



# Smithton Primary School

RESPECT ❖ ENCOURAGE ❖ ASPIRE ❖ LEARN

DEPARTMENT OF  
EDUCATION  
*learners first*

Issue No 2

2 March 2022



## Year 3/4J – Term 1 2022

This term Year 3 and 4 will be learning about biology in their science lessons. This includes the lifecycles of plants and animals and how to group things into living and non-living categories from their observable features. We started the term with some outdoor learning by looking at the way bees flit from flower to flower to assist with pollination and looked very closely at a pollen grain under a microscope.





What a start to 2022 we've had. With so many challenges facing us with coming back to school with COVID-19 very much alive in Circular Head, it is so pleasing to see the way that our school community is not only approaching this but thriving. Our families are doing an amazing job of monitoring symptoms, testing their children and reporting positive cases and close contacts. As you know, we have been in the category of School Outbreak, which sounds very alarming, but on the ground at school it has been the exact opposite where there has been a large amount of kindness and calmness. A big thank you to our staff who are doing an amazing job. As we approach the end of the first five weeks of school, it is important to note that the Department of Education will be providing the school with directions for the last 5 weeks of the term which may include some changes. Knowing our school community very well, I know that we are flexible and capable of handling any changes that are required.

### Student Leadership

As you know we have been limiting opportunities for people to mix by not having Assemblies, Athletics Carnivals and limiting adults onsite. One thing we have been able to start up are leadership opportunities for our students. We are in the process of beginning the selection process for our Student Leadership Council, have had Daily PE leaders identified and have recently had our Class Captains chosen for Term 1.

The Class Captains are:

Prep G - Laiquin & Josie, Prep/1G - Octavia & Arlo, 1/2R - Sienna & Kobi, 2/3G - Abbie & Lachlan, 3/4G - Charlie & Ryan, 3/4J - Jake & Shayla, 5/6 I - Ethan & Tilly, 5/6N - Olivia & Elizabeth, 5/6S - James & Jalee.



### Athletics Carnival

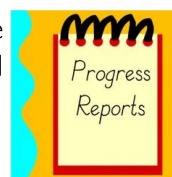
As you know, we usually run an Athletics Carnival early in the year. We do that so that our top performers can be selected to represent the school in the CHSSSA Carnival where we compete against the other CH schools and then there is opportunity to make the CH team.

This year we are unable to run our Athletics Carnival in Term 1, but we will run one later in the year. We will however be running events in our Upper Primary PE lessons in which the results will be used to select students to represent the CH team at the Northwest Primary Schools Sports Association Inter-Primary Carnival held in Penguin on the 30<sup>th</sup> and 31<sup>st</sup> of March.

Although it is not ideal that we must postpone our Athletics carnival, it is great to know that these students will still have a chance at competing at a higher level.

### Reporting

There are changes to the way we (the whole of Tassie) report within schools in 2022. As a school we will be undertaking the first reporting phase between week five and week eight of this term. More information will be coming out to parents about how reporting will look like at Smithton Primary in 2022 soon.



As always, if you have any queries, concerns or ideas about the school, please make a time to meet or call the teachers of your children. I am always happy to meet with parents if they feel they need to speak with me about a matter also.

Despite the frustrations of COVID-19 in our community, I just wanted to say thank you and keep up the good work. This is not ideal, but by everyone doing what they need to do, we all stay calm and safe and hopefully school (and the rest of the community) will be back to 'normal' in no time.

