

3/4P Newsletter

Term 1 2018

Dear Parents,

Welcome to the 2018 school year! I hope you have all had a safe and happy summer holiday, and are enjoying the excitement of the start of the school year as much as I am.

For those who do not know me yet, my name is Pam Pashos.

Please feel free to visit our classroom (Room 14) and introduce yourself if we have not already met. Should you wish to see me regarding any school matter, please send a note in your child's purple folder, or contact the office to organise a suitable time to meet.

Our first Parent Teacher interviews are coming up (February 20th & 21st) and I look forward to you telling me more about your child.

Sincerely,

Ms Pam Pashos

important dates

Thurs 15/02 *Life Skills for Grade 3/4s*

Tues 20/02 *Parent/Teacher Interviews*

Wed 21/02 *Parent/Teacher Interviews*

Thurs 22/02 *Life Skills for Grade 3/4s*

Sat 24/02 *PACC Bunnings BBQ*

Thurs 01/03 *Life Skills for Grade 3/4s*

Thurs 08/03 *Life Skills for Grade 3/4s*

Thurs 15/03 *Life Skills for Grade 3/4s*

19-21/03 *CAMP for Grades 4-6*

Fri 23/03 *Harmony Fiesta Night*

Tues 27/03 *Library excursion*

Thur 29/03 *Last day of Term 1
School ends 2:30pm*

MINDFULNESS

In 2018, we are continuing to focus on developing 'mindfulness'. This involves students building awareness of their bodies, feelings, actions and thoughts through relaxation and focussing activities.

Students will participate in mindfulness activities, including breathing exercises, visualisations and drawing, in order to develop coping and calming strategies for a stronger sense of control, confidence and resilience both academically and socially.

Each morning at 8:50am, 3/4 students will either participate in a short mindfulness session or a short fitness session. These activities will help us begin our school day with a positive attitude, and help us to develop happy and healthy habits.

3/4P SPECIALISTS

MONDAY	3/4 Sport Assembly 2:45pm
WEDNESDAY	Music Greek
THURSDAY	P.E. Library
FRIDAY	STEM Art

HOMEWORK

The suggestion in Grade 3/4 is for all students to complete homework each night. In Term 1, students will complete the following:

Maths – students will receive a weekly Maths homework sheet, focussing on quick recall of simple number facts. The focus of these questions is recall and speed.

Word Study – students will bring home an activity sheet each week and a selection of words (to focus on the same word family over a 2 week block). Each night, the students will complete the activity for that day using their set words. Students are required to record the date and day they are completing it as the title of the activity in their Homework book.

Reading – students will be asked to read every night, and record it in the reading log inside their **Reader Cover**. Students are welcome to read books from the class *Take Home Reader boxes*, but they are also welcome to read and record other books – it's a great idea to visit your local library so that your child can choose some exciting new books!

***Tips for helping with reading** – allow your child to read silently to themselves (this takes away the pressure of reading aloud!) then ask them to retell the key information or parts from the story they have just read. You can also ask more specific questions to help build comprehension (understanding) including questions such as “why did the character do that?” and “how are they feeling? How do you know?”*

3/4P Homework is required at school every day.

ROTATIONS

In 2018, 3/4 students will complete Rotation activities with each of the 3/4 teachers. They will work on each area for 2 weeks, before moving onto a new subject.

SCIENCE

In Term 1 our Science focus will be 'Material Matters'. Students will explore a range of different objects, the materials they are made from and the properties of those materials. We will explore the reason certain objects are made from particular materials, and discover which materials are biodegradable and which will not decompose.

HISTORY, GEOGRAPHY & CIVICS

In Semester 1 Grade 3/4 students will explore their role as citizens in our multicultural society and the importance of civic responsibility. Alongside this they will explore key aspects of Australian history and changes that have occurred in our society, as well as exploring key world landmarks.

DANCE

During 'Dance' in Term 1, we will explore the importance of health and fitness, including caring for our bodies by warming up and stretching. Students will employ cooperative skills to choreograph a short routine, focussing on how dance can be used to explore feelings and emotions. We will discuss the significance of dance in many cultures, including Aboriginal and Torres Strait Islander cultures.

MINDFULNESS

This term in Mindfulness the students will be practising a range of mindful techniques, including breathing to relax, mindful drawing and visualisations. We will also be gardening and cooking as another form of mindfulness, keeping ourselves centred and focussed on calm, healthy and productive activities. Each child will be asked to bring \$2 for supplies for our cooking lessons.

Reminders

School Attendance & Punctuality: Children are expected to be at school on time as we begin our day with mindfulness at 8:50am. If your child is going to be absent, it would be appreciated if the school is notified with a phone call before 9:10 am. Otherwise a written note must be sent the next day.

Black Shoes: All students are required to wear black leather shoes as part of the uniform and can wear black runners on PE and sport days.

