



SILKSTONE STATE SCHOOL

Newsletter

4 March 2021

Term 1 Week 6

Mission Statement: We at Silkstone State School, in partnership with the community, aim to create an environment of active learners. We believe all children are capable of reaching their full potential. We commit to building resilient students who strive for excellence and become responsible, respectful citizens.

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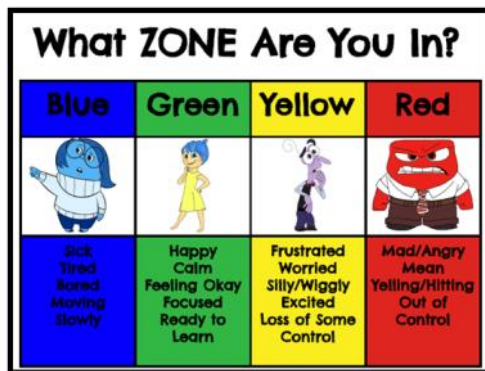
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Principal's Report

Zones of Regulation

This year we have been focussing on our Social and Emotional Learning program - Zones of Regulation. This program works alongside and complements our PBL (Positive Behaviour for Learning) approach. The Zones is used to teach self-regulation by categorising all the different ways we feel and states of alertness we experience into four coloured zones. The Zones framework provides strategies to teach our students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.

We use the Zones of Regulation program to help our students to learn about their emotions and how to deal with them in many different scenarios, at school and at home. The image below briefly outlines the feelings associated with each of the four zones



Please remember to return your child's Online Service's Consent Form

Silkstone State School

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Principal's Report continued

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

The Zones can be compared to traffic signs. When given a green light or in the Green Zone, one is "good to go". A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light or stop sign means stop, and when one is the Red Zone this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize.

This year our students have been engaged in lessons that are teaching them about the zones and how to deal with being in each zone. At school, the Green Zone is the 'Ready to Learn' zone and is where we want students to be as often as possible. The Zones of Regulation program teaches students that it is okay to be in any of these zones, however there are strategies that we can use when we are in the Blue, Yellow or Red zones to help us get back to the Green Zone and 'Ready to Learn'.

The ZONES of Regulation®



Figure 2: Wall Posters of the Zones

Richenda Wagener
Principal

THE FOUR ZONES: OUR FEELINGS & STATES DETERMINE OUR ZONE

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

P&C Committee

If you are interested in sitting for a role in the P&C and would like to know what each role entails, please email the P&C at pandc@silkstoness.eq.edu.au and we will send you a job description and regulations for the OSHC. If you wish to be a part of the fundraising events please email us at pandc@silkstoness.eq.edu.au

AGM Meeting 23 March 2021

Upcoming fundraising events

The Pie drive is happening now—orders need to be placed online by 22 March 2021. If you are unable to order online, cash orders are to be in a sealed envelope and returned to the TUCKSHOP by 19 March 2021. Orders will be delivered to the school on 30 March, collection will be at the hall between 2pm and 3pm.

From the Deputy Principal Years P-3

Scaffolded Student Support

Together with their students, teachers set Reading, and Writing goals each term. As part of the journey towards reaching their goals, students are provided with clear, step-by-step examples of what is required along the way. Teachers design worked examples that support the development of new skill by making the pathway to learning accessible to students. After that process, students can use worked examples on the road to becoming independent learners.

Stamina across the day

A healthy lunch is vital to provide the fuel students need to have stamina to engage with learning across the day. In addition to movement breaks to energise and reset the brain and body, eating across the day assists with stabilising concentration for learning and play. In addition, please ensure your child has a broad-brimmed hat with them every day. Students without a hat will be redirected to covered areas for play. For those students who love playing outside on the ovals and playgrounds, a hat will allow access to these areas.



CONGRATULATIONS TO OUR YEAR 1, YEAR 2 AND YEAR 3 STUDENT SHOUT OUTS FOR WEEK 3

Recognition for respectful responsible behaviours and demonstrating active learning behaviours.



Year Prep Shout Outs



Year Two Shout Outs



Year Three Shout Outs

No matter what their age or reading level children love to be read to. When deciding what to read to your child, you can let them choose, or look for books on topics your child is interested in, ones written by their favourite author, or your favourite stories from childhood. Even after they can read for themselves, there are still many benefits to continuing to read to your child.

Children learn by listening: As your child begins their journey to read, they learn a great deal more about the meaning of words by hearing books read out loud and

From the Deputy Principal Years P-3 cont

through the discussions you have with them about these new words rather than in isolation on their own. Reading aloud together can help build vocabulary, improve reading skills, and improve attention and listening skills. Further, reading out loud with your child helps them experience the pleasure of sharing stories and develop a lifelong love of books.