Thanks,



**Josh Smith**  
Principal

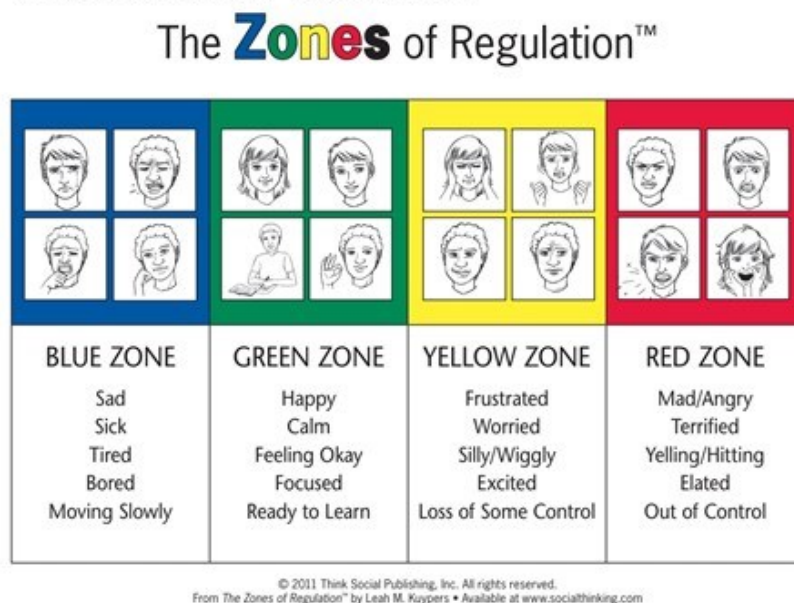


# The ZONES of Regulation®

The Zones of Regulation is a framework used to help teach children self-regulation and self-control. We have been using the Zones at Smithton Primary since 2018.

Through using the Zones, we hope to:

- Increase their vocabulary of emotional language
- Understand triggers and events that put them in different zones
- Develop problem solving skills
- Identify strategies and tools to help support them while they experience each zone



## Blue Zone

Low state of alertness. May feel sad, tired, sick, or bored. Body and brain are sluggish or moving slowly.

## Green Zone

Regulated state of alertness. May feel calm, happy, focused, or content. This is the zone pupils need to be in for learning and for being social. Being in the Green Zone shows being in control.

## Yellow Zone

Heightened state of alertness, however the pupil still has some control. May feel stress, frustration anxiety, excitement, silliness, nervousness or confusion. The body and brain are starting to lose some control.

## Red Zone

Extremely heightened states of alertness or very intense feelings. May be experiencing anger, rage, explosive behaviour, panic, terror, or elation. The pupil is not in control of their body or brain.

It is important to know that it's fine for children to experience all of these emotions while they're at school.

- Children may also be in more than one zone at a time.
- There is no *bad* zone, but it *is* important to learn and use strategies that would help children get to their Green Zone.

## How can you use the zones at home?

You might like to try some of these ideas:

