

# Lutheran School Wagga Wagga

# NEWSLETTER



23 June 2021  
Term 2 Week 10

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## FROM THE PRINCIPAL

This first semester, we have focused with the students on the Zones of Regulation. The goal was to create a common 'language' about emotions throughout the school and encourage students to recognise the many emotions they have each day. As we look at mental health research, we learn that self-awareness and self-management are two of the key pillars of wellbeing. [This week's video](#) includes examples of the 'red' Zone of Regulation.

Staff will continue using the language of the Zones of Regulation with children in Semester Two and beyond. In partnership with us, we invite you to learn more about the Zones of Regulation (right) so that you might use the same 'language' of emotions at home.

Please join us for our upcoming Parent Information Session on the Zones of Regulation.

## The ZONES of Regulation®

BLUE ZONE		GREEN ZONE		YELLOW ZONE		RED ZONE	
Sad		Happy		Frustrated		Mad/Angry	
Sick		Calm		Worried		Terrified	
Tired		Feeling Okay		Silly/Wiggly		Yelling/Hitting	
Bored		Focused		Excited		Elated	
Moving Slowly		Ready to Learn		Loss of Some Control		Out of Control	

## EMOTIONAL REGULATION PARENT SESSION

hosted by Lutheran School Wagga Wagga

**TUESDAY, 20 JULY 2021**

**6:30 - 7:30pm in the school hall**

Parents and carers of Lutheran School and other local schools are invited to a free session focusing in-depth on Emotional Regulation, an important foundation for Mental Health. Deputy Principal, Mr Dylan Evans, will present information on the *Zones of Regulation*. Lutheran School uses the *Zones* language to help students identify their feelings and regulate their emotions to create a common *language* of emotion that is shared in partnership between home and school. RSVP is not required.



**Contact:**  
Lutheran School Wagga Wagga  
Tamar Drive, Tatton  
Phone: 6923 8100  
Email: [admin@lpsww.nsw.edu.au](mailto:admin@lpsww.nsw.edu.au)



What should your child be able to do at each age? Below is a guide that tells you what children should be able to do at various stages of development.

Goal	Beginning Kindergarten	End of Year 1	End of Year 2	End of Year 4	End of Year 6
<b>Recognise emotions</b>	I can name basic emotions (i.e. happy, sad, scared, tired, etc)	I can explain how I feel in situations	I can explain how I feel and how others feel when things happen	I can anticipate what others might feel in a situation	I can make appropriate behaviour choices when I feel things and reflect on how it affected my relationships
<b>Express emotions appropriately</b>	I know how my actions connect to my emotions	I can tell others how I feel	I am aware of others' feelings and act in appropriate ways	I can regulate my emotions, even in unfamiliar situations	I recognise that emotions and behaviour choices affect my relationships with others and my learning

In Semester Two, we will begin building a common 'language' around Restorative Practices. Once we recognise that a situation is making us uncomfortable, we need tools to help make the situation better. Children will learn to say, "Stop. I don't like that. It makes me feel \_\_\_\_." We then provide them with tools to work with others to solve the problem. Some examples of phrases are, "What I need is \_\_\_\_" or "What if we tried \_\_\_\_". Working together, we can help them understand what sorts of problems they can solve themselves and what problems need adult help.

I look forward to our continued partnership with you as we work together to help children navigate our increasingly complex world.  
Janet Moeller

## FROM THE DEPUTY PRINCIPAL

### Semester One Reports

By now you should have received a copy of your child's Semester One report. I hope you found the report informative and maybe identified areas for further development going into Semester Two. If you have not received your child's report, please contact the office as soon as possible so a copy can be emailed out to you.

### SRC News – Nude food lunch day

Yesterday we held our first Nude Food lunch day and what a success! I inspected the K-2 lunchboxes and Ms Moeller went around the 3-6 classes. There were some very impressive efforts. Whilst the day was a bit of fun I have encouraged the students to think about the packaging in their lunchboxes with the help of their parents. Parents, thank you for supporting this event.

The winning class in K-2 was KF and in 3-6 it was 4G. Congratulations to these classes. They received a hot chip lunch today.