Water bottles: Students are encouraged to bring a water bottle with them to school every day. Please make sure they are named and contain only water. Fruit juice, cordial or other drinks are not allowed.

Brainy Bites: Students may bring fruit or vegetables into class to snack on during the day. This is great for helping them to maintain healthy minds and bodies.

No Wrappers: We would like all students to bring minimal wrappers (preferably none!) to school every day, and encourage you to send snacks and lunch in named containers. We will be promoting **No Wrapper Wednesday** this year.

SUNSMART: It is school policy that a school –approved navy blue hat must be worn during play and sport activities in Term 1 & 4.

Tissues: We would like all children to bring 1 box of tissues to school each term, to share use with their classmates and help keep our classroom clean and healthy.

Purple Folders: The purple communication folder is used to transport notices & letters between home and school. This folder is required at school every day. It is important that it is checked & cleared every night so that notices can be dealt with promptly.

LIFE SKILLS

During Term 1, Grade 3/4 students have the opportunity to engage in the *Life Skills* 'Mindfulness in Action' program.

This kinesthetic program combines visual and auditory stimuli with physical movement exercises and outcomes include:

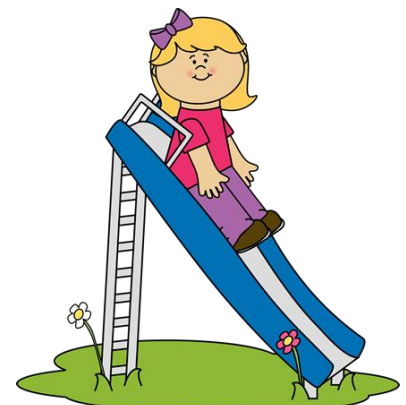
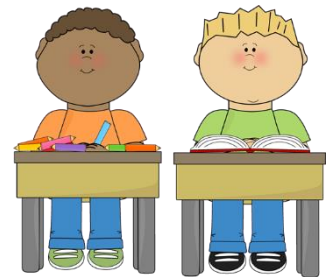
- Increased self-discipline, self-regulation and self-responsibility
- Improved confidence, resilience and respectful behaviour
- Stronger interpersonal communication skills
- Improved emotional response to physical changes and peers
- Increased balance, posture and flexibility
- Increased empathy and understanding of others

<http://www.lifeskillsgroup.com.au/primary-skills-mindfulness-in-action>

Start and End of Day

To help us all settle into the school year properly, we ask all parents and students to remember these guidelines for the start and end of each school day...

- Our first **school bell rings at 8:45am**, and students then need to line up in their class line on the netball courts before going inside.
- Students will be dismissed at the end of the day from the door closest to their classroom – **for 3/4P, this is the door facing out onto the School Oval.**
- We ask that parents do not wait inside the Gallery space during the school day, as this is a learning space and many students find it difficult to concentrate if they can see parents around. **Please wait outside for your children.** You can either wait outside gate, or you may decide another location (such as the big tree or the Senior Playground) to meet your child.





**We walk in the
classroom.**

CLASS RULES

**We work
and speak
quietly.**

**We stay in our
seats when
working.**



**We listen
to each
other.**

**We raise our
hand to
speak.**



**We are
respectful
of others.**

**We are kind
and help
others.**



School Discipline Policy

Rationale

All children and staff have the right to work in a safe and orderly environment. Students have the right to work and play in an inclusive environment. Teachers have the right to teach in an orderly and cooperative environment. Parents have the right to expect that their children will be educated in a secure environment in which care, courtesy and respect for the rights of others are encouraged upheld.

General School-wide Rules

1. Treat others as you like to be treated.
2. Listen to and follow all teachers' directions.
3. Keep hands, feet and objects to yourself.
4. Use sports and playground equipment correctly and safely.
5. Play in designated play areas. Out of bounds areas are: behind the sheds along the car park, in the car parks, behind the portables facing Centre Road, behind the Eulinga building and all ramps.
6. Do not leave the school grounds during school hours, except with a teacher's permission.
7. Place litter in the bins provided.
8. Respect the schools and other people's property: no graffiti or vandalism
9. Chewing gum and spitting are not allowed.
10. Follow school procedures for going to the toilet.
11. Be punctual at all times.
12. Don't play or run in the toilets or breezeway.
13. Use toilets and drinking fountains in an appropriate manner.
14. From January to March and September to December: No hat, no play (as per SunSmart Policy)
15. Trees and fences must not be climbed.
16. Bikes and scooters are to be walked on school grounds and a helmet must be worn if you ride or scoot to school.
17. Exit through the closest door to your classroom.
18. No games on the assembly area, except down ball and tennis.
19. Only children in Years 3 – 6 are allowed on the senior playground during school hours. Senior playground is not to be used after school.
20. All children are to be picked up from within the school boundaries.