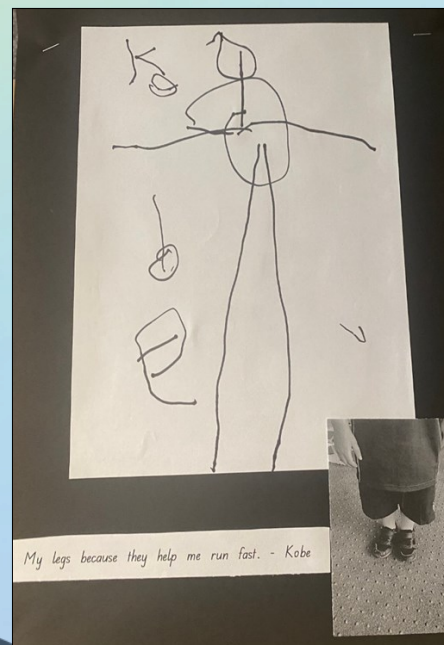
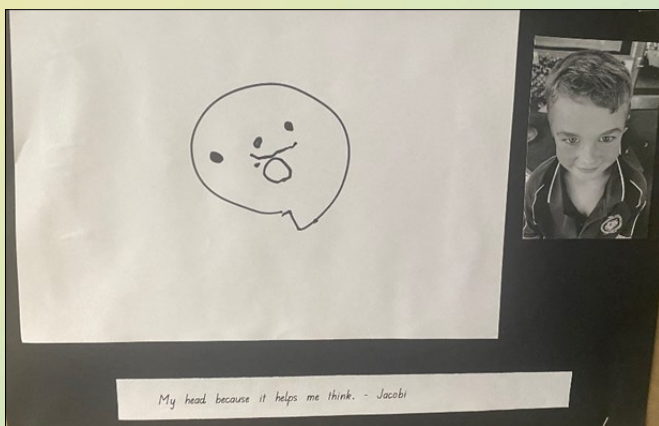
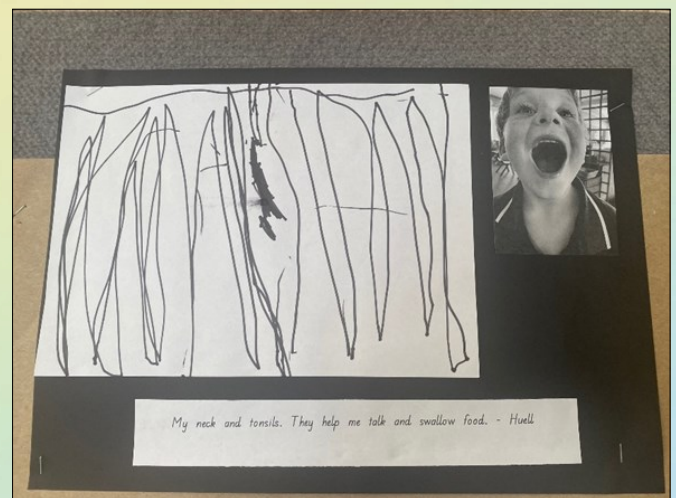
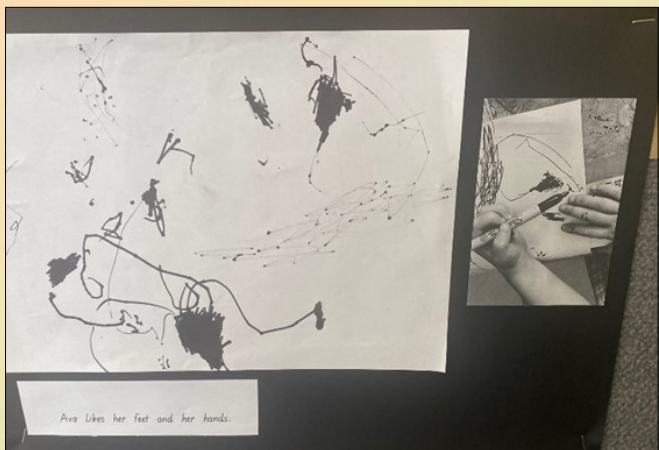
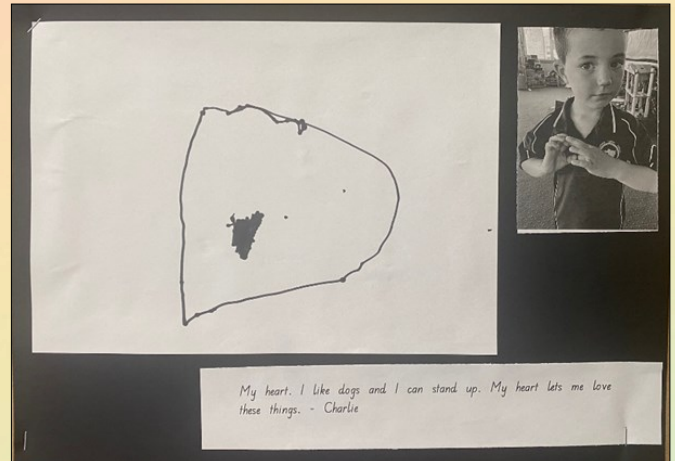
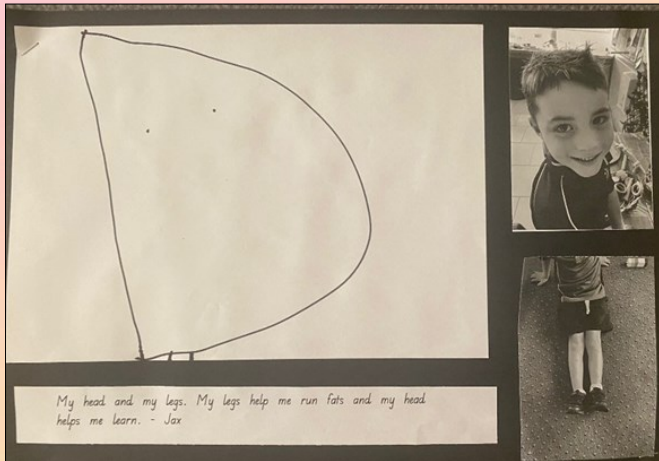
- Identifying your own feelings using Zones language in front of your child e.g. "I'm feeling frustrated because..... , I am in the Yellow Zone."
- Talking about which tool you will use to be in the appropriate Zone e.g. "I'm going to go for a walk as I need to get to the Green Zone."
- Labelling which Zones your child is in throughout the day e.g. "You look sleepy, I wonder if you are in the Blue Zone?"

