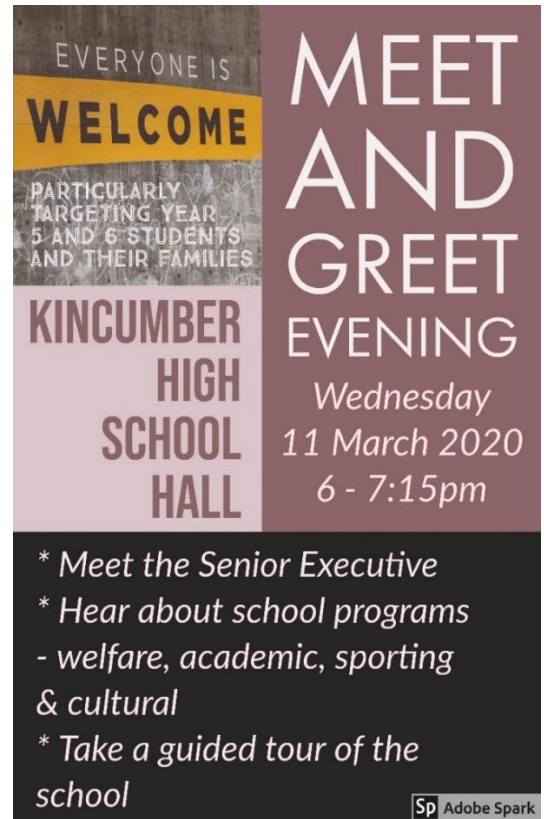
Ms Metcalfe
PBL Coordinator



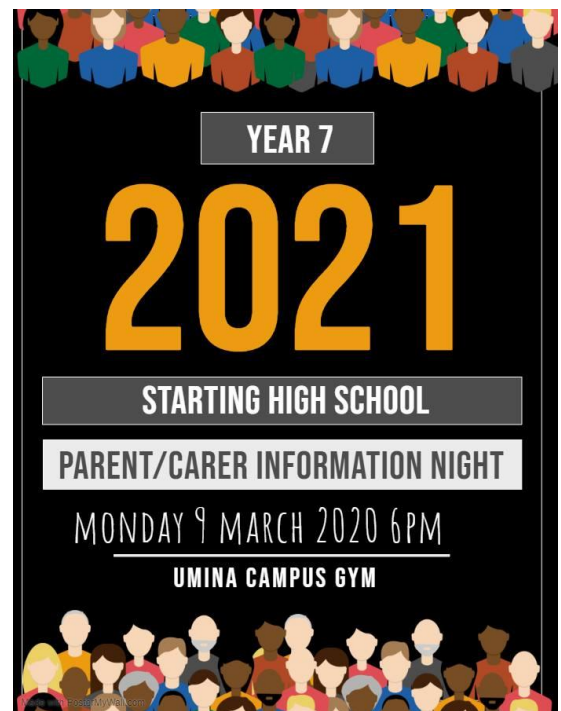
2021 High School Expressions Of Interest

All year 6 students received a High School EOI form this week. Please ensure all forms are returned to the school office by Friday 20 March. Please remember to tick Section D if your child is sitting the Selective High School test and/or Section E if placement is not required at a Government High School in 2021.

High school transition 2020



KHS invites parents to attend a meet and greet evening on Wed 11 March. This precedes the first transition day for Year 6 students zoned for KHS on Friday 20 March.



BWSC invites parents to attend a meet and greet evening on Monday 9 March. This will precede an additional parent information session on classes and special programs provided for Year 7 students in 2021. These include the extension 's' classes, a CAPA class (Creative and Performing Arts) and an AVID class (Advancement Via Individual Determination).

Drumcorp

There are still some spaces available for Year 3-6 students in the Drum Corp Program. Students can participate in a free lesson to see if they enjoy it before parents sign up. Registration is online at <https://www.drumcorp.com.au/registration>

A skoolbag notice was sent on Wednesday from Drum Corp, asking interested parents to complete an expression of interest for an after-school lesson to be held (based on enough interest) on Tuesday afternoons. This class would be for students from Years 4-6. For those parents who are interested, please return the expression of interest form to the office by Tuesday 10 MARCH 2020.

PBPS SCHOOL ATTENDANCE

Part of my role as Learning Support (LaST) this year is to monitor student attendance and wellbeing. This term our school is working on creating a school wide system of support that helps teachers monitor student attendance, including late arrivals, early leavers and whole day absences.

Arriving at school and class on time ensures that students do not miss out on important learning activities scheduled early in the day, helps students learn importance of punctuality and routine, gives students time to greet their friends before class and reduces class disruption.

