

Boulder Primary School Newsletter

Term 1, Week 8 2023

At Boulder Primary School we prioritise the time (8:00am to 8:45am) when students arrive to when students enter the classroom. As a school we seek to bring students into a calm environment. We hope to reduce any potential for students to become heightened, anxious, or stressed. This is why we ask students attend the Hall in the morning's where they can be supervised and play Numero, Read, Play Chess and engage in TRIBES activities. In line with our implementation of the Zones of Regulation program we try to make sure students are "in" or as "close to", the "Green Zone" (characterised by ready to learn) before going to class.

We also know that sometimes the morning routine and getting ready for school does not always go "according to plan". Here are some ideas, from the Australian Parenting Website, to make sure your child has the best start to great day at school.

Morning Routine for School could include:

Staying calm and being organised in the morning will help you and your child feel positive about the day ahead. It will also help you reduce stress and any anxiousness your child might be feeling about the coming day, which is good for everyone's well-being. One of the best ways to stay calm and get organised is to have a morning routine for school. A routine will help your child know what's happening and remember what they need to do.

Tips to Help with Your Morning Routine

- Get your child to have a bath or shower the night before, so you don't need to make time for this in the morning.
- Make sure your child gets to bed with plenty of time for a good night's sleep. About 10 to 11 hours is required. This will help your child wake up refreshed.
- Get up 15-30 minutes earlier than you think you need to. This will give you more time in the morning.
- Think about an alarm for children who find it hard to wake up or don't like getting out of bed.

Encouraging Cooperation and Good Behaviour

- Tackle the morning as positively as you can. You and your child could do this by sharing one thing that you're each looking forward to during the day.
- Give your child calm, clear instructions about what you want them to do, and follow up with praise as soon as they start to cooperate.
- Encourage children to do more for themselves as they get older and more independent. For example, a 5-year-old can do things like putting their lunch box in their bag. An 8-year-old can get dressed on their own, make their own breakfast, and tidy up after themselves.
- Cut down on distractions like television, tablets, and other devices, unless screen time is a special treat for being ready on time.
- Give your child positive recognition for good behaviour rather than attention for arguing, whining or stalling

Make it fun! Perhaps play a game to encourage your child to be ready on time. Sometimes children drag out the time in the morning as a way to avoid school. If you think this might be happening with your child, it's a good idea to check in with your child's teacher to make sure there aren't any problems that might be causing this. Equally, if your child has not had the best start to the day, let the teacher know.

I would like to congratulate our Year 3 and 5 student who have participated in NAPLAN assessment over the last two weeks. I would also like to congratulate our Pre-primary, Year one and Year two students who are participating in the ON Entry Assessment over the past few weeks. The students have been amazing as they complete each assessment. Well done Boulder Primary School!

With the AFL season underway the early signs for my beloved HAWKS does not look good. Although, there are still 23 rounds to go so plenty of time for improvement. Come on the HAWKS!

Have a great weekend
David Callow
Principal



DATES TO REMEMBER

Friday 24/3/23 Harmony Day

Monday 20/3/23 - 27/3/23
Naplan

Wednesday 29/3/23 Year 1– 6
Numero Competition

Wednesday 5/4/23
Big Breakfast

Friday 7/4/23 Public Holiday
Good Friday

School Holidays Monday
10/4/23—Friday 21/4/23.

Proud History,

From the Deputy Principals

Boulder Primary School Good Standing Policy

BACKGROUND

In early 2019, a directive was published by the Minister for Education on school violence, 'Let's Make a Stand Together'. This required public schools to take action with students who fight, photograph or video any violent actions and/or share them with any media or social media platforms. All public schools are also required to suspend/exclude students who fight or make intentional physical contact with other students or staff or disrupt the good order that is expected in public schools. The development of a Good Standing Policy is a mandatory requirement for all public schools in response to the increasing incidents of violence in schools. This policy adheres to the Department of Education (WA) 2019 directive issued under section 232 of the School Education Act 1999 by the Director General.

