



Fraser Park Buzz

It has been another fantastic week at Fraser Park with great learning happening across the school. Classes are settling well into their daily routines and students are positively engaging with their learning. As a brief reminder to parents, please note that the school day starts daily at **8:45am** and finishes at **3pm**, please make sure that your children arrive to school on time to ensure that the best learning can occur.



Fraser Park continued commitment to reading has seen many students engaging with the joys of reading a book. Mrs Rathjen even takes time out of her busy schedule to listen to students read. The more that children are exposed to reading, the greater their capability to improve in their learning.

The school canteen saw it's first special with Hot Dogs last week. It was a huge success with many happy students happily enjoying their special lunch. The canteen staff would like to remind parents that orders have to strictly be in on time otherwise late orders will not be accepted due to the limited resources that the school canteen has. Remember that normal lunch orders are still available on special lunch days. By the end of the week, the new canteen menu will be available and will be sent home to families, lunch orders are still available and orders must be placed by **9:15am** either in class or at the front office.



The school is happy to announce that with collaboration with Mrs Rathjen, Michael and external agencies such as the Department for Education IT Support Team and DXC, Fraser Park is receiving a major upgrade in it's ICT (Information and Communications Technology) department. The school has received 30 new laptops for staff and students to use plus 15 new iPads. Fraser Park also has improved its WiFi coverage with more changes to happen in the near future.



Diary Dates

Monday 14th February	School back to normal, school day starts at 8:45am till 3pm.
Monday 14th March	Adelaide Cup Day—Public Holiday
Thursday 14th April	End of Term 1



Principal's Piece

I have enjoyed spending time in each classroom daily. It's lovely to see the learning occurring and the engagement increasing. Students are proud of their work, and one of the many daily highlights for me is when students show me their work. On Friday, Dominic showed me his sentences, Jaxon his addition sums, Layla's picture of her mum and rainbow, and I got to watch Kungari's phonics lesson. I will highlight more of the exciting learning occurring at Fraser Park throughout the year!

Over the next few weeks, we will be spotlighting attendance. Your child needs to attend school every day. Regular attendance allows children to build routines, allowing them to learn without missing critical pieces of information. School starts at 8:45 am, and all children need to be at school before the bell. Children arriving late must sign in at the office with an adult.

I have had a few parents ask about homework or activities that can be done at home. We would encourage all children to read or read daily at home. Currently, we have several books we would like to rehome. Please speak to your classroom teacher if you are after some books for home. Reading at home will support the teaching and learning in the classroom.

It is great to see some of the COVID restrictions lifting. Please remember if you need to sign your child in at the front office, please wear a mask. We are looking forward to welcoming volunteers back; we will let you know when we can.

I am working hard to increase learning and engagement in the classroom. Thank you to families for supporting us with your child's learning and behaviour. Together we will create a positive environment where all children will learn and show the Fraser Park values of Respect, Care, Enthusiasm and Fun.

Regards,

Kimberly



"Never give up on what you want to do. The person with big dreams is more powerful than one with all the facts." – Albert Einstein



Wellbeing Corner

In Kungari the children have been engaged in the What's the Buzz? social skills program. In our first session we met Archie and did some activities about identity, likes, dislikes and understanding that friends can like different things.

A major focus this year, in all classes, is building student's mental stamina. This develops the student's capacity to concentrate during learning experiences at school. To achieve this we are using *Interoception*.

Interoception is about understanding our own bodies, incorporating mindfulness. The students can register their body signals and use strategies to regulate emotions and reactions, focussing on muscles, breathing, temperature, pulse and touch.

The following breathing exercise is a Mindfulness activity that helps to calm and maintain focus. Which builds mental stamina.

Emperor Penguin Breathing

Start by laying down on the floor or sitting on a chair.

Place your hands on your belly.

Breathe in through your nose for a long breath.

Then a long breath out of your mouth.

When we breathe in our belly expands like the belly of an Emperor Penguin!

Repeat it this time focusing on your belly expanding in and out.

What change did you notice in your body after focusing on your breathing?



Cheers, Brad.

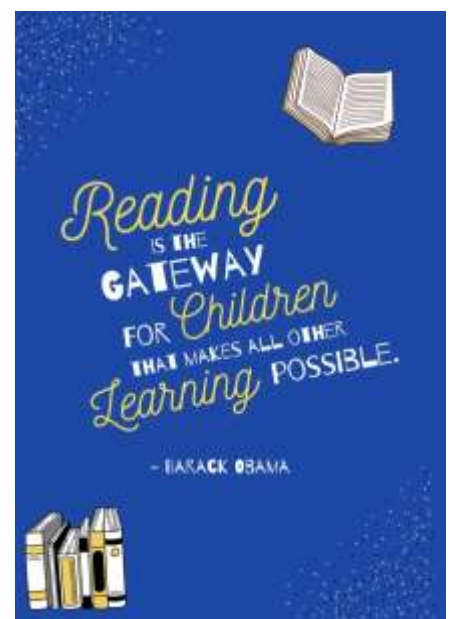
Literacy Lookout



One of our Site Improvement Plan goals is to improve reading outcomes for all of our students. One of the strategies we are using to achieve this goal is having every student read to an adult every morning. This has been a successful new routine this year and it is great to see the students so enthusiastic about reading.

When families are allowed back on site it would be terrific for you to come in and read with your child.

It would be great if you can make time at home to read with your child everyday. This would support your child in achieving their reading goals.



Issue 2:
Term 1, Week 4

Pulyeri Newsletter

Preschool at Fraser Park



Preschool Learning Snapshot!

Playdough is a fantastic malleable material that builds fine motor control and finger strength, which will prepare children for controlling things such as scissors and pencils.

It is also a great social experience, as children build, communicate and share ideas with their friends.

Sun Safe at Preschool!!

As part of learning about being healthy, at Pulyeri we are learning how to Slip, Slop, Slap.

SLIP on clothing that covers as much skin as possible. We encourage children tops that cover the torso with higher necklines and three-quarter length sleeves, longer style shorts and dresses/skirts that at least reach the knee.

SLOP on sunscreen. Each day we assist children to apply a broad spectrum sunscreen to exposed skin. We have conversations about why this is an important part of our outside routine. We promote children's independence with this because applying their own sunscreen will be an important skill for them next year, as they start school.

SLAP on a hat. We require all children spending time outside to be wearing a hat. We ask that parents send one, named, in their school bag. The hat should be a wide-brimmed, bucket or legionnaire hat. Caps and visors do not provide enough protection from the sun.

Can we ask that parents who have not yet organised a hat for their child do so ASAP?



Cheers,
Miss Bec

Bring a piece of fruit to share!

Reminder

We are asking every child to bring 1 piece of fruit in their lunch box, which can be cut and shared during fruit time.

If you are having trouble accessing fresh fruit, please speak to a staff member.