

TERM 3

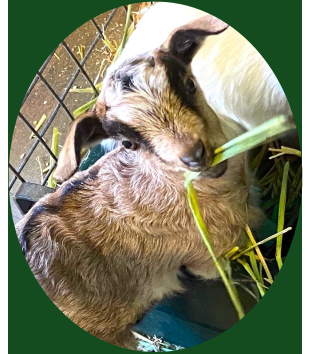
17 AUGUST 2023

# Newsletter

Hey everyone this week on Friday we have our Superhero Day at school where all us kids are coming as a superhero of their choice. This is to

support the '**National Day of Action against Bullying and Violence**'.

On this day teachers are going to be talking to us about what it is and why it is wrong and they will also be doing activities about it. Hopefully we see some unique and new superheroes in the yard that other kids have come up with.



**National Day  
of Action  
Against  
Bullying  
& Violence  
18 August**



Next week we also have our **Book Week Parade on the 22nd**. I

personally am very excited for it considering I go all out and I hope we see some other unique and extraordinary costumes for both students and teachers. There is a certificate for every year level and there will also be a parade in the morning on the 22nd.

*Thanks, Lily  
School Captain*



**Celebrating 122 Years 1901-2023**



**Next week in year 3/4 we will all be going to Moonlit Sanctuary.** In

Inquiry, we have been learning about living and non-living things.

Recently we have had little chicks hatch-they're so cute. We also just started raising money in 3/4. On Friday, we are

doing Super Hero Day to stop bullying and we also have Subway Day. On Tuesday we have Book Week and we're all looking

forward to dressing up as our favourite characters.

In Writing we are learning about procedures and in STEAM we have started our project for our **'Feathers, Fur and Leaves'** unit. This week in the kitchen we made bush tucker, which was kangaroo salad, a super delicious pizza, and squid risotto. Yum!

In other news outside of school, the Matildas unfortunately lost to England in the semi finals 3 to 1. **The Matlidas were great!!**

*Cheers, Josh & Mason (3/4C)*



**3/4 Moonlit  
Sanctuary  
21 August**





On Monday the 1/2's went to  
REPLAS for an excursion.

We got to see how they  
melt down micro plastics  
to make benches and seats.

we learnt to sort our rubbish into  
com post recycling and  
gar big. we went round the  
side of the building.

and went for a <sup>tour</sup> and  
went in with an  
environmentalist. we  
went for the roof at



**Book Week  
Parade  
22 August**





2

The end of the room  
 we went into a vidyo  
 room we went out from <sup>the</sup> a  
 cave. mor info dorn bato  
 ↓ ↓ ↓

The vidyo rooms roof was  
<sup>covered</sup> cuved in plastic bags.

It was fun!  
 Will

the best thing  
 was the vidyo

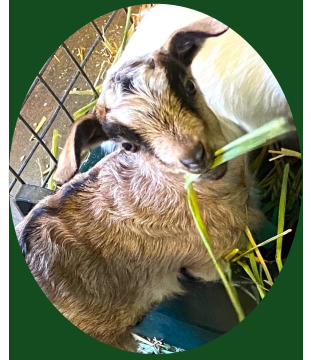
it was vary  
 fun!!

EVERLYN  
 and Will

The best

thing was

it know



**Father's Day  
 Breakfast BBQ  
 1 September**







[Click For  
Calendar  
Dates](#)







# SPEECH BITES

## The Yellow Zone

When we are in the Yellow Zone, we have higher levels of energy and alertness and stronger emotions. Although our feelings might be more intense, we still have a sense of control in the Yellow Zone. The Yellow Zone is usually helpful when we are competing in a sport, doing a performance, or playing with friends.



### Yellow Zone

Worried  
Frustrated  
Silly  
Excited

#### POSSIBLE BODY SIGNALS:

Wiggly  
Heart Beating Faster  
Body Warming Up  
Muscles Tense  
Thinking Faster

## The Red Zone

We have the most energy and our feelings are most intense in the Red Zone. The Red Zone is especially important when we are in danger and need to react quickly to stay safe. The Red Zone can be uncomfortable, but it also includes overwhelmingly positive feelings, like the elation you feel when your team wins a grand final!