Sharing a story with your child is a time to connect: Sharing a good book is a great way to spend one-on-one time with your child, being close and sharing experiences and ideas with them. As your child gets older and your schedules get busier, reading together can be a way for you to connect on a regular basis.

An opportunity to extend and challenge: As your child progresses with reading, by reading to your child a book they could re-read alone later, as well as books that are above your child's reading level, helps to supportively stretch your child and assists them to reach the next phase in their reading journey. Listening to you read more challenging books exposes your child to more complicated stories and advanced vocabulary.

Angela Tonner
Deputy Principal

Deputy Principal Years 3-6

STUDENT REFLECTIONS YEAR 6 MAROON CAMP 2021



We enjoyed camp because the staff at Maroon were very nice and made sure that we all had a great time. Our favourite activities were the canoeing and the orienteering. The reasons we liked the activities were because we got to get wet and explore the place. The staff also made sure we got involved and we were safe. At Maroon Dam, they also have a very popular lizard called The Maroon Lizard, named because of the shape of its head. The Maroon lizard is long with lots of green patterns to help it blend into the environment, keeping it safe from predators. When we were on our camp-out, we actually saw a Maroon lizard!

Charlee and Sophie – 6B



School camp was my first experience being away from my parents for longer than two days. At camp, we were taught patience and kindness by Ben, our instructor. My favourite activity was by far the camp-out as we got to cook food for our team. Another activity was the blindfold test where a few people were blindfolded and were assigned a partner whom led them to our camp instructor, Ben. Although my partner was a little off with our directions, we eventually made it to the end and everyone clapped. What a great camp!

Yash – 6B

From the Deputy Principal Years 3-6



On camp I learned how patient and kind I can be. I learned that it is better to care than ignore whatever is happening around you. Camp was one of the greatest experiences I've ever had. In my opinion camp was really fun. I also learnt how to put up a tent. I'm guessing everyone thought camp was great!

Amaya 6D

On camp I liked canoeing. We had to use teamwork to move the canoe on land and in the water. On camp I learned that teamwork helps things get done faster and easier. I also learned that working together is more fun and enjoyable than working alone.

Braydon 6C

We really loved how we learnt to cook for ourselves and how to put up our own tent during camp out. We conquered our fears by orienteering at night time and going on the high ropes. Canoeing, movie night and team building activities were all fun. Most of all, we enjoyed getting to know our friends more and understand them.

We all enjoyed orienteering because we all had to work together as a team and encourage each other. We loved campout because we got to learn how to look after ourselves and cook our own dinner. High ropes was fantastic because we faced our fears of heights by swinging down the flying fox. We are grateful to all of our amazing teachers who volunteered their own time so we had this awesome opportunity.

Sinalofa, Emily, Vyvian and Paiton 6A

UPCOMING EVENT
15 MARCH 2021
HARMONY DAY – Everyone Belongs

Harmony Day is about inclusiveness, respect and belonging, regardless of cultural backgrounds. This year at Silkstone State School we will acknowledge and celebrate the cultural diversity of our school community with a Special Whole School Assembly. **We encourage all our students and staff to dress in their traditional background heritage costume on this day.**

Shaida Rojc
Deputy Principal

Playgroup

A Sneak into Playgroup's Week

We have been busy exploring colours at playgroup this term. If you would like to join in the fun you are welcome to attend every Monday and Friday 9-11am.

For more information contact the school on 3437 2111.

Melissa Alexander
Playgroup Co ordinator



KindyLinQ



Building, measuring, co-operating, sharing and persistence. All of this while playing. Great things are happening at KindylinQ.

Children born between July 2017 and July 2018
- WE WANT YOU NOW!

Join in the fun!
Ph: 3437 2111



Coming Events

March

Wed 17
Fri 19
Mon 22
Tues 23

Bookclub orders due no later than 11.00am
Pie Drive cash orders due
Pie Drive online orders due
P&C AGM meeting
Beginner Strings Workshop
Interscholar Sport Commences
Pie Drive order delivery—collect from the hall between 2.00pm-3.00pm

April

Thurs 1
Fri 2
Mon 5
Mon 19

Mon 26
Thurs 29

Last Day of Term 1
Good Friday
Easter Monday
Term 2 commences
NO MORE SCHOOL BANKING
Public Holiday
My Little Farm Friends incursion

Money Window

Online payments preferred

We are no longer accepting cash payments

Direct Deposit Payments can be made to
BSB: 064-417 Account Number:00091102

(Include child's name and what payment is for)

NB We are not able to take credit card payment over the phone.

Casual Cleaners Wanted

We are looking to increase our list of casual cleaners. If you have a current blue card (or are eligible to apply for one) and are interested in casual relief cleaning hours here at Silkstone State School, please email us a resume or drop one in to the office anytime.

