



Term 3 Week 9

Thursday 9th September 2021

Principal: Mrs Tara Hulonce

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Bundarra Primary School

TERM 3 2021	
9 th September	R U OK Day
Friday 17 th September	Footy Colour Day! Last Day Term Three for Students 2:15pm dismissal
TERM 4 2021	
Monday 4 th October	First Day Term Four
Monday 11 th October	Trash Puppets Week
TBC	Junior & Middle Swimming Program- all term
25 th -28 th October	5/6 Camp - Sunnystones
Friday 29 th October	School Photos – NEW DATE
8 th -10 th December	Grade 3/4 Camp – Grampians - NEW DATE
Friday 12 th November	Colour Run
Friday 17 th December	Last day Term Four – 2:15pm early dismissal

***Please note dates are subject to change**

Star Students

F21: Kyah Surrey

12W: Rory Anderson

34S: Charlee Monk

45M: Evie Fry

34B: Chase De Bono

56G: Hrehaan Gurung

56C: Indie King

ART: Christopher Wallace

Be Your Best Self!



Bella O'Connor-Scott

Brilliant Bella has been shining bright in 12W during Term 3. Bella has been brave when reading in class and with Mrs Holden and loves to ask questions about the books she is reading. Bella is bold with her learning, especially in Sounds Write where Bella bedazzles when saying the sounds and reading the words while using her pointer finger to be even better! Bella always wants to do her very best with all her school work and practices her race car words to be the backbone of her learning! We in 12W sure do know that Bella belongs at Bundarra!

Willow Saunders

Wonderful Willow Saunders is a world-class student to have in 12W. If there is one thing you should know about Willow, it is that she loves to write. Every morning Willow arrives with a warm smile as well as the news that she has completed some writing the night before! Willow is always willing to share this writing with her classmates and we are all the wiser for it! Willow always remembers to use her manners and is always willing to play your game at recess and lunch. We now know what the W in 12W stands for... Willow of course!

Super Students

Ngata from Mrs Hulonce...

We hope everyone is doing well this week! The sunshine and lockdown announcements are sure to cheer us up! It's great to see some progress regarding regional Victoria. And we are super excited to see our F-2 students ONSITE tomorrow.

As for our older students, you are still working through SeeSaw for the immediate future. And that's okay because you are all becoming amazingly skilled self-directed learners. We are bursting with pride at the way you approach challenging times!

CURRICULUM DAY FEEDBACK-

We hope you enjoyed your time off yesterday, while we completed some valuable training. We learnt more about the following:

Zones of Regulation- presented by Bron Keiller.

This was a great workshop on the Zones, which is basically a way of helping children develop self regulation and emotional literacy. It assists children to understand and identify emotions, and learn skills and strategies.

Emotional intelligence/ Positive Psychology- Rai Cullen and Skye Roche.

This fascinating presentation involved examining self awareness and individual mapping of personality traits. It was so interesting to consider the strengths and growth points for ourselves and colleagues.

Gunditjmara History and Culture- Aunty Delsie Lillyst.

A moving presentation, explaining local history and giving us an important insight into the lives of many of our indigenous community members. We viewed and responded to material from the 1997 Australian Report of the National Inquiry into the Separation of Aboriginal and Torres Strait Islander Children from their families.

The stories within were emotional, moving and raw. Subsequent discussion deepened staff understanding of the Stolen Generation and intergenerational trauma resulting from this history. We sincerely thank Aunty Delsie for sharing this and a small part of her story with us.

Take care team, Wurruck!

PARENT/CAREGIVER/ GUARDIAN OPINION SURVEY OPEN

Each year the school conducts an opinion survey amongst a sample of the school community. This year, a sample of approximately 30 per cent of parents/caregivers/guardians have been randomly selected and invited to participate. Results will be used to inform and direct our future school planning and improvement.

I ask families that have been emailed survey information to please take the time to complete the survey as your opinions are important to us and will contribute to the future management and organisation of our school.

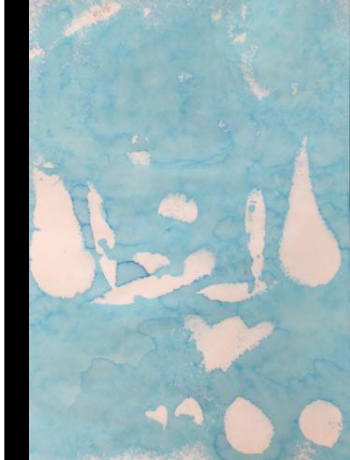
Please be assured that your responses are completely confidential. The survey is conducted anonymously, and it is important to us that you complete the survey as honestly as possible.

2022 Enrolments

If you have a child starting Foundation in 2022 we encourage you to enrol.

All schools in the Portland and District area encourage students to go to their Neighbourhood School.

We recommend you go online and look at <https://www.findmyschool.vic.gov.au> to find your closest school. For more information about Bundarra see <https://www.bundarraps.vic.edu.au/> or call 5523 4122





ART



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

What are The ZONES of Regulation®?

The ZONES is a teaching tool designed by Leah Kuypers, licensed occupational therapist, to help a student gain skills in the area of self-regulation.

Self-regulation can go by many names, such as self-control, self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation.

The ZONES are designed to help the students recognize when they are in different zones as well as learn how to use strategies to change or stay in the zone they are in.