# PREP GALE

## BELONGING CONNECTION COMMUNITY

We have been exploring how we are each unique, different, and special this term.

As part of our investigation children identified the 'The Best Part' of themselves. It was wonderful to listen to their thoughts on why they are unique and special.



# PREP GALE

## BELONGING CONNECTION COMMUNITY

We have also been exploring the importance of differences, similarities, and inclusion in our classroom. Children took opportunity to talk about their friends and identify ways they are the same and different.



"Brooklyn is my friend. We both like to play. She is different because she has brown hair and I have light hair. I like that she is nice and friendly."

*Emy*



"Skye is my friend. We are the same because we both sing. She sings like I do. We are different because I don't like chocolate cake and she does. I like Skye because she is beautiful."

*Marlee*



These discussions have led us to discover the importance of *KINDNESS*. Every person in Prep Gale promises to be *kind* to each other every day.

### NEW CHANGES TO HAY FEVER ADVICE

Public Health has reviewed their advice about hay fever in the current COVID-19 environment.

Hay fever symptoms are similar to COVID-19 symptoms, so it's important families know what they need to do if their child experiences hay fever symptoms.

If your child has hay fever symptoms, please keep them at home and test for COVID-19 using a rapid antigen test (RAT).

If your child tests negative on a RAT and symptoms continue, Public Health advises that you must do a second RAT 24 hours later, or seek a PCR test.

If the second RAT or PCR remains negative, this is sufficient evidence for your child to return to school if they feel well.

If symptoms change or increase in severity, please see your treating medical practitioner for review.

Please know that Public Health advice can change at short notice, and we appreciate your patience as we respond to these changes as quickly as possible.

If you have any questions, please contact the school office. For more information, please visit the [Tasmanian Government Coronavirus website](https://www.tas.gov.au/coronavirus) or contact the [Tasmanian Public Health Hotline](https://www.tas.gov.au/coronavirus) on 1800 671 738, or Department of Education COVID Support Hotline at [COVID19support@education.tas.gov.au](mailto:COVID19support@education.tas.gov.au) or on 1800 816 057.

Face masks and rapid antigen tests (RATs) are available at school, if requested.



Use your existing supply first before asking for more.



Run out of school issued RATs, and your child has symptoms? Don't attend school. Contact Public Health.



Let's work together to keep our schools COVID-safe.



## How to do a nasal rapid antigen test (RAT)



There are different types of RAT kits available. Be sure to follow the instructions provided within the test kit.

### Here are some general guidelines to follow:

1. Carefully read the instructions that came with your test before you start. Some test instructions have a QR code that you can scan to watch a video.



2. Wash your hands.



3. Open packaging.



4. Wipe the swab around the inside wall of the nose 2cm deep in a circular motion. Five times or 15 seconds in each nostril.



5. Put swab in solution tube. Mix well. You may need to squeeze the swab or break the stick off as well - read your test instructions.



6. Put cap on tube.



7. Put drops in sample window of test. Your test kit instructions will tell you how many drops. Do not move or lift the test kit.