### Red Zone

overjoyed/Elated  
Panicked  
Angry  
Terrified

#### POSSIBLE BODY SIGNALS:

Heartbeat Fast  
Skin Flushed  
Hot/Sweating  
Muscles Tense

We might need to regulate our Yellow Zone when we want to do an activity that matches blue or green Zone energy (e.g. sleeping, reading, finishing a project).

Some tools that often help regulate the Yellow Zone are:

- Using fidget tools
- Listening to relaxing music
- Using breathing strategies
- Mindful colouring/drawing
- Walking

Check in next week  
for tips on using the  
Zones at home!

Red Zone feelings can be very overwhelming and intense. It's important to talk about them and learn to manage them. Red Zone tools can help us to stay safe and gain a sense of control.

Tools that can help cope with these big feelings include:

- Exercise – running, walking, throwing a ball, trampoline, monkey bars, gym workout, etc
- Drinking water
- Cuddling a pet
- Talking to a friend or adult
- Being outside / in nature
- Listening to music
- Watching favourite videos



# CALENDAR

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**National Day of Action Against  
Bullying**  
18 August

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**Special Lunch - Subway**  
18 August

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**3/4 Moonlit Sanctuary**  
21 August

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**Book Week Parade**  
22 August (9.15am)

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**STEAM Design & Maker Conference**  
25 August

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**Father's Day Breakfast BBQ**  
1 September

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**Celebrating 122 Years 1901-2023**





# HAVE A BLAST



## Get into Woolworths Cricket Blast

It's a fun and active program for kids of all abilities, whether it's your first time with a bat or you're a backyard Cricket star!

**Registration Morning Saturday 26th August 9-11am**  
**Come down and have a go at some fun activities**  
**New members welcome. See you at the nets!**  
**Enquiries to Bec - Junior Coordinator 0439 374 373**



## JOIN YOUR NEAREST CLUB

**Q Play Cricket**

**PROUDLY  
PRESENTED BY**



**Celebrating 122 Years 1901-2023**





# PLAY CRICKET

**More runs. More wickets. More fun!**

Get involved in all the Junior Cricket action at your local club this Summer.

**Registration Morning with some fun activities  
Saturday 26th August 9am - 11am  
New members welcome. See you at the nets!  
Enquiries to Bec - Junior Coordinator 0439 374 373**



**JOIN YOUR NEAREST CLUB**

**Q Play Cricket**

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Girls just want to  
**PLAY  
CRICKET**

**Make new friends and get active playing all girls Junior Cricket**  
It's a fun competition for girls aged 11-17 - come and join us!

**Expression of Interest for girls to play at Carrum CC**  
**Girls competition played on a Tuesday evening,**  
**Modified rules, 8 players in a team**  
**Enquiries to Bec - Junior Coordinator 0439 374 373**



**JOIN YOUR NEAREST CLUB**

**Q Play Cricket**

**PROUDLY  
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**RayWhite.**

**CARRUM'S PROPERTY EXPERT.**

**SHANE O'SUGHRUE**

**0401 119 911**

**Call me for all your property needs.**

**Celebrating 122 Years 1901-2023**





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 **MENTONE**

39 BALCOMBE ROAD MENTONE VIC 3149

**FRANKSTON**

30 CRANBOURNE ROAD FRANKSTON VIC 3199

**Providing Complimentary Initial Consultations**

**Celebrating 122 Years 1901-2023**



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**MathsOnline** is the perfect online maths program for families. It consists of over 1,400 video tutorials and 50,000 interactive questions developed by experienced maths teacher, Pat Murray. MathsOnline helps guide your children lesson by lesson allowing them to pause, rewind and repeat all or part of any video tutorial until they fully understand it.