POLICY

At Boulder Primary School the Good Standing Policy supports our values of Courage, Inclusion and Respect. It embodies our vision to promote a safe and supportive learning environment. It further aligns with our Beliefs for successful students who are accountable for themselves. The Good Standing Policy emphasises the importance of students taking responsibility for their actions. Good Standing Policy supports and works in conjunction with the Boulder Primary School Behaviour Management Policy.

The processes embedded within good standing requirements are underpinned by the following key principles of Restorative Justice:

- Positive interpersonal relationships are a major influence on behaviour
- A culture of care supports all individuals in the school community
- Cultural receptiveness and responsiveness is key to creating learning communities of respect and inclusion
- A restorative approach leads to individuals taking responsibility for their behaviours.

ISSUANCE

- As a student enters/enrols the school and
- At the commencement of each school year.
- At the commencement of week 1 and 6 each school term
- It is the responsibility of each student to maintain their 'Good Standing'.
- Students may lose the privilege to participate in activities where the safety of the student, other students, staff, property and the community is a concern.

MAINTAINANCE

To maintain Good Standing at Boulder Primary School students must exhibit behaviors that align with the school's values and beliefs as articulated in the school's behavior plan.

- Comply with Boulder Primary School's rules
- Follow Boulder Primary School Behaviour Management Plan and classroom policy and procedures.

LOSS

It is the responsibility of each student to maintain their Good Standing.

A student's 'Good Standing' status will be withdrawn following consultation with the Administration and the classroom teacher for the following (but not limited to) reasons:

- The student is suspended.
- The student's attendance for the Good Standing period is less than 80%

Students who lose their 'Good Standing' will lose the privilege to participate in various events throughout the school year. This may include but is not exclusive: - excursions, incursions, camps, social events, school assemblies, interschool sporting events, sports days and Year 6 Graduation.

REGAINING

All students will regain their Good Standing at the beginning of each term. Boulder Primary School will implement a restorative and educative return to school process to re-establish positive relationships and behaviour. Where appropriate an individual behaviour plan focusing on the identified areas for improvement will be developed.

PARENT CONTACT

All parents/guardians will be informed about Good Standing. This policy is available to all parents/guardians, at all times, via the Boulder Primary School website.

Students who lose their Good Standing will have their parents/guardians contacted to discuss their behaviour, how the student will regain it, and what specifically their child will miss out on as a result.

When a student regains their Good Standing, their parents/guardians will be notified.

The Boulder Primary School Good Standing Policy is provided to maintain consistency in our decision-making processes. It is important to note that these are guidelines and if there are extenuating circumstances that have resulted in the negative behaviours or there is a significant period of positive behaviour since the previous negative behaviour then, these factors will be considered. Any decision to withdraw or maintain Good Standing will be at the discretion of the Principal.

Proud History,

ATTENDANCE

In our Boulder Primary School Business plan 2022-2024, the target of 90% attendance has been set.

Congratulations to everyone for the outstanding attendance, here are our attendance rates so far in Term 1:

Week 1: 88.5%

Week 2: 88.4%

Week 3: 86.3%

Week 4: 85.9%

Week 5: 86.9%

Week 6: 89%

Week 7: 89.16%

Developing the habit of going to school every day is vitally important so your child does not miss out on important ideas, concepts, knowledge and skills they need for future learning.

Going to school every day helps children learn the important life skill of 'showing up' – at school, at work, to sport and other commitments.

If your child is sick or unwell or will be absent from school for whatever reason it is your legal obligation to let the school know within 3 days of the absence occurring.

Three ways you can notify the school of an upcoming or past absence:

