

3/4 Z Newsletter

Term 1 2019

Dear Parents,

Welcome to the 2019 school year! We 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 we are.

Please feel free to visit your child's classroom and introduce yourself if we have not already met, or send a note in your purple folder to make an appointment with your teacher.

Sincerely,

Miss Elena Ziebell, Miss Nicole Delany, Mrs Susie Trumble, Ms Pam Pashos

IMPORTANT DATES

Mon 25/02 Parent/Teacher Interviews

Tue 26/02 Parent/Teacher Interviews

Fri 8/3 Curriculum Day

Mon 11/3 Labour Day holiday

Fri 15/3 Harmony Fiesta Night

Mon 18/3 Camp Information Night (6.30pm)

Mon 25/3 School Photos

27-29/3 Year 4/5/6 camp

Fri 5/4 Last day of Term 1 (School ends at 2.30pm)

MINDFULNESS

In 2019, we are continuing to focus on developing 'mindfulness'. This involves students building awareness of their bodies, feelings, actions and thoughts through meditation 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 8:45am, 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.

3/4 Z SPECIALISTS

3/4 Sport - Friday

P.E. - Wednesday

Library - Thursday

Greek - Monday

Music - Wednesday

STEM - Monday

Art - Tuesday

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?"*

ROTATIONS

In 2019, 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 'Melting Moments'. Students will explore things that have been melted, frozen, heated or cooled. They will develop an understanding of the properties of materials and how they change state under different conditions.

Humanities

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 including our Indigenous heritage, the exploration of Captain Cook and the voyage of the First Fleet.

ICT

During ICT, students will be discussing how to be responsible when using laptops, iPads and working online. As a group, the students will create ideas about how to be safe online and how to protect ourselves when using the internet. We will also be exploring and experimenting with a range of different digital systems. This will involve students transferring images from an iPad to a computer.

Health and Cooking

This Semester in Health and Cooking, the students will develop an understanding of their well-being and build on the skills they already have. We will be cooking healthy food and discussing the nutritional value of the food we are preparing. The students will also build on skills in preparing food safely.

Reminders

School Attendance & Punctuality: Children are expected to be at school on time as we begin our day with mindfulness at 8:45am. 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.

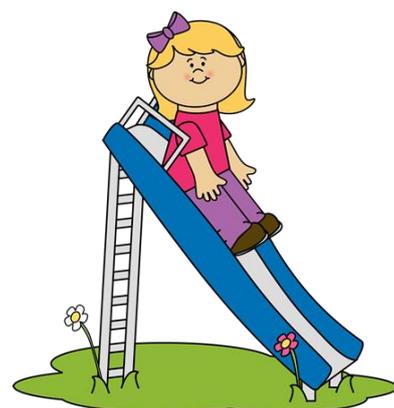
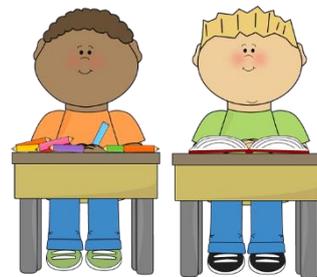
Tissues: We would like all children to bring 1 box of tissues to school each term, to share use with their classmates and help keep our classroom clean and healthy.

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.

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.
- 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 the Gallery door, or you may decide another location (such as the big tree or the Senior Playground) to meet your child.



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.