As part of our duty of care, classroom teachers will notify parents and caregivers after their child has had 3 late arrivals in one week or significant repetitive days over a 5 week period.

Included in this week's newsletter is a parent friendly guide to attendance, which helps explain justified reasons for absences and procedures for when your child is away from school.

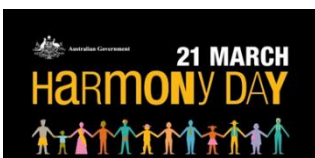
Thank you for your support in this transitional time,
Mrs Kate Keyes
Assistant Principal
LaST Coordinator

Harmony Day Celebrations

This year Pretty Beach Public School will be celebrating Harmony Day on Thursday 19 March. To celebrate, we would like invite our wonderful parents and caregivers to join us in an assembly held under the cola at 9:00am. Pretty Beach Community Preschool and our school choir will be performing at this assembly. All students are encouraged to show their support of

Harmony Day by wearing a T-shirt in the colour **orange**.

Leah Turton and Katrina Hutchens



Annual Swimming Carnival

A massive congratulations to our brave swimmers who competed in the annual swimming carnival. As always, the Kookas and Pellies were in loud voice while they cheered on their team mates throughout the day. There were many displays of sportsmanship throughout the day, with many house points being given for the people in the stands and those also in the pool. Thanks to the parents for coming along to support our swimmers throughout the day also!

25 students have been selected to represent our school at SCCPSSA Zone Swimming Carnival on Tuesday 10 March, with permission notes being sent home earlier in the week.

Tomorrow's assembly will be the special occasion where the sports ribbons are awarded to the top 3 swimmers in each race and the winning house named.

Congratulations on your hard work and positive attitudes!

Mr Podmore
Coordinator



Stage 1 Science – Watch it Grow

In Science this term, Stage 1 have been learning about the features of living things and how they grow and change. We have been closely looking at a chicken's lifecycle but not just through videos, research and

discussions – we had our very own baby chicks and eggs.

Henny Penny Hatching arrived on Monday 24.3.20 and was set up in 2/3's classroom. We received x 4 1 day old chicks and x 13 little eggs in an incubator. We had to keep watch of the incubator's temperature, move hatched chicks across to the pen once they had dried, fill up the water and feed and fluff up the wood shavings.

We cared for our chicks for 2 whole weeks!

Stage 1 noticed lots of changes in those 2 weeks. We were able to watch chicks hatch out of their eggs, watch them grow bigger, see their feathers grow on their wings etc... The best part was having cuddles with them ☺

Thank you to those families who have adopted chicks. We're sure they will love their new home!

Miss Metcalfe and Stage One students



STEM and Sustainability

After reading *The Lorax* and doing a Socratic Seminar, discussing the meaning behind the book, Stage 3 had some fun designing and building Truffula Trees. Groups had to work together to build the tallest, free standing Truffula Tree. They used dried spaghetti, cotton balls, playdough and marshmallows to build their trees and the results were outstanding!

Mrs Hutchens



Ethics Volunteers needed for 2020

Currently the school is without any Ethics teachers and an Ethics co-ordinator.

If you are interested in teaching ethics at the school half an hour per week on a Monday afternoon please go online to apply here:

<https://primaryethics.com.au/>

If you're interested in being the ethics co-ordinator please email maria.mccarthy@primaryethics.com.au to find out more about the position.

You don't have to be a parent at the school to teach or take part, so even if you're not personally able to take part, please feel free to pass this information on to other family members or friends in the community who might be interested.

Clean Up Australia Day

Last Thursday K-6 helped to clean up our school grounds.

There wasn't a lot of rubbish to pick up (well done Pretty Beach!) but we managed to fill one small bag of rubbish and one bag of recycling. It was also a great opportunity to remind one another of the importance of making sure our rubbish goes in the bin so that it doesn't wash into our oceans.

Mrs Katrina Hutchens
Organising Teacher

Tell Them From Me

In Term 1 2020, our school is taking part in the Tell Them From Me student survey. The survey will provide us with valuable feedback on what our students from Years 4-6 think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help them improve. Please read the information and FAQ sheets attached for more information.

Last week, non-consent notes were shared via Skoolbag. A copy of this note and other information for parents is provided on our school webpage. If you do not wish your child to participate, please complete and return the non-consent form by Monday 9 March 2020.

<https://edit.sws.schools.nsw.gov.au/content/doe/sws/schools/p/prettybch-p/www/notes.html?wcmmode=disabled>

Lunch Time Garden Club

Students are enjoying taking part in our lunch time Garden Club each Monday. They help to plant, weed the garden and feed the worms. After helping they then get to take home some of the produce we have grown or some herbs. So look out for the brown bag each Monday!