1. Call the school and inform them verbally.
2. Send in a written note.
3. Speak with the classroom teacher.

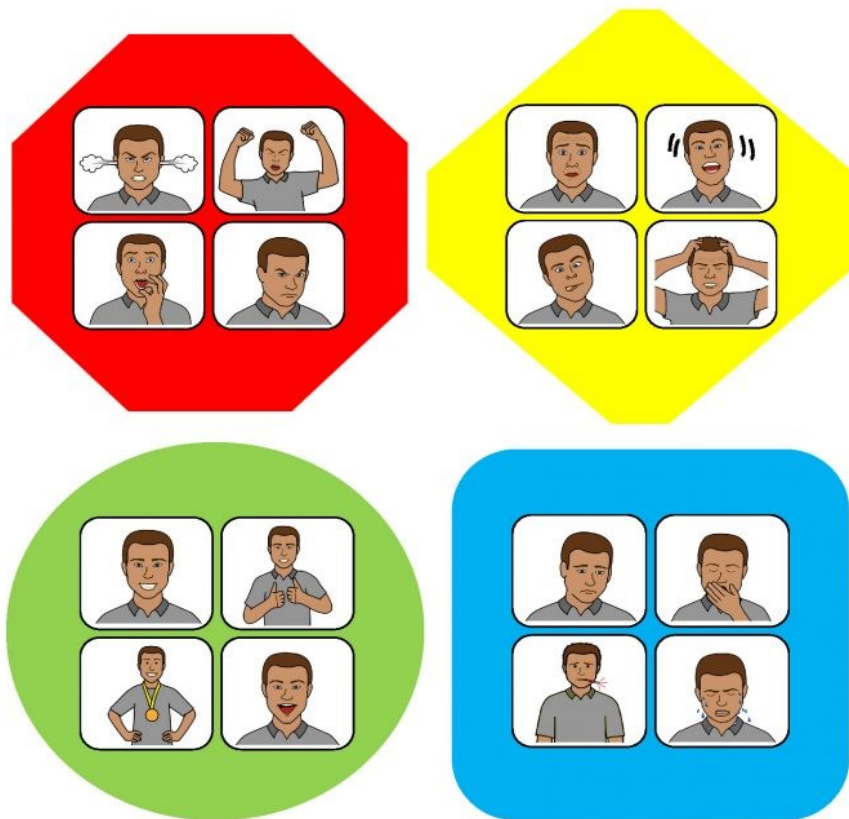
Below are some statistics about missed school.

How about 10 minutes late a day? Surely that won't affect my child?			
If your child misses..	That equals...	Which is...	And by the end of Year 12 that's...
10 minutes per day	50 minutes per week	Nearly 1 1/2 weeks per year	Nearly 1/2 a year
20 minutes per day	1 hour and 40 minutes per week	Over 2 1/2 weeks per year	Nearly 1 year
30 minutes per day	Half a day per week	4 weeks per year	Nearly 1 1/2 years
1 hour per day	1 day per week	8 weeks per year	Over 2 1/2 years

1 or 2 days a week doesn't seem like much but...				
If your child misses..	That is an attendance rate of...	That equals...	Which is...	And by the end of Year 12 that's...
1 day every 2 weeks	90%	20 days per year	4 weeks per year	Nearly 1 1/2 years
1 day per week	80%	40 days per year	8 weeks per year	Over 2 1/2 years of school
2 days per week	60%	80 days per year	16 weeks per year	Over 5 years
3 days per week	40%	120 days per year	24 weeks per year	Nearly 8 years

Congratulations again everyone on such a strong start to the 2023 school year, please continue coming to school and remember EVERY DAY COUNTS!

The **ZONES** OF **REGULATION**®



A framework written and created by Leah M. Kuypers

Another one of our key Social and Emotional at Boulder Primary School is Zones of Regulation. Zones of Regulation is an evidence-based framework and curriculum which provides a common language to support positive mental health and skill development for all students. Students learn to identify their state of emotion and are equipped with tools and strategies for self-regulation. The framework nurtures the development of skills and is supportive in nature.

The four zones are: red zone – used to describe extreme and intense emotions that may be exhibited through rage, anger or devastation; the yellow zone – used to describe a heightened state of alertness and elevated emotions such as, nervousness, excitement or, frustration, this is commonly recognized as the danger zone as it is possible for a person to ‘flip their lid’ and end up in the red zone if tools to self-regulate are not provided or recognised. The green zone – this is the optimal state of alertness as people are happy, focuses and ready to learn. The blue zone is used to describe a low state of alertness and often presents itself as sad, depressed, sick or bored.

