

Alexandra Primary School



Our purpose is to build a learning community that challenges and supports young minds to develop as independent and lifelong learners, continually striving for excellence.

RESPECT CARE INTEGRITY ACHIEVE

Thursday 16th March
Term 1 Week 8

2023 Voluntary Financial Contributions

Family Voluntary Financial Contributions assist in covering all consumables including stationery items that students require throughout the 2023 school year.
Cont. P2

New look for the website! Check out our website at alexandraprimaryschool.com

Coming Up





- Mar 17 - Grade 6 Investiture Assembly
- Mar 27 - Mountain Biking Applications Due
- Apr 3 - Cluster Athletics (selected students)
- Apr 6 - Last Day of Term. 2:30pm Finish
- Apr 24 - First Day Back of Term 2
- Apr 25 - ANZAC Day Public Holiday

Information Update

If your residential or family circumstances change, please notify the Office so amendments can be made to your family information. Your privacy is respected at all times. We have sent home forms to check your details.

Zones - P2
School Council - P3
Achievement Awards - P5

The ZONES of Regulation

			
Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

We hope that you have seen our ZONES posters around school? We are using the ZONES of Regulation program to assist children in managing their feelings.

Zones of Regulation are based on feelings. We determine our Zones based on our feeling, our energy, and our internal state of alertness. Our behaviours are impacted by how we manage our Zone. Each of us experience our Zones in our own unique way, and awareness of these sensations as we relate to each Zone is something we

can learn and practice. All the Zones are OK. Remembering that our Zone is based on our feelings, it's OK to be in the Yellow Zone when you feel wiggly after recess or when your clothes just aren't feeling quite right. It's OK to come into the classroom in the Blue Zone when you are feeling tired or let down. It's OK to be in the Red Zone when you have had an argument with a friend, or your body feels overwhelmed with sensory stimulation. With this self-awareness we can explore healthy and adaptive tools to help us regulate with our goals, tasks, and well-being in mind. It is OK to be in the Red Zone but it is not OK to shout and hit others. It is OK to be in the Blue Zone, but it is not OK to be there all day, feeling sad and unable to feel better.

Next week we will let you know about some of the strategies we have for moving ourselves out of zones that are unhelpful to us.

For more information or support, try Apps – THE ZONES OF REGULATION: A SOCIAL EMOTIONAL LEARNING PATHWAY TO REGULATION or speak to your teacher.

This is a reminder regarding **2023 Voluntary Financial Contributions.**

Family Voluntary Financial Contributions assist in covering all consumables including stationery items that students require throughout the 2023 school year.

Other voluntary contributions can also be made to assist in the development and maintenance of school buildings and purchase of books for our school library.

Contributions can be made to the school at any time via Bpay (Family Bpay details are available from the office).

We would like to thank those families who have already supported the school by contributions to their child's education.

Following our **School Council** Nomination process we have successfully filled five of the six vacancies. We would like to welcome our new members; Elle Horn, Elise Anderson and Jess Massingham (DET).

Thank you to the following members who have nominated for a further term, Cat Thomas, Neri Kijlstra and Felicity Wilmot, who will join Jacque Carter, Kat Du Guesclin, Melissa Bristow, Melanie Giovanetti (DET) and Vicky Draper (DET).

If you are interested in filling the final vacancy on School Council please contact Jess at the office or via email Jessica.massingham@education.vic.gov.au by Friday 17th March.

The first meeting for the new School Council will be held Monday 27th March at 6pm.

Art: Call for Ingredients

The 5/6 students will be doing some cooking in art class, and are looking for some ingredient donations. If you would like to contribute the ingredients can be dropped into the Office.

- Self Raising Flour
- White Sugar
- Brown Sugar
- Butter
- Chocolate Chips

Cluster Athletics Helpers!

We need Parent Helpers to run our Cluster Athletics Day, and we would love to have you on our team!

On the purple notes that we sent home, we explained that we are trialing a new system of volunteer sign up, [via this link](https://volunteersignup.org/H3X78)
volunteersignup.org/H3X78

If you are interested in helping out, please [click on the link](#), or let the Office know. Thanks!

Grade 6 Investiture Assembly

Tomorrow, Friday 17th March, the Grade 6 students will be receiving their leadership badges and Grade 6 jumpers at Assembly, beginning at 9am. Families are welcome to attend.

New Facebook Page!

After a hiatus, the Facebook page is back! Please find us at 'Alexandra Primary School Community' page, or [click here](#).

The **Parent's Group** AGM will be at 3.30pm on Monday April 24 (first day back of Term 2). All are welcome to attend.

Achievement Awards

Keira Snyman - 5/6A

Keira always shows the school values, and particularly shone with doing her personal best on camp she was resilient and persevered with every activity. We are proud to have you in our learning community Keira, you are a STAR!