Mathletics 2020

Mathletics is an online subscription which we utilize at school and can be used at home. Mathletics engages students by making maths learning fun and engaging. Teachers can level students according to their needs and set tasks both for school and homework. Once set tasks are completed at home, students can play other children around the world within Mathletics games. Online student logins will be sent home within the next week.

Happy Mathing!
Mrs Bridgman

Canteen

A reminder to make sure your **child's class** not just the year is on their order to ensure their order goes in the correct basket. Please also make sure you are using the **2020 Menu** which was sent home at the beginning of term or an [electronic version](#) is available on the [website](#). Please note there are some new items and a number of price increases. Paper copies are available at the office or canteen as well.

Lunch orders are placed in the gold box in the office **every Thursday for Friday's lunches**. If your child is sick on Friday just phone the office and the order can be held over for the following week or a refund will be given. Lunch orders will be accepted on Friday **before 8.45am** at the Canteen.

Thank you also to those who have volunteered to help in the canteen this term (roster below).

Date	Volunteer Names
6/03/2020	Jessie Pickering
13/03/2020	Abi Couchman
20/03/2020	Lara Keogh
27/03/2020	Louise Ware
3/04/2020	Karin Winanowski

Jan Tochowicz
Canteen Manger

School Banking...each Monday

Each Monday students need to hand their bank book in to their teacher or drop into the box at the office before school. The new School Banking theme for 2020 is Treetop Savers with Terry Denton's Activity Book and the Mini Soccer Ball available Term 1.



The first time your child banks this term an information pack will be sent home with further tips on helping your child to save and full details of the new rewards items.

Are you using the [CommBank Youth App](#) yet?

- Did you know if you use this app your child can:
- Check the balance of their Youth Saver account

AUTISM CARERS SUPPORT FOR CENTRAL COAST

Come and meet other carers who understand you and find social opportunities for your autistic child and their siblings. For more details please contact us or come along to our free support group meetings.

TUGGERAH SUPPORT GROUP

When: First Monday each month 10 am to noon

Venue: Autism Central Coast - 3 Pioneer Ave, Tuggerah



WOY WOY SUPPORT GROUP

When: Third Friday each month 10 am to noon

Venue: Easts Woy Woy Leagues - 82 Blackwall Rd, Woy Woy



A partnership between ACN and Autism Central Coast

For more information :

autismcommunity.org.au | info@autismcommunity.org.au | 9543 9036
autismcentralcoast.org | rosa@autismcentralcoast.org | 0410 918 100

- View school banking deposits in their transaction history
- Track the number of times they have banked towards their next reward
- Set up savings goals and monitor progress
- Create lists of chores they can do to earn pocket money

So explore the [CommBank Youth App](#) to help encourage regular saving.

Your child doesn't have a bank account? To open a bank account just go to any Commonwealth Bank or this can be done [on line](#). The bank have advised if you do this the deposit book, with their account details and yellow wallet will be sent to you by mail within 5-7 working days. Could you please ensure that the account number details are completed in your child's deposit book, prior to your child bringing the book in on their first School Banking Day.

Girl Guides meet near you!

Laughter, learning, friendship and fun...
come and discover at Guiding what's done!

Blackwall Junior Guide Unit
(For girls 7-9 years old)

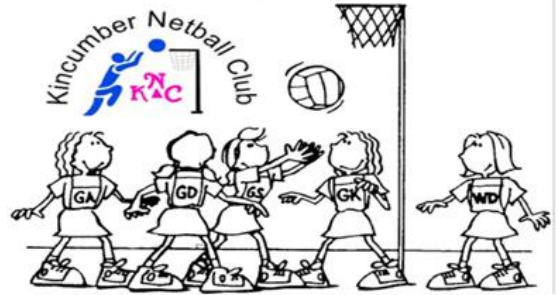
Mondays 4.45 – 6.15pm

Blackwall Guide Unit
(For girls 10-13 years old)

Mondays 6.30 – 8.30 pm

Blackwall Girl Guide Hall, 120 Memorial Ave,
Ettalong Beach

For more information please contact Belinda Player
Two weeks free trial available
Ph: 0414 863 183
blackwallgirlguides@gmail.com



Kincumber Netball Club is looking for players born in 2011!

Season starts 21 March, playing on Saturday morning and training one night per week at Adcock Park West Gosford.

Registration Fee: \$185 (we do accept Active Kids vouchers) plus a dress \$80.

For more information please contact Karen on 0412 420062 or email secretary@kincumbernetballclub.com.au