It is important for students to know that there are no bad zones, everyone experiences a range of emotions at some point in their life, the key at Boulder Primary School is to teach students how to communicate their emotions and, seek tools for ultimately, independent regulation.

INITIALIT

InitialLit is an evidence-based instructional program that teaches Pre-Primary to Year 2 students reading and spelling. This program is aligned with current research into how we best learn to read and what skills and knowledge are needed in learning to read and write. InitialLit explicitly teaches students the skills and knowledge they will need to as readers and spellers as well as provides them with experiences to practise and build on these skills. Over time, students will develop their fluency and accuracy in these skills, allowing them to read and write with greater speed, skill and independence. Some of the key learnings of the program include:

- New letters or spelling patterns to be read and used in spelling.
- New tricky words to practise reading and spelling
- Foundational literacy skills, such as being able to blend sounds together by 'sounding-out' or to match rhyming words.
- Foundational literacy knowledge, such as word types and how to build a sentence correctly.

InitialLit also includes a Storybook component, which is essential in teaching our students to understanding what they read. It focuses on learning and practising new vocabulary as well as building connections between what happens in the story and events or knowledge from real life.

You can support your child in their InitialLit learning at home by:

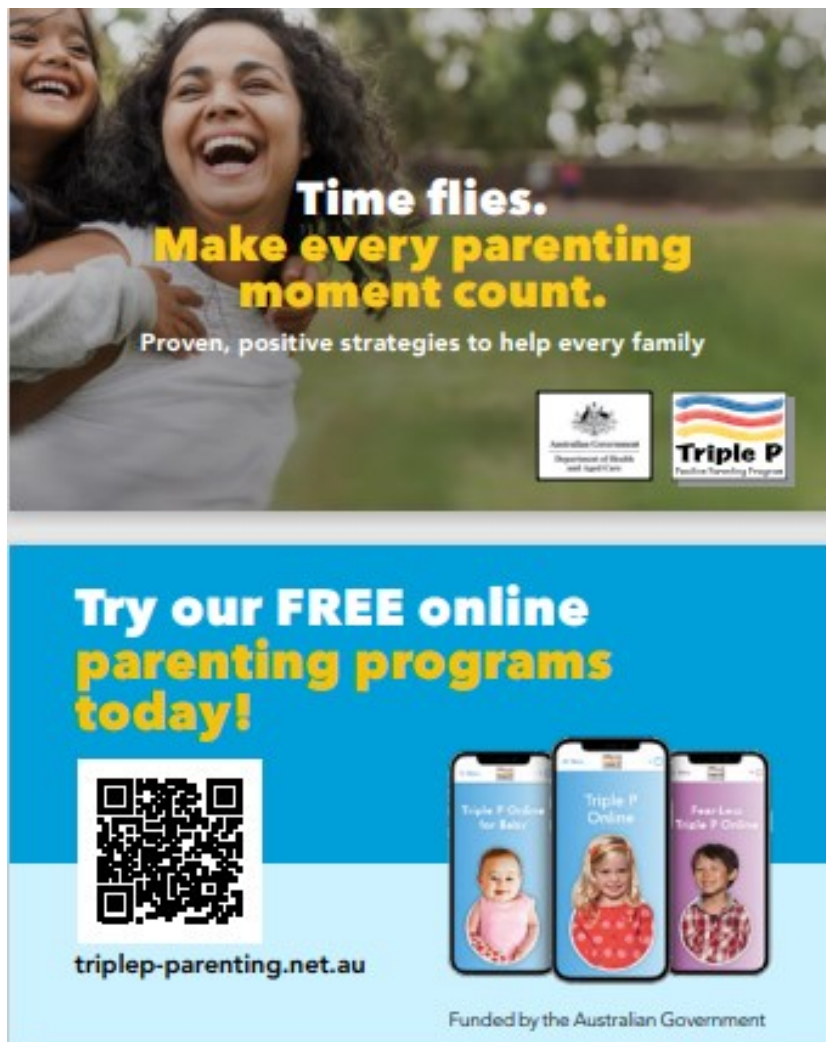
- Practising reading and spelling words with the letters and spelling patterns they have learnt.
- Practising 'tricky' words by reading them regularly, practising spelling them or writing them in sentences.
- Encouraging your child to use their new vocabulary by telling you what the words mean, saying them in sentences, acting them out, and many more activities.