Foundation	Isaac Goodman: For his positive attitude towards school. Isaac comes to school everyday with a big smile that lights up the room. His willingness to give things a go even if they seem tricky is outstanding. Isaac is always giving a helping hand or an encouraging comment to support his peers. Isaac I love having you in my classroom, keep up the amazing work!
1/2A	Maverick Clacy: For his fantastic effort in maths this week! Mav you did a great job at putting your 100's chart puzzle back together and using the clues that you were given to solve the problem. I love how you always think through challenges that you come across before giving your best effort to overcome them! You should be very proud of yourself and what you have achieved! Well done superstar!
1/2B	Maverick Fereday: Recognised by his peers for trying his hardest in reading this week. He is also recognised for being kind, caring and including others when they are playing. Well done, Mav!
3/4A	Jack Kidd: For his incredible attitude towards his learning and life at school. Jack I have observed your wonderful focus on any given task, you take on any advice and share your learning with others, especially in maths this week. Jack you constantly demonstrate the schools values by your respectful attitude and care for others. Keep up the wonderful achievements, we love teaching you!
3/4B	Kaiden Tomlinson: For his attitude and effort during maths. You are surprising yourself with what you are achieving because you are not giving up when something is tricky. I am so SO incredibly proud of you and cannot wait to see the things you can do at the end of the year!
5/6A	Indi Hoornweg: For being an all-round, exceptional student. Indi applies herself to anything and everything with an open mindset and positive attitude. She has a love of learning, takes on board any feedback to improve her work, willingly helps others, and is always inclusive. Keep up the awesome attitude, champ!
5/6B	Charli Edwards: Thank you for being an excellent class member Charli. You consistently apply yourself to your work and it shows in what you achieve. In particular, your writing this week blew me away. You are using all of the strategies you have been taught for great writing including using techniques like metaphor, simile, rhetorical questions, using interesting words and punctuation, paragraphing and more. Keep up the excellent work! We can't wait to see what you do next.
Japanese	Amelia Godden: Amelia has confidently read HIRAGANA (46 of Japanese characters) in class. She always shows great concentration to go through the reading activity. Amelia, I love your confidence and positive attitude to deal with all set tasks. Well done!!
Art	Colton H: This week we have been working on blending colours and light and dark shades, for our school display. Colton listened to instructions and drew and shaded a fantastic fox using light and shade with pastels. Well done Colton!

Writing Well Matters

How to support your child's written language skills

If you are a parent or carer and would like to learn more about the writing process, and how to support your child's written language skills, this webinar is for you!



YOU WILL LEARN:

- ✓ Why writing well is an important and essential life skill
- ✓ Six key ingredients to writing success
- ✓ Fun and easy at home strategies that build confident and capable writers

[**Click this link for details and to book**](#)

Date: 4th May, 2023

Time: 7pm - 7:45pm





Murrindindi Food & Wine Inc presents Murrindindi Jobs Expo

27th March 2023 - Alexandra - 2 - 8 PM

Skill development, networking, innovation,
resource sharing and so much more...
For employers and jobseekers

Supported by



UNDER 10 & 12 FOOTY TRAINING STARTS FRIDAY 17 MARCH @ 4.30PM

LOCATION: REBEL PARK - WILLIAM ST

All interested players are
encouraged to attend. Everyone
welcome

Under 10 Coach - Hayden Lamaro
Under 12 Coach - Ben Broadway



2023 NET SET GO

ALEXANDRA

STARTS WEDNESDAY 29TH MARCH

REGISTRATIONS ARE NOW OPEN

WHERE: Alexandra Rebels Outdoor Courts

WHEN: Every Wednesday night for 8 weeks (no sessions during schools hols)

TIME: 4:00pm to 5:00pm

FOR PRIMARY SCHOOL STUDENTS AGED 5-10

NET GROUP

Our 'NET GROUP' is all about picking up basic movement skills! Get ready to run, catch & play a lot of ball games. Loads of fun & a great way to make new friends. This group is suited to Foundation/Prep students, Grade 1 students & Grade 2 students that haven't participated before.

SET GROUP

Our 'SET GROUP' is more netball-focused. You'll play small matches, learn to pivot & work on lightning passes. This group is suited to Grade 2 with previous netball experience, Grade 3, 4 & 5 students up to 10 years of age.

Please join our Facebook page for registration link, updates & more info..

'NetSetGo Alexandra 2023'

[facebook](#) [join our group](#)

*Please use the above information when registering your child in the NET or SET group. These groups may change based on numbers & abilities.



Yarck CFA Open Day March 18th 9:00am till 1:00pm Yarck Recreation Reserve



Have your photo
taken on a Fire
Truck
Have a go at
Hose Bowling
Feel your way
through a Smoke
House
Jumping Castle
Face Painting
Have a go at CPR

LOTS TO SEE & DO

Sausage Sizzle
Raffle - Your chance to win a Fire Pump,
Dindi Naturals Gift Pack and more

Meet your local FireFighters for
Information and Advice
Grass Fire Simulations
Fire Extinguisher Demonstrations
Thermal Imaging Camera
Emergency Services Demonstrations

Find us on Facebook and Instagram

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