



Aberfoyle

Hub News

R-7 School

2019

TERM 1
Week 6

**PUPIL
FREE Day
TOMORROW**
Friday, March 8th
OSHC CLOSED



Special Events:

Harmony Week (8)
March 18th - 22nd

Harmony Day Celebration
R-7 Assembly
Friday, March 22nd

Students can dress in their **country of origin colours** or school uniform.

Note: This is **NOT** a Casual Day and no money is needed.

Advanced Notice:

Pupil Free Days

- * Term 2 — Week 9
Monday, June 24th
- * Term 3 — Week 6
Thursday, August 29th
- * Term 4 — Week 3
Friday, November 1st

School Closure Day

Term 3 — Week 6
Friday, August 30th

Sports Day

Term 1: Week 10
Friday, April 5th

Back-up Sports Day (if the weather is inclement)
Thursday, April 11th

R-5 Swimming

Term 2: Week 6
June 3rd - 7th



this issue

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From the Principal

Sharing of Information

Each school has particular ways of information sharing. One of the major platforms is via school newsletters. In our case this comes out each fortnight and contains updates of school activities including diary dates. Over the last few years we have added different platforms/apps so we can share things that are happening at our school. Each platform/app has a particular purpose as to the intention of using it.

School newsletters will always remain as the key focal point in sharing major dates, news about the school and any important themes that we may need to bring your attention to. It is important that when you do receive it being either electronically or a printed edition that you spend some time to read it. The diary dates will always remind you of upcoming events.

ClassDojo is a classroom communication app used to share information between parents and teachers. Teachers track student behaviour and upload photos or videos. The gamification style system teaches developmental skills through real-time feedback. All class news at Aberfoyle Hub R-7 School tends to be released via ClassDojo. Teachers will share learning activities, class newsletters and use it as a means to make direct contact with class parents/caregivers. Only those adults from that class have access to ClassDojo.

Skoolbag is an app that unites our school community with all your communications in one place. It's the school app messaging system and parent information solution for our school. Any official alerts that come out, school newsletters, policies or reminders are released via Skoolbag. This is the school's official app. Monitoring this is quite important and any official school statements/alerts will come via skoolbag. This is a free app to download on your smart phone.

School web page is currently in the process of being totally redesigned. As we speak staff are engaging in updating and providing information about the school. All major documents such as policies, annual reports and information about our facilities will be on the school's web page. This will soon be released with a totally new look.

School Facebook page was established for those who tend to mainly be on Facebook. The purpose of Facebook is to share good stories of things that have occurred at Aberfoyle Hub R-7 School. Facebook is not used for official school business such as alerts or newsletter releases. The aim here is sharing wonderful things that our children are engaging in at school.



facebook.com/AberfoyleHubR7school

Principal:
Tas Ktenidis

Deputy Principal:
Sarah Magnusson



Government of South Australia
Department for Education

Relationships and Friendship • Responsibility • Respect

We will send out each term from this point, a school planner informing you about what will be occurring at school. Community members however must be mindful the planner could change and you must look at diary dates in the school newsletter to confirm things. The planner is not intended to replace diary dates in the newsletter and I ask all community members to be mindful of this.

Play is the Way

Last year Aberfoyle Hub R-7 School investigated and re-engaged in Play is the Way. This was a program the school ran many years ago and, recognising student needs, there was a recognition that we could do things better to support students successfully interact socially with peers. As quoted by Play is the Way website:

'PLAY IS THE WAY® is a practical methodology for teaching social and emotional skills using guided play, classroom activities and an empowering language. It is a process that gives primary schools a way to develop, improve and entrench the personal and social capabilities of students.

PLAY IS THE WAY® is suitable for primary school children of all ages, abilities and ethnic backgrounds. No particular sporting or athletic ability is required to successfully participate.'

During Mondays and Wednesdays time is set aside for whole school engagement in games from Play is the Way. Students run these games and interact by cooperating, encouraging and working together. Language immersion emphasis is on cooperating, praising when praise has been earned and developing language skills around the above themes mentioned.