### Mortimer Shield

I was able to pop down and watch our Years 5-6 boys (right) compete in the Mortimer Shield finals yesterday. They put in another terrific effort and represented the school really well.

Whilst they didn't win the tournament they displayed good sportsmanship and great team spirit. Thanks to Mr Richards for coaching the boys. Well done, boys!





### Mrs King

As many of you know Mrs Jayne King will be finishing up as Executive Assistant on Friday. Jayne has served the school for 27 years, which is a fantastic amount of service to any organisation. We shall miss her flexibility, patience, ability to work as part of a team and her sense of humour. Thank you Jayne for everything you have done. You will be missed.

### End of term Chapel

Term 2 ends on Friday 25 June with end of term Chapel at 2:40pm. Please feel free to join us for our end of term worship if you can. I hope everyone enjoys the break and gets to spend some time with family. Students return on **Tuesday 13 July**.

### Mufti Day

Proceeds from last Friday's Mufti Day raised \$365 to help the Smith Family in the valuable work they do in our community and beyond. Thanks to our parents and caregivers for supporting the cause.

Dylan Evans

## FROM THE CURRICULUM COORDINATOR

### Spellmaster 2021

On Monday, we held our Spellmaster Final in the hall. We had 206 students enter this year from Years 2-6. After five preliminary rounds, our top ten competed for the title of LSWW Spellmaster 2021.

Congratulations to Kirolos Estafanos (right) for his wonderful achievement. I'd also like to acknowledge Jeremiah Tadros (second place) and Insu Yoonus (third place) for their commendable efforts.

All the competitors showed great sportsmanship and dedication to excellence. Thank you to all our students for their support of both this event and their house in the run for the LSWW Summit Cup. The house winner will be announced at Friday's closing service.

### Tournament of Minds (TOM)

Unfortunately the TOM auditions have been postponed until Tuesday Week 1, Term 3. The teams will be announced on Wednesday, Week 1, Term 3. We regret any inconvenience this change has caused.

### One Day Chess Tournament

Congratulations to Max Olsen for achieving first place in last week's tournament, pictured right receiving his trophy and certificate from Ms Moeller.

### ICAS Assessments Reminder

Lutheran School will be participating in the ICAS assessments this year. ICAS is designed to target students' higher-order thinking and problem-solving skills in English, Mathematics, Science, Writing, Spelling and Digital Technologies.

**ICAS Assessments are now online.** This allows greater accessibility for students and faster delivery of results.

### Online parent payment

The cost per test is \$17.05 including GST, excluding the Writing test, which is \$21.45. The payment system is a simple and secure service specifically for payments to purchase ICAS Assessments.

If you would like your child to participate in any of the subjects listed, please [click here to visit the Online Parent Payment system](https://shop.icasassessments.com/pages/pps) or alternatively, copy and paste the link into your browser: <https://shop.icasassessments.com/pages/pps>

### Important Notes:

- **Our school access code is AXB650.** You will not be able to register without this code.
- Please enter your child's name accurately, including capital letters, as it will appear on their ICAS certificate.
- Online payment closes on Friday, 23 July 2021. No late entries will be accepted.

In 2021 students have the opportunity to participate in the subjects listed right:

Karri von Mengersen



Subject	Sitting Date
Digital Technologies	Tuesday 10 August—available to Years 3-6 only
Writing	Thursday 12 August—available to Years 3-6 only
English	Tuesday 17 August
Spelling Bee	Tuesday 24 August
Science	Thursday 26 August
Mathematics	Thursday 2 September

### Todd Woodbridge Cup

On Friday, 18 June our school participated in the Todd Woodbridge Cup at the South Wagga Tennis Club. We had 28 students from Years 3 and 4 participate in this modified tennis event.

Our students played games of doubles against Henschke, Mater Dei and Wagga Wagga Christian College. The students had lots of fun, demonstrated fabulous skills, impressive team work and wonderful sportsmanship throughout the day. At the conclusion of all games the results were announced. Team one placed second (division one), Team two placed fourth (division one) and Team three placed fourth (division two).

