

Leopold Primary School

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Principal - Stuart Bott

Newsletter 15th March 2024

Respect Responsibility Kindness Honesty

Dates to remember

TERM 1

MARCH

Mon 18th - Grade 1 BBQ at 5.30pm

Tue 19th - School Council

Mon 18th, Tue 19th, Wed 20th
– Grade 2 Earth Ed Excursion to Ballarat

Thur 21st - SCHOOL PHOTOS

Thur 21st - Grade 6 open classroom at 3pm

Mon 25th - School Assembly

Mon 25th - Casual clothes day: Good Friday Appeal fundraiser

Mon 25th - Preps Teddy Bears Picnic

Tues 26th - Grade 5/6 division girls football

Thur 28th - Harmony Day

Thur 28th - End of Term, students finish at 2.35pm

CAMP DATES 2024

Grade 3 Camp Wyuna
22nd - 24th July

Grade 4 Sovereign Hill camp
2nd - 4th Dec

Grade 5 Candlebark camp
6th - 10th May

Grade 6 Canberra camp
15th - 19th April



We live in this special place to continue our learning journey together. We acknowledge the Wadawurrung people as the traditional custodians of the land upon which we live. We understand their deep connection to country, to the waterways, the skies and the land. We pay our respects to ancestors before us, to our elders and to those who stand for us today. We acknowledge our past, and stand here for our future. For all of us living and learning together on this country.

ASSEMBLY

The next school assembly will be this Monday, March 25th at 2:45pm in the LINC. Preps will not be attending this assembly.

PUPIL FREE DAYS FOR 2024

To ensure parents are given ample notice for the planned Pupil Free Days for 2024 the following have been arranged with particular consideration to Rostered Days Off to support our families as best as we can:

Pupil Free Days 2024 (There is no school for students on these days)

- Monday 7th October – Exploring best Practice in Writing.
- Friday 6th December - Professional Practice Day Whole School (waiting for approval from School Council).

Other Days

- Learning Conversations (students only attend interview times) - Thursday 27th June.
- Geelong Cup (Public Holiday) - Wednesday 23rd October.
- The last day for students in 2024 will be Thursday 19th December.



LAST DAY OF TERM 1

The last day of term 1 is **Thursday 28th March**. Students will be dismissed from school at 2:35pm.

The following arrangements will be in place for the final day of term 1:

Session 1: 9:00am – 10:00am
Session 2: 10:00am – 11:00am
Recess: 11:00am - 11:30am
Session 3: 11:30am - 12:30pm
Session 4: 12:30pm - 1:30pm
Eating Lunch: 1:30pm - 1:40pm
Lunch Play: 1:40pm - 2:15pm
Session 5: 2:15pm – 2:35pm

Out of School Care Program will commence at the conclusion of school. Students are expected to be at school and in full School uniform.

SCHOOL COUNCIL POSITIONS FILLED

Thank you to the Parents and Staff that have nominate to be on School Council for the following 2 years. All but 1 position have been filled and the School Council Members for 2024 are as follows:

- Parents / Community Representative**
 - Ramona Browne (re-elected member, thank you)
 - Jody Slater
 - Libbie Arnott
 - Catherine Cloutier
 - Kirsten Felthouse (re-elected member, thank you)
 - Matthew Thackeray (new member, thank you)
 - Andrew Silaev (new member, thank you)
 - Nic Jarvis
- Staff Representative**
 - Triste Anderson (re-elected member, thank you)
 - Cathryn Blennerhassett
 - Marion Coe
 - Vacant
 - Stuart Bott





Junior School Council 2024

We are very excited to announce the amazing future leaders representing their class as JSC reps in 2024.

These students will be the voice for their class, raise money for charities and come up with ways to make LPS and our community a better place.

Congratulations!

VOLUNTEERS WANTED PLEASE

We have just purchased a new seat / table for the courtyard and it has arrived in pieces in a box. If there is someone or a couple of people that can put it together for us, please contact Stuart Bott on 0409 438 530 or stuart.bott@education.vic.gov.au



CELEBRATING OUR STUDENTS IN THE COMMUNITY

The boys in the photo directly opposite, are members of the "Kiddo Kickers". They are Oliver Gannon, Owen Gannon, Will McElhinney, Tex Aston and Kai (not at LPS). Unfortunately, Harvey Campbell is missing in the photo. These are the winners of the grand final from indoor soccer recently. They won 6 -1 and Owen scored 5 out of the 6 goals. Well done Owen!! Parents of the children were the coaches and they said the kids were amazing and displayed all the values a parent would want to see throughout the whole session. Well Done "Kiddo Kickers".