For further information and great ideas please feel free to go to the website, <https://playistheway.com.au/>



Zones of Regulation

What is the 'Zones of Regulation'?

Zones of Regulation is a social thinking and social skills curriculum that helps children to achieve an optimal state of alertness for the activity that they are partaking in. The Zones concept helps children to categorise their emotions into 4 coloured categories (blue, green, yellow and red). This helps to open a channel of communication and self-reflection that children often find difficult. Children are then taught the necessary strategies to help regulate and ultimately get in the Green zone. This can occur in our Interoception Room or, at times, class teachers will support students in helping them regulate.

What are the 4 main coloured Zones?

Blue Zone

- Described as a low state of alertness.
- Children in this Zone may be described as tired, sick, bored or sad.

Green Zone

- Described as the ideal state of alertness which assists with learning, communication and appropriate interactions with family and friends.
- Children in this Zone may be described as calm, happy, focused, feeling okay, ready to learn and content.

Yellow Zone

- Described as a heightened state of alertness.
- This Zone is known as the precursor to the Red Zone, however fleeting, every child enters the yellow zone before progressing to the red zone.
- Children in this Zone may experience stress, frustration, anxiety, silliness, nervousness, inattention and worry. Children in this Zone have lost some of their self-control.

Red Zone

- Described as an extremely high state of alertness.
- Children in this Zone may feel anger, rage, explosive behaviour, grief, terror and panic.
- Children will often make red choices (i.e. bad decisions) and choose to hit, push, kick, use mean words, be unable to rationalise and cause disruption.
- Children in this Zone are known to have lost their self-control entirely.

To follow up further on the Zones of Regulation if you go to the below web address or do a google search you will find plenty of useful information.

<https://www.buildingblockstherapy.com.au/zones-of-regulation/>

Tas Ktenidis
Principal

Governing Council 2019

Thank you to all of our wonderful parents/caregivers for volunteering their time to support this year's Governing Council. It is with great pleasure that I welcome new members to the group. A big thank you to existing members who have re-nominated to continue and give their time to our school community. All successful schools have a vibrant and active Governing Council. With parent/caregiver support the continuation of a curriculum that extends/challenges the learning of our children will allow all of our students to be successful learners at Aberfoyle Hub R-7 School. The Annual General Meeting was held on February 13th at 7:30pm, after Open Night.

2019 Governing Council Members



Front: Kate Georg, Tara Allen, Sarah Magnusson (Deputy Principal), Di Brinkworth (Pastoral Care Worker and Correspondence Secretary), Danielle Jeffries, Kelly Johnson.

Centre: Rohan Penhale (Treasurer), Karen Seaton (Deputy Chairperson), Ché Burdon (Minutes Secretary), Adam Stone, Jodie Wright.

Back: Dan Golding, Glyn Roberts (Chairperson), Lyndall Brown (Staff Rep Term 1), Peta Kilpatrick.

Absent: Tas Ktenidis (Principal), Kate Videon (Staff Rep Term 2), Kate Zampogna (Staff Rep Term 3), Cherinah Adderton (Staff Rep Term 4), Emma White, Amanda Watts, Kathy Dowding.

Governing Council has the following committees that meet each term and you are most welcome to join any of these committees if you are interested. Please contact me and I can provide further details as needed.

2019 Committees and Meetings

- Out of Hours Sports Committee: usually on Mondays at 6:30pm, Weeks 3 and 7.
- Finance Advisory Committee: usually on Tuesdays at 5:30pm, Weeks 3 and 7.
- Fundraising Committee: meets on a needs basis.
- Grounds and Facilities Committee: on a Friday at 8am, Week 5, except in Term 4 when it's Week 4.
- Out of School Hours Care Committee: usually on Tuesdays at 6:45pm, Weeks 3 and 7.
- Canteen Committee: usually on a Friday at 2pm, Week 6.