8. Start a timer. Wait for exact time in test kit instructions. Do not move or lift sample window of test.



9. Read result (see right).

1800 671 738 | [coronavirus.tas.gov.au/testing](https://coronavirus.tas.gov.au/testing)



If your child is a close contact and later tests positive please let the school and Public Health know as soon as possible.

There are new changes to quarantine requirements for close contacts



Household close contacts can leave quarantine at the same time as the first household case...



... given they have no symptoms and returned a negative RAT.



You no longer need to 'restart' your 7 day quarantine period if someone in your household tests positive.



# Class Captains for Term 1

3/4J: Jake & Shayla



Prep G: Laiquin & Josie



5/6N: Olivia & Elizabeth



1/2R: Sienna & Kobi



3/4G: Charlie & Ryan



P/1G: Octavia & Arlo



2/3G: Abbie & Lachlan



5/6S: James & Jalee



5/6I: Ethan & Tilly

Stand  
TALL  
and be  
PROUD.  
Be  
YOURSELF  
you are  
AMAZING.

## Redpa Football Club

### SEASON LAUNCH

2022



**WHEN:** Thursday 24<sup>th</sup> March

**WHERE:** Redpa Football Grounds

### "COMMUNITY TEA NIGHT"

Join us for training and meet the coaches or just come along to watch  
and have tea and a drink with us!

Membership Options available to support our club:

**Gold \$100** (includes free home game entry  
+ 1 free drink  
+ entry into membership draw)

or  
Adult \$30  
U/16 \$15  
U/12 \$10



#### Weekly training times...

Tuesdays (Smithton)  
U/12's - from 4:30pm (beginning 8<sup>th</sup> March)  
U/16's - from 5pm  
Seniors/Reserves - from 5:30pm

Thursdays (Redpa)  
U/12's - from 5pm (beginning 10<sup>th</sup> March)  
U/16's - from 5:15pm (beginning 10<sup>th</sup> March)  
Seniors/Reserves - from 6pm (beginning 10<sup>th</sup> March)

#### CONTACT US...

Co-Presidents

**Zach Bransden 0408133492**  
**Shane Hine 0428280034**

Facebook:  Redpa Football Club

**ALL NEW PLAYERS AND THEIR  
FAMILIES ARE WELCOME!**

# Dates To Remember

## March

Friday 4th	Clean up Australia Day
Monday 14th	Public Holiday

## April

Wednesday 13th	Last Day of Term for Students
Thursday 14th	Teacher Professional Learning Day

## May

Monday 2nd	Term 2 begins for students
Friday 6th	Public Holiday - Agfest

## SMITHTON HOCKEY CLUB U13'S & U17'S



The season has come around quickly this year and we only have 5 weeks until the first games begin.

Strong numbers have led us to submit 2 u13 teams into the competition for 2022, therefore we will be looking for some new faces to join the club.

Trainings for both our u13 teams as well as our u17 team will begin Tuesday 01/03 at 5.30pm

All returning players and obviously anyone looking to join a team are encouraged to attend.

If they are keen to play but are unable to make it, please call:  
U13

Leah House - +61409006297

Ben Gray - 0438523909

U17

Jason House - 0408108937

## 2022 School Term Dates

Term 1	Wednesday 9th February to Wednesday 13th April
Term 2	Monday 2nd May to Friday 8th July
Term 3	Tuesday 26th July to Friday 30th September
Term 4	Monday 17th October to Wednesday 21st December

## EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...



When your child misses just...	that equals...	which is...
1 day each fortnight	20 days per year	4 weeks per year
1 day a week	40 days per year	8 weeks per year
2 days a week	80 days per year	16 weeks per year
3 days a week	120 days per year	24 weeks per year

## CONTACT DETAILS

27-43 Grant Street, Smithton, Tasmania 7330

Phone: 03 6452 1955

Email: [smithton.primary@education.tas.gov.au](mailto:smithton.primary@education.tas.gov.au)

Web: [smithtonprimary.education.tas.edu.au](http://smithtonprimary.education.tas.edu.au)