Student Banking

Unfortunately we are unable to continue with the Commonwealth Bank Student Banking Program after Term 1, 2021 due to the Booval branch closing. Student Banking will now be done every **Wednesday but only until 31 March 2021.**

School Photos

Class photos are scheduled for Term 2:

**Tuesday April 27 and
Wednesday April 28**

Sporting and extracurricular photos are scheduled for Term 4:

Wednesday October 27

Accompanying Handouts

- Book Club—Issue 2 Bookclub will close on Wednesday 17 March 2021—11.00am
- 2021/2022 Calendars
- Auskick Flyers

From the Music Room



BRASS Choir—Tuesday 1st Break—starting Week 8
Girls Choir —Thursday 1st Break—starting Week 8
Harmonies Choir—Thursday 7.50am

Concert Band – Tuesday 7.50am
String Ensemble – Wednesday 7.50am

Choirs

Great News!! Our choirs will be starting up again this Term. Students in Years 2–6 who would like to join the Girls' Choir or the BRASS (Boys Rock at Silkstone State School) Choir, please collect a letter from the office and return to school by Friday 12 March 2021.

A reminder that Harmonies Choir will be rehearsing as a whole group.

This rehearsal will be on Thursday mornings starting promptly at 8am. I am happy for students to start arriving at 7.50am. If they are at school before this time, please direct them to sit under A block. Our Harmonies Choir will be performing 'Everyone Belongs' as part of our Week 8 Harmony Day Assembly. Please remind your children to practice their piece of music and learn the words.

Instrumental Lessons

Who will win – Band or String players? How can you help?

1. Make sure your child has completed their home playing and recorded this on their practice diary.
2. The diary needs to come to each lesson so our groups can move through the Mario kart game – remember you have the chance to roll the fuzzy dice if you get 3 power ups by completing your diary!



Don't forget to come to your band and ensemble rehearsals before school!

If you arrive before 7.50am please sit under A Block and wait.

Success doesn't come from what you do occasionally. It comes from what you do consistently. – Marie Forleo

Samantha Berry Julie Lewis Danielle Basso
Music Department Teachers
music@silksterness.eq.edu.au

From the Chaplain

Breakfast Club is back!

We are fortunate enough here at Silkstone State School, with the help of our lovely volunteers, to be able to once again offer our children breakfast on a Monday and Wednesday morning.

All children are welcome to come to the covered area near the hall from 8.30am—8.50am on a Monday and Wednesday morning.

Rebecca Hewett
School Chaplain
Silkstone State School—Mondays and Tuesdays

From the Sports Desk

Congratulations to Hunter for swimming a PB at the Met West Swimming Trials last week in the 10yrs 50m Freestyle!

Ipswich Zone 10-11yrs Rugby League Trials on 15 March, and 11-12yrs Rugby League Trials on 17 March.
Ipswich Zone 10 – 12yrs Hockey nominations due 8 March.
Ipswich Zone 10 – 11yrs Netball Trials 16 March, and 11-12yrs Netball Trials 17 March.

Children who believe they are the best in Ipswich at these sports need to see Mr H to get the relevant permission forms to nominate for the trials.

Class swimming continues for 3A, 3B, 3C, and all year 4, 5, and 6 students with Mr H, and will continue for the rest of the term.

All students require a swimming cap and must not wear jewellery in the pool (swimming caps can be pulled down to cover earrings, they don't need to be removed). If students are unable to swim due to illness or injury, please let Mr H or the class teacher know by way of a note or a phone message left at the office.

Interschool Sport is due to commence again in 2021 and is timetabled to start in Week 9 Term 1 with Rugby League, Netball, and Boys and Girls Soccer.

Trials for Years 4, 5 and 6 students to select our school teams have begun at various break times and will continue over the next few weeks.

Congratulations to the students who made the Sports Development Program. More detailed information on program activities for 2021 including the Sports Development Camp in Term 3 will be sent home later this term.

Ipswich Zone 10 – 12yrs Cross Country Trials will be held Tuesday 4 May. All students who wish to compete at this trial should be commencing their own personal training now. Distances: 10yrs – 2km, 11 & 12yrs – 3km.

Prep, Year 1 and 2, 3D and 3E with Mr T require a hat each week.

Mr Hegvold and Mr Tran
HPE Teachers

COME 'N' TRY SESSIONS
12 - 15 YEARS

4-5PM FRIDAY'S

12 FEB 2021
19 FEB 2021
26 FEB 2021
5 MARCH 2021

All equipment provided
Just bring a hat & water bottle

Sign up for the 2021 season to get a pack including a stick, shin guards, ball and water bottle

For more information contact
rcd@ipswichhockey.com
0413 211 138