Please note that, on occasions, meeting dates may need to be changed to take into account public holidays, pupil free days, etc.

Tas Ktenidis
Principal



URRBRAE

AGRICULTURAL HIGH SCHOOL

OPEN DAY

FOR PROSPECTIVE YEAR 8 STUDENTS

TUESDAY MARCH 19TH 2019

2 hour programme (9.30 - 11.30am or 1.00 - 3.00pm or 5.00 - 7.00pm) includes Application Information, Farm Tours and School Tours

Students wishing to enrol at Year 8 level in 2020 and their parents are invited to attend. Parking on the School Oval with access via Gate "C" off Cross Rd. Proceed to the Gym.

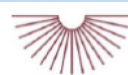
- Urrbrae is a Special Interest School which offers a comprehensive curriculum including Agricultural Studies.
- Selection for enrolment is based on the student's interest in Agriculture, the Environment and Technology
- Application Packages available from March 19th
- Enrolment applications close 5pm Wednesday May 1st

505 Fullarton Road, Netherby, SA, 5062
Ph: (08) 8274 7455
dl.0798.admin@schools.sa.edu.au
www.urrbraehs.sa.edu.au



Government of South Australia
Department for Education

VR4466781



Aberfoyle Park
High School

OPEN NIGHT

Tuesday 19 March

The Principal
will speak at:

5.30pm
6.30pm
7.00pm

Come and meet our engaged students and inspiring teachers, be captivated by our dynamic programs and state of the art technology in a school where your child is our focus.

Tours will leave from the front lawns every five minutes between 5.30pm & 6.45pm

Taylor's Road
Aberfoyle Park SA 5159
Phone: 08 8270 4455
Email: info@aphs.sa.edu.au
Web: www.aphs.sa.edu.au



Government of South Australia
Department for Education

Provider Name: Department for Education
T/A South Australian Government Schools
CRICOS Provider No. 00205A

2019 OPEN NIGHT

Brighton Secondary School Year 7 - Out of School Zone Volleyball Trials

The Initial trials for a position in the Brighton Secondary School Volleyball Program will be held on Monday 13th May (Term 2, Week 3) at the following times:



Boys 9:30am
Girls 11:30am



Students who meet the required standards at this trial will be invited to attend the Final Trial on Thursday 23rd May at an advised time.

If you would like to attend the trial, you must ring Brighton Secondary School Ph: 8375 8200 to book a trial time and request an application pack.

****Applications must be received Friday 3rd May****

Brighton Special Interest Music Information Evening for Years 6 & 7

Everything you need to know about auditioning for Brighton's Special Interest Music Program

Tuesday 2nd April 2019, 6:30 to 7:30pm
Brighton Secondary School Concert Hall

Followed by a Free Concert
"Jazz on the Green"
Brighton Secondary School, front oval.
BYO supper, chair or rug.

For all enquiries please call
Pam Parsons 8375 8215

or email:
pam.parsons@brighton.sa.edu.au

DIARY DATES: March



8/3	PUPIL FREE DAY ** (OSHC CLOSED)
11/3	Adelaide Cup PUBLIC HOLIDAY
14/3	RAN (Responding to Abuse & Neglect) Training 7-9pm (Resource Centre)
15/3	4 - 7 Assembly 10:50am (Hall); Canteen Committee Meeting 2pm (Staff Room)
18/3	Sports Committee Meeting 6:30pm (Staff Room)
18-22/3	Harmony Week
19/3	Finance Advisory Committee Meeting 5:30pm (Staff Room); OSHC Committee Meeting 6:45pm (Staff Room);
20/3	Unit 3 & 4 Family Dinner 5pm - 6:30pm (Thalassa Park); Governing Council Meeting 7pm (Staff Room)
22/3	RAN (Responding to Abuse & Neglect) Training 9-11am (Resource Centre); R - 7 Assembly: Harmony Focus 10:50am (Hall)

Of Interest



SOUTHERN VALLEY SAPSASA Facebook Page



Aberfoyle Hub R-7 School is a part of the SOUTHERN VALLEY SAPSASA District. SAPSASA – Primary School Sport provides students with opportunities to compete in their chosen sport by representing their school, the District or their State. Students who are in Years 6 and 7 have opportunities to compete in all common sports. There are also opportunities for all students born in 2009 and older to compete in Swimming, Cross Country and Athletics events.