In addition to addressing self-regulation, the students have an increased vocabulary of emotional terms, skills in reading other people's facial expressions, perspective about how others see and react to their behavior, insight into events that trigger their behavior, calming and alerting strategies, and problem-solving skills.

Why teach Zones?

- It gives students, teachers, and parents a common language to discuss emotions.
- The Zones of Regulation are simple for kids to understand.
- Kids know the different colors, recognize their feelings and use strategies to move to Green Zone (calm down or feel okay). Teaching *healthy* coping and regulation strategies allows kids to help themselves when they become stressed, anxious, or sad.
- Typically, kids who can self-regulate will turn into teens who can self-regulate.
- Understanding the emotions of others helps with empathy and friendship skills.



Ask R U OK?

How are you travelling?

You don't seem yourself lately – want to talk about it?



Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



Encourage action

Have you spoken to your doctor or a health professional about this?

What do you think is a first step that would help you through this?



Check in

Just wanted to check in and see how you're doing?

Have things improved or changed since we last spoke?

SUPPORTED BY ROTARY CLUB OF PORTLAND BAY

BREAD TAGS FOR WHEELCHAIRS COLLECTION POINT



Please leave your bread tags here. They will be recycled in Robe, SA to fund wheelchairs, mainly in South Africa.



Rotary
Club of Portland Bay



M aussiebreadtags@gmail.com
f @aussiebreadtags

Your local contact: KAREN 0417501452
www.ozbreadtagsforwheelchairs.org.au

Bundarra Primary School is collecting bread tags for this very important cause. We ask that families collect bread tags and bring them into the office once back onsite.

Thank You

School Holiday Program For Ages 12 -18 yrs

Mystery Activity Packs!

All packs are free!

Call me Creative:

For those who are wanting a creative outlet and don't know where to start.

This pack will include all the materials required to create an artwork these school holidays.

Cooking up a Storm:

This pack will provide you with the equipment and inspiration to get busy in the kitchen.

Ingredients that are included are **not gluten or dairy free** and may contain traces of nuts.

Get Active:

Get outdoors and enjoy being active with your friends and family these school holidays.

The Get Active pack will include equipment to allow you to enjoy the Spring weather.

Register for a pack **before the 14th of September!** Only a limited amount available!

Contact the Glenelg Shire Youth Development Team on
(03) 5522 2137 | 0400 151 447 | mmckinna@glenelg.vic.gov.au



Senior Swimming- 4 missed lessons due to lockdown/restrictions

All senior swimmers will have their swimming costs reduced by \$39.50. If you had paid in full this amount will be allocated towards Grade 5/6 camp unless you notify the office otherwise.

WE NEED BOTTLE LIDS PLEASE

We are collecting clean plastic bottle lids for an art project with Mrs Down and Miss Skye. Looking for all shapes and colours of lids.

Please bring clean lids to the office and they'll be used to create some fabulous artworks.



TWILIGHT NETBALL COMPETITION 2021-22

Twilight Netball starts
Monday 4 October 2021

Registration Night:
Monday 13 September 2021
from 5 - 6.30

GRADES AVAILABLE:

Open, Mixed, 16/U,
13/U, 11/U &
Net Set Go (Gr 3 & up)

(If you want to join a team please
come see us on registration
night or email us with
your details)

Contact us if you need more information or have questions:

Email portland-netball-association@hotmail.com

Phone Sue Muldoon on 0438 552 351

Facebook Messenger Portland Netball Association Inc.



Follow us on Facebook to stay up to date with all things Netball

2021 PORT FAIRY MARATHON

Community Running Festival



14 NOVEMBER 2021
portfairymarathon.com.au

MARATHON **HALF MARATHON**
10KM **3.5KM**



BELIEVE

TRAIN

ACHIEVE

Portland Holiday Program

\$85* per day or \$50 half day, less your CCS entitlement

(*Includes excursions and incursions. The times of excursions
may vary due to circumstances out of our control)

MON SEPT 20	🏠 Ipad & Technology day - Games, activities & role play fun!
TUE SEPT 21	🏠 Wheels Day - Bring your bikes, skateboards & scooters. Don't forget your protective gear
WED SEPT 22	🚌 Warrnambool trip (9:30am - 3:30pm) - Flagstaff Hill enjoy a day of old adventure & the park
THU SEPT 23	🏠 Tie Dye - Create & design your own one of a kind t-shirt to take home!
MON SEPT 27	🦋 Animal Antics - Come join us to meet some very special animal friends
TUE SEPT 28	🏠 Make a bear - Make your own teddy & even its very own tie dye tshirt
WED SEPT 29	🏠 Animation & Film - Enjoy a relaxed day in your PJ's, watch a movie & more
THU SEPT 30	🏠 Bounce Class (11am - 12pm) - Make exercise fun through bouncing & jumping
FRI OCT 1	🦋 African Drumming Workshop - Come along to experience African drumming

They'll want to come again tomorrow

portland.oshc@ymca.org.au

**October
2nd
2021**



BMX COME N TRY



**FREE
EVENT
10:30 -
12:30**

PORTLAND BMX CLUB

For more information and registration
please go to our facebook page or
ridenation.com.au and search Portland
BMX Club.



FOR MORE INFORMATION, CONTACT MADDY 0409618405