Awards

Congratulations to the following students who won merit and value awards at the Week 5 Assembly.

<i>Class</i>	<i>Merit Award Winner</i>	<i>Values Award Winner</i>
Bottlebrush	Indie Joliffe	Nate Petch
Sandalwood	Lucina McCleer	Kynan Healion
Room 5	Elylah Ras	Caila Bird
Room 6	Narni Fissioli	Leyla Kocian
Room 7	Mathew Eyre	Amelia Sharp
Room 8	Jack Gorzala	Skyla Kocian
Room 9	Isabella Heslop	Jacinta Perry
Room 10	Isaac Woodiwiss	Able Belhamine
Room 13	Isla Heslop	Daniel Truran
Room 14	Kayden Muntelwit-Bodt	Sophie Hunter




**Time flies.
Make every parenting
moment count.**

Proven, positive strategies to help every family


Australian Government
Department of Health
and Aged Care

Triple P
Positive Parenting Program

**Try our FREE online
parenting programs
today!**



triplep-parenting.net.au



Funded by the Australian Government



Spin to Win

Every time Mr Harder is in charge of the wheel , the lucky winner manages to gets a lunch from the Principal.

Here is our lucky winner Tiahleigh with her Chicken Treat after the last Spin to Win.

NUMERO

On Wednesday the 29th of March, all Years 1-6 students will be competing in a Numero competition. They will play students in their year levels (Year 1-2, Year 3-4, or Year 5-6), attempting to win more cards than anyone else in this game of mathematical skill and speed. Parents and carers are invited to attend the awards ceremony at 2.15pm of the same day to hear our champions be announced. We hope to see you there!



P&C EASTER RAFFLE

The Boulder Primary School P&C are holding an Easter raffle. They are looking for Easter donations, this can include Easter crafts, baskets and chocolates. You can leave your donations with Medina at the canteen.

The raffle will be drawn during our Big Breakfast on Wednesday the 6th April.

Thank you for your support.



Time flies. Make every parenting moment count.

Proven, positive strategies to help every family

Now free in Australia

BUILD A CLOSER BOND, AND HELP CHILDREN REACH THEIR POTENTIAL

You want to support your baby and child's development, grow closer and solve problems – positively. Now you can do the parenting program developed here in Australia, and used around the world. It's backed by research, proven by parents. And it's free!

- Create a positive foundation, right from the start.
- Boost children's emotional wellbeing and maintain a good relationship – now, and in the years to come.
- Make family life less stressful and more enjoyable – even in tough times.
- Practical, simple strategies you can start using straight away – backed by 35+ years of research studies.
- Set good habits early and nip problems in the bud – you tailor the program to suit your child.
- Raise happier, more capable kids who can meet life's challenges.
- Join a million+ parents/carers in Australia who've been helped by the Triple P – Positive Parenting Program®

Free support for your positive parenting journey

Now, you can do Triple P programs online, at no cost. Choose what works for you, to help you manage the transition to parenthood, give your kids key life skills and help the whole family stay calm and positive. Partners and other family members can also do Triple P, so everyone's on the same page and there's less conflict.

- Interactive, easy-to-use online programs with videos and activities and a downloadable workbook.
- Each module only takes about an hour or less, and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace!

The Triple P – Positive Parenting Program® system includes the following online programs:

TRIPLE P ONLINE FOR BABY

for parents/carers to be or with a
baby under 12 months old

TRIPLE P ONLINE

for parents/carers of
children under 12

FEAR-LESS TRIPLE P ONLINE

for parents/carers of children (6+)
who are often anxious

START YOUR FREE PROGRAM TODAY

triplep-parenting.net.au

Delivery of the Triple P – Positive Parenting Program® to parents and carers of children in Australia is supported by funding from the Australian Government Department of Health and Aged Care under the Parenting Education and Support Program.



We acknowledge the Traditional Custodians of the land on which we live and work, and pay our respects to Elders past, present and emerging.