*'The Todd Woodbridge Cup was lots of fun' Sara Grigg*

*'I liked the Todd Woodbridge Cup because we played tennis with our friends' Chloe Lieschke*

*'The Todd Woodbridge Cup was fun and we missed school' Riley Goldsworthy*

*'I liked the Todd Woodbridge Cup because I got to spend time with my friends' Ben Bull*

A big thank you to Mrs Grant and Mrs Hodgson for assisting with the teams and Zac Burhop for coordinating this event.



### NSWPSSA Rugby League Championships

On Tuesday, 15 June Joe Stone travelled to Tamworth for the NSWPSSA Rugby League Championships. There were 13 teams participating at this three day event. Joe was representing CIS and competing at his first NSWPSSA Rugby League Championships.

The CIS team played two games on the first day of this competition. The CIS boys started extremely well, defeating South Coast 10-4 and North Coast 24-20.

On Day Two the CIS team played three games. The CIS team had a draw with Sydney East 14-14, a loss to Sydney West 32-0 and an impressive win against North Coast 28-0.

The Day One/Two results (three wins, one draw and one loss) qualified the CIS team for the finals on the third and final day of the championships. The CIS boys' played Sydney South West in the first semi-final. The CIS team battled hard; however, they were defeated 26-6. The CIS boys' final game was a play-off for third against Mackillop. The CIS team played well but went down 18-0.

Congratulations to Sydney West who were crowned NSWPSSA champions. They defeated Sydney South West in the grand final 20-12.

Joe played in the second row, centre and five-eighth throughout the championships.

*'My highlights of the championships were making new friends, having great runs, versing massive kids and improving my tackling and running skills'*

**Joe Stone**

Congratulations Joe. The school community is super proud of your 2021 Rugby League achievements. Thank you to Stacey and Troy for transporting and supporting Joe in Tamworth.

Caroline Stewart

(PE Teacher – Sports Coordinator)





## DIARY DATES AND INFORMATION

DATE	EVENT
25 June	End of Term Sausage Sizzle Lunch
25 June	2:40pm Term 2 Closing Chapel
12 July	Student Free Day
13 July	Term 3 commences for Years K-6

### UNIFORM SHOP

Orders are accepted via the e-form purchase request on the school app, or by phone call/text message to Tegan Peel 0401 665 640

## Nutrition Snippet

### Healthy Holidays Guide.

Looking for fun activities for the kids these school holidays?



Check out our free Healthy Holidays Guide that includes lots of ideas to get cooking, get crafty and get moving!

For more information visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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#### SPEECH | COMMUNICATION | DRAMA

Classes with Clare Stirrat and Katie-Leigh Riley are held at the school to promote clear speech and develop public speaking skills; to explore drama and build 'thinking on your feet' skills; to grow self-confidence and increase imagination.

Contact Clare Stirrat at  
admin@speakingoutwagga.com or call  
0438 969 989  
for further details and enrolments

#### Lutheran School Wagga Wagga OUT OF SCHOOL HOURS CARE

Before School Care 6:45 - 8:30am

After School Care 3:20 - 6pm

Phone | 6923 8124

Mobile | 0484 222 300

Email | oosh@lpswww.nsw.edu.au



#### LOST PROPERTY

Please check lost property in the school office for misplaced items. Unclaimed items of clothing will be donated to the school's second hand Uniform Shop.

**Please label your child's items.** This practice helps us to return your child's clothing, etc. Thank you

Lutheran  
School  
Values

respect  
service

compassion

quality

humility

courage

love

JUSTICE

hope

forgiveness

APPRECIATION

2021  
Term Dates

Term 3  
13 July—16 September

Term 4  
5 October—9 December



LCA Standards of Ethical Behaviour

If you feel that you have reason to complain about any type of harassment, abuse or bullying within the LCA, please contact the Manager of the LCA Professional Standards Department (PSD) Telephone 1800 644 628 or write to the Manager of the PSD: Confidential, Professional Standards Department, PO Box 519, Marden, SA 5070 or email [complaints@lca.org.au](mailto:complaints@lca.org.au)