All information for the District is distributed to students through school SAPSASA representatives, however this year all SAPSASA information will also be posted on our Facebook Page. If you would like to keep up to date with all Southern Valley SAPSASA information, please click on "JOIN GROUP".

If you have any questions, please contact **Jonathan Grant** at jonathan.grant806@schools.sa.edu.au

Brad Walters
HPE Teacher
Aberfoyle Hub R-7 School



Let's Eat Nutritious Affordable Takeaway

Let us help you enjoy nutritious, affordable meals without the time, stress, and mess! Available to collect from the Aberfoyle Community Centre.

A variety of meals available each week, including vegetarian options. Collect fresh on Monday from 3pm or frozen from Tuesday-Friday. Frozen meals from previous cooks may also be available, enquire at the centre.

Follow Aberfoyle Community Centre on Facebook to see what nutritious meals will be available the coming week.

Pre-Book Meals on 8270 5377
\$6 per meal

Payment options include cash,
credit card and eftpos.

Aberfoyle Community Centre
1 Jessica Street Aberfoyle Park
Enquiries: 8270 5377



Monday night pick up (3pm to 5pm)

Tuesday - Friday (9am - 4pm) until sold out



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Let's Eat Nutritious Affordable Takeaway

On Sale from 4th March 2019

Dish 1: Meatloaf with vegetables and onion gravy

Dish 2: Eggplant parmigiana with tomato ragout and cheese

Dish 3: Fruit crumble

On Sale from 18th March 2019

Dish 1: Chilli con carne with rice and veg

Dish 2: Ratatouille with couscous

Dish 3: Thai pumpkin soup

Pre-Book Meals on 8270 5377

\$6 per meal

A variety of meals available each week, frozen and fresh, including vegetarian options. Follow Aberfoyle Community Centre on Facebook to see what nutritional meals will be available the coming week. We encourage you to pre-order. EFTPOS available.

Aberfoyle Community Centre
Enquiries 8270 5377
1 Jessica Street Aberfoyle Park



Available for pick up Tues - Friday (9am - 4pm) until sold out

Monday night pick up (until 5pm)



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ABERFOYLE HUB R-7 SCHOOL COMMUNITY PLANNER ~ TERM 1, 2019

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
6 4/3			Special Class Excursion (Ladies of Variety Movies)		Pupil Free Day
7 11/3	Public Holiday Adelaide Cup			RAN Training (volunteers) 7pm (Resource Centre) Yr 4 University of SA Study	10:50am 4-7 Assembly 9am Fundraising Committee Meeting 2pm Canteen Committee Meeting 16/3 (Saturday) noon Pedal Prix Shed Meeting
8 18/3	6:30pm Sports Committee Meeting	5:30pm Finance Committee Meeting 6:45pm OSHC Committee Meeting	HARMONY WEEK Units 3 & 4 Family Picnic 5-6:30pm (Thalassa Park) 7pm Governing Council Meeting	Harmony Day Yr 7 SRC Leadership Conference	RAN Training (volunteers) 9am (Resource Centre) 10:50am R-7 Assembly (Harmony Focus)
9 25/3	INTERVIEWS	Common Interview Night from 3:30pm			10:50am R-3 Assembly
10 1/4	District Athletics Day		Years 5-7 Girls Football Carnival (all day)		Sports Day
11 8/4	Start Smart R-7 (Financial Literacy Workshop)	Start Smart R-7	Start Smart R-7	Back-up Sports Day	Early 2:30pm Dismissal

