

# G.S. Kidd Memorial School

## Term 1, Week 9

### 2022



From our Principal

### Harmony Day

This week we have been celebrating Harmony Week. On Monday students and staff took part in a variety of activities celebrating a variety of cultures. Throughout this term our cooking program has also exposed students to different foods from across the world.

Thank you to the Harmony Day Committee for organising this weeks events.

### Swimming Carnival

Last week students had the opportunity to take part in the School Swimming Carnival, well done to those who participated on the day.

Thank you to the Sports Coordinators for organising the event and all the staff who were there on the day.

Bec Maybury

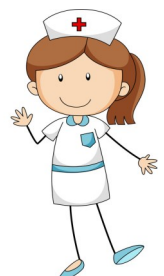
Principal



## Change of Date

### School Vaccination Program - 2022

Immunisation for students in Years 7 and 10 will now  
be held on **Tuesday 29 March 2022**





# Swimming Carnival



What a great day we all had at our annual Swimming Carnival. Students participated in races including freestyle, backstroke, breaststroke, relays, bean bag races and kickboard races while others had great fun at the water park. Thank you to Shayne who was our announcer for the day and also Alyssa for coming to help out where needed. Students had a wonderful morning Thank you Mrs Smith, Mrs Reynolds and everyone who helped on the day.













# The ZONES of Regulation

## What are the Zones of Regulation

Zones of Regulation is a **framework used to teach students self-regulation and self-control**. All the different ways children feel and the states of alertness they experience are categorized into four coloured zones: Blue, Green, Yellow and Red. Children who are well regulated can be in the appropriate zone at the appropriate time. Self-regulation can be described as the ability to adjust your level of alertness to fit the situation you are in and express this through socially appropriate behaviours. For example, the level of alertness required to read a book in a library and that needed to compete in a football match are very different, and the socially expected behaviours in each situation are also different. Self-regulation encompasses the skills of self-control, resilience, anger management, impulse control and sensory regulation.

## Aims of using The Zones at GS Kidd Memorial

- To help students recognise which Zone they are in by identifying the emotion and level of alertness they are feeling.
- To gain an increased vocabulary of emotional terms so students can explain or represent how they are feeling.
- To gain insight into events or triggers that might move them into the different Zones e.g. disagreement with a friend, a lesson or a fire drill.
- To help students understand that emotions, sensory experiences, physiological needs (e.g. hunger/lack of sleep) and their physical environment (eg. Classroom, bedroom) can influence which Zone they are in.
- To develop problem-solving skills.
- To identify a range of different calming and alerting strategies/tools that support them.

			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

### The BLUE Zone

Low state of alertness. May feel sad, tired, sick, or bored. Body and brain are sluggish or moving slowly.

### The GREEN Zone

Regulated state of alertness. May feel calm, happy, focused, or content. This is the zone pupils need to be in for learning and for being social. Being the Green Zone shows being in control.

### The YELLOW Zone

Heightened state of alertness however the pupil still has some control. May feel stress, frustration, anxiety, excitement, silliness, nervousness, or confusion. The body and brain are starting to lose some control.

### The RED Zone

Extremely heightened states of alertness or very intense feelings. May be experiencing anger, rage, explosive behaviour, panic, terror, or elation. The pupil is not in control of their body or brain.

- It is important to know that it's fine for students to experience **all** of these emotions while they're at school.
- Students may be in more than one zone at a time.
- There is no *bad* zone, but it *is* important to learn and use strategies that would help pupils get to their Green Zone.

**Some emotions may fall into more than one Zone.**

## Key Language

- Toolbox: a collection of calming and alerting strategies a pupil can draw upon
- Tools: calming or alerting strategies that support self-regulation
- Trigger: something that causes the pupil to become less regulated and increases the likelihood of going into the Yellow or Red Zones
- Expected behaviours: behaviours that give those around you good or comfortable thoughts about you
- Unexpected behaviours: behaviours that give people uncomfortable thoughts about you
- Inner Critic: negative, self-defeating thoughts

**Inner Coach: positive, helpful thoughts**

## Using the Zones of Regulation at Home

While it's not mandatory to use this programme at home, you may like to try:

Identifying your own feelings using Zones language in front of your child e.g. "I'm feeling frustrated because..... I am in the Yellow Zone."

Talking about which tool you will use to be in the appropriate Zone e.g. "I'm going to go for a walk as I need to get to the Green Zone."

Providing positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone e.g. "I can see you are working really hard to stay in the Green Zone by..."

Labelling which Zones your child is in throughout the day e.g. "You look sleepy, I wonder if you are in the Blue Zone?"