The Slotheroos who are an indoor soccer team, consisting of 6 Grade 4 students from Leopold Primary School, competed in their first ever grand final recently, and they came away with a fantastic win 7-2. The boys have demonstrated such great sportsmanship the entire season. The team were led by Jaxson Sponge, who was an exceptional role model and support to the boys. The parents are extremely proud, as we are all at LPS. In the photo opposite is the winning team of Liam Wawn, Harry McElhinney, Koda Maloney, Jessie Lane, Harrison Spang, Owen Murrhiy and Coach Jaxson (Harrison's brother)



Gr 4-6 Children's Camp - Anglesea

Dates: Tuesday 2 April (10am) - Friday 5 April (1:30pm), 2024
 Location: Burnside Camp, Anglesea
 Cost: \$315
 More info/Registration: lifecamps.org.au or Chaplain Rob: Robert.Hunter@education.vic.gov.au
 There are two other similar camps at Corop – North Victoria

LPS GOOD FRIDAY APPEAL CASUAL DRESS DAY

WHEN- MONDAY 25TH MARCH

WHAT- CASUAL DRESS DAY

WHY- TO RAISE MONEY FOR SICK KIDS AND THEIR FAMILIES AT THE ROYAL CHILDREN'S HOSPITAL

BRING A GOLD COIN DONATION



CO-REGULATION and WHAT DOES IT MEAN??

Co-regulation has become somewhat of a buzzword amongst parenting experts and therapists. Many of us may be scratching our heads and thinking yes but what does it mean?

Co-regulation is when an adult helps a child to soothe their own emotions during a stressful incident.

For example, if your child is throwing a fit about not being allowed to order dessert, it might look like they are being ungrateful or bratty. What is actually happening, is that they don't have the skills to handle being let down yet. Co-regulating means to provide empathy and model calmness.



Co-regulating with your child helps them learn how to handle their emotions as they grow up. Kids who can handle their emotions are more likely to be resilient and thrive in stressful environments.

Sounds easy in theory but we all know to remain calm in the eye of the storm is not always so easy. It takes a lot of practice and self-awareness.

Here are some helpful tips if you would like to start practicing co-regulation with your children.

1. Calm yourself down first.

Children "borrow your nervous system", which means kids will follow your example.

Before reacting to a situation, take a breath and then deliver a calmer response.

Developmental Psychologist, Aliza Pressman, says "As long as (your children) are not being chased by a bear, you can pause and then decide how you want to respond."

How are you feeling?

It is a good idea to check in with your feelings at least once a day:

5		angry out of control annoyed
4		scared upset anxious
3		worried distracted frustrated
2		OK happy energetic
1		content calm focused

2. Approach your child with a calm tone.

Try not to raise your voice or look angry, this sounds super easy but it is important as when our first reaction is to meet our children with anger this can heighten emotions and escalate the initial problem.

Child Psychologist Mona Delahooke says, "take a few minutes to 'co-regulate' and through your voice, facial expression and emotions, show a gentle, caring approach."

This could mean using a soothing tone or softening your facial expression to demonstrate your mood is stable and you are approachable to your child.

3. Acknowledge your child's emotions, then restate the boundary or rule.

"Name the feeling to tame the feeling".

Recognising and naming your child's feelings can help them to start to develop the skills to self-regulate. Give a name to the emotion and to the feeling to build recognition of emotions within the body.

For example you can say, "Dessert is really good and I understand why you want it, but we won't be getting it tonight" or "I know waking up for school is hard and you're tired, but you need to get out of bed."

But remember the goal of co-regulation is to soothe the child not to give in to the demand. Validate the emotion while still keeping a boundary. Mona Delahooke says, "set boundaries and limits and provide emotional safety at the same time."

Ross Greene tells us "Connection before Correction" and I firmly believe this sits at the heart of a home where our children listen to us and we work together cohesively.



As always the wellbeing team are available for further chats if you would like to explore co-regulation or parenting matters further.

Have a great weekend,

Susannah – Student Wellbeing

Susannah.Thackeray@education.vic.gov.au

Hello LPS families,

School photo day for 2024 is next Thursday 21st March.

All students will have group and individual photos taken on the day by school photographers - Leading Image.

All photos are ordered online using the school code included in the attached flyer.

PLEASE NOTE: All family photos must be ordered no later than 4:30pm Wednesday 20th March. Family photos cannot be ordered after this time or on the day of school photos.

If you have any questions in relation to school photos, please contact Leading Image on 1800 750 586.

To order photos go to www.leadingimage.com.au

Click on "order your school photos" and enter your access key.

Access key is QYX5Q7LQ



ONLINE BOOKING

Your school has decided school photos will only be available to order online this year.

Choose your own **FREE** background



The benefits of being online...

- No need for envelopes to be returned to the school office
- No cash on school grounds or children's bags
- Easy order tracking and record keeping
- 18 different backgrounds to choose from - no additional cost

www.leadingimage.com.au

Leopold Primary School

Access Key	QYX5Q7LQ
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INDIVIDUAL & FAMILY PHOTOS CAN BE ORDERED WITH THE SAME ACCESS KEY

To order your school photos:

- 1 Go to www.leadingimage.com.au
- 2 Click on Order Your School Photos
- 3 Enter your Access Key



! Family photographs must be ordered before 4.30pm the night before photo day.
Please ensure your orders are placed before this time.

**Thank you to the following
for supporting Leopold
Primary School:**

Community Bank
Leopold · 5250 1057

 **Bendigo Bank**

135 Kensington Road
Leopold 3224
03 5250 2250

**Leopold**
Sportsmans Club