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Frankston

## Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

### FIND US AT:

BAM Arts Inc  
1 Rosella Street, Frankston  
Mondays 10:00am – 12:00pm

### CONTACT:

Facilitator: Sue Batcheler  
Phone: 0413 655 659  
Email: [suzanneb@mytimevic.com.au](mailto:suzanneb@mytimevic.com.au)

Unwind and  
share experiences  
with others who  
understand



**MyTime**

Supporting parents of  
children with disabilities

[mytime.net.au](http://mytime.net.au)



3 WEEK PROGRAM: AUG 20 - SEPT 03, 2023

# PRE-SEASON CLINICS

AT ELIZABETH MURDOCH COLLEGE LANGWARRIN

**Want to see what we are all about?**

**Have you already registered and want to start training?**

\$25 for new members | \$12.50 for SEM Magic members




## Clinic Groups / Times:

Under 8 | 2017/16 | 2:30-3:30pm  
Under 10 | 2015/14 | 3:30-4:30pm  
Under 12 | 2013/12 | 4:30-5:30pm


# JOIN NOW

### Venue:


 Elisabeth Murdoch College

 Address: 80 Warrandyte Rd, Langwarrin

### Enquiries:

 [admin@semmagic.club](mailto:admin@semmagic.club)

 9783 0642

  Learn more and sign up here:

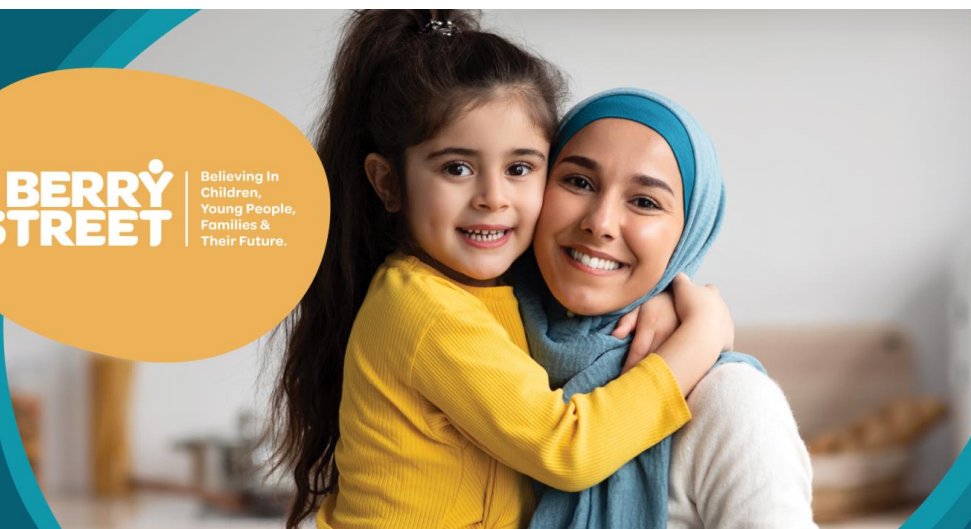
[www.semmagic.club/pages/preseason-training-clinics](http://www.semmagic.club/pages/preseason-training-clinics)

**Celebrating 122 Years 1901-2023**





Believing In  
Children,  
Young People,  
Families &  
Their Future.



## Foster Care

### Nurturing who they are and who they want to be

As a parent, you know that every child and young person is unique, resilient and has abundant potential.

**Childhood is one of the most important times in life. It's a time for discovery, growth, exploration, and learning—a time for making connections that shape who we become.**

Berry Street foster carers play a vital role in supporting a child's journey and in nurturing their uniqueness. With your time and care, you can encourage and empower a child or young person who has experienced trauma to grow, develop and feel safe.

Whether it's supporting a child to feel safe and build their trust in adults, exploring their interests and developing new hobbies, or encouraging a young person that their dreams are valid, being a Berry Street foster carer is a deeply meaningful and crucial role. And one which each carer brings their unique life experience and skills to.

**Join our community of foster carers and help make a positive impact on a child's life.**

**Phone:** 1800 816 037

**Email:** [fostercare@berrystreet.org.au](mailto:fostercare@berrystreet.org.au)

**Website:** [berrystreet.org.au/fostercare](http://berrystreet.org.au/fostercare)