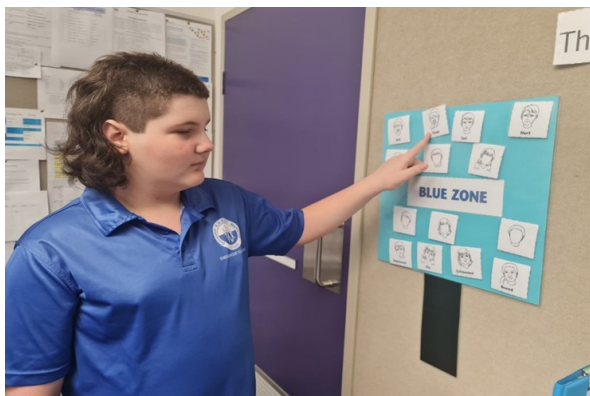
Teaching your child which Zone tools they can use e.g. "It's time for bed, let's read a book together to get to the Blue Zone."

Displaying and using the Zones visuals and tools in your home.

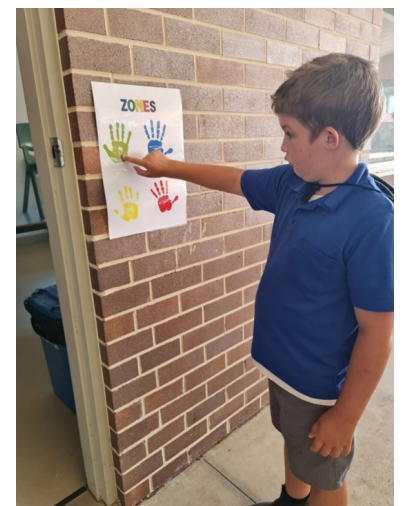
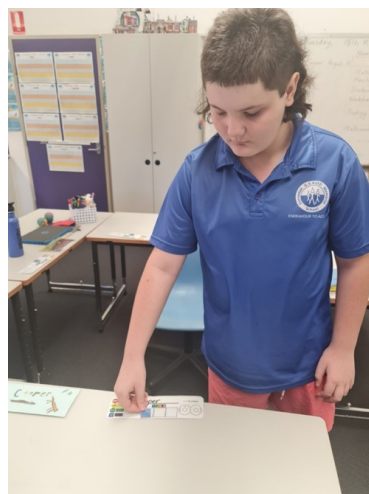
If you would like more information on the strategies your child is using at school or you would like copies of resources to use at home, please contact your child's class teacher.



*Lilly and Braith checking in*



*Cooper identifying his emotion and then checking in*



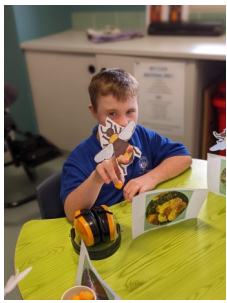


# Harmony Day

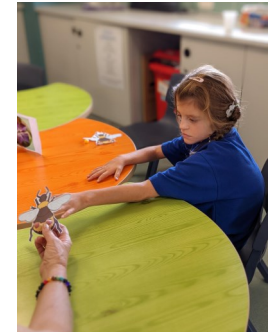


Harmony Day was celebrated this year with everyone getting into the theme and wearing orange. Students were divided into groups to participate in activities Mosaic, Jewellery Making, Dancing and Singing. At the end of the day they were all awarded a participation certificate for their great efforts.





In Science lessons the Turtle Class has been learning about Minibeasts and this week focussed on bees and how they pollinate. Students participated in an experiment where they used bee cut-outs on their fingers to collect pollen (cheese and bacon balls) from flowers (cups with flower pictures on them). Students observed how pollen from one flower was collected by a bee and dropped into another flower resulting in pollination.



## Important Dates



### Reminder

- Easter Raffle tickets need to be returned by Friday 1 April 2022.



- Don't forget to return your completed photo order envelope and return it to school by Friday 1 April, 2022.

**No late orders**



### GS KIDD Memorial School P & C Easter Raffle



Drawn 4 April 2022 @ School assembly  
\$1 per ticket

Prizes:

- 1<sup>st</sup> Prize Basket of Easter Eggs donated by Woolworths Gunnedah
- 2<sup>nd</sup> Prize \$50 Bunnings Voucher
- 3<sup>rd</sup> Prize Basket of Easter Eggs

### Term Dates

- Final day of Term 1 Friday 8 April 2022
- Term 2 commences Tuesday 26 April 2022



**BUGGALUGS** photography

**SCHOOL**

**MINI SESSIONS**

[www.buggalugsphotography.com.au](http://www.buggalugsphotography.com.au)

Smile! Picture day is almost here  
**TUE 5<sup>TH</sup> + WED 6<sup>TH</sup> APRIL**  
 Adding Sparkle to School Photography

## GS Kidd Memorial School

### Contact details:

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Term 1	Term 2
1 April	29 April
	13 May
	27 May
	10 June
	24 June

**Tilly's Visits**  
 Friday 8 April



### Lunch Orders

Lunch ordering from Gunnedah South School canteen has commenced. Orders are offered on Tuesday only, with online ordering cut-off at 8am.

