



TOGETHER WE GROW

Dear Parent/Carers,

Book Week

It was fantastic to see the wonderful costumes that students were wearing last Wednesday. Thank you for supporting your children for the Book week Parade. The theme was 'Old Worlds, New Worlds, Other Worlds' and the costumes definitely showed off this theme. Book Week is all about reading and it was great to see the different activities that took place in the different stages of the school, including a visit from Dr Rijken as Professor Albus Dumbledore, who read to the Reception/Year 1 students.

Reading is one of the most important skills we can teach our children and it is a predictor of future success. That is why we spend significant time at school developing this skill during our Literacy Blocks. Reading is something that needs to be learnt and practised in order for fluency and skill to be developed. It is also further developed in partnership with families and teachers. Reading can be used for a variety of things from relaxation, to travelling to other places, to researching. It is skill required in life and underpins all learning.

Learning Conversations

Thank you to all the parents/carers who booked learning conversations with their child's teacher this week. Family and school partnership is extremely important to continue to develop and nurture the learning of the children. If you didn't get chance to talk with your child's teacher this week, please make another time to discuss their learning over the next few weeks.



Pupil Free Day

Just a reminder that Friday is a Pupil Free Day. Staff will be attending the Cardijn campus with the rest of the Cardijn staff for our Reflection Day. See you all again on Monday 6 September at 8:45am.

Have a great week everyone.

Nick Wright
Head of Campus



Zones of regulation

This term we have started to teach the Zones of Regulation curriculum across the school. This curriculum is a specifically designed to teach children about their emotions and how to self-regulate. Self-regulation is an essential tool in life and helps us to manage our emotions and behaviour.

Children are first taught how to identify feelings and emotions in themselves and others and what Zone each of these emotions relate to. We will then explore how to regulate our emotions and what tools each of the children respond to; for some it will be using a fidget tool to help with attention for others it is using breathing to help move into the Green Zone or taking a movement break to move out of the Yellow Zone.

We will also look at positive problem solving, how our behaviour affects others and what behaviours are expected or unexpected in different situations.

The zones are described as blue, green, yellow and red. **Blue** can be sad, sick, and tired, **Green** can be calm, happy, and focused, **Yellow** can be excited, silly, or annoyed and **Red** can be angry, scared or out of control. There are times where it is expected to be in each of the zones and times it would be unexpected. It is important to note that everyone experiences all of the Zones; no Zone is considered bad or wrong. We are teaching the children to match their zone to the situation and if their zone does not match the situation, children use a tool to help regulate themselves. For example, it would be expected to be excited and silly when playing during outside learning, but not during a maths lesson. If we feel like that in a maths lesson, we need to use a tool such as, taking deep breaths or going for a walk so, we can refocus for learning.

You can help your child become comfortable using the language to communicate their feelings and needs by encouraging them to share his or her Zone with you. For more information on the Zones or ways to assist your child self-regulate can be found on [Tips for Managing the Zones You're In](#)

Next week on Thursday the 9th September is also our national **R U OK?** Day. This is a day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?"

Have a great week.

Kerri Gould
Deputy Head

The ZONES of Regulation

 Blue Zone Sad Bored Tired Sick	 Green Zone Happy Focused Calm Proud	 Yellow Zone Worried Frustrated Silly Excited	 Red Zone overjoyed/Elated Panicked Angry Terrified
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The Green Room

Galilee now has a calming "sensory room." The room will be called the "Green Room" to connect it to the Green Zone of the Zones of Regulation. The purpose of the room is to assist students to co-regulate with the idea to develop skills for the students to be able to self-regulate over time. Students can use the Green Room when the teacher believes they need help with emotional regulation. In the Green Room we have a variety of tools to help students calm and become ready learn and return to their class community.

Some students have benefitted from a quiet space to come and talk, some have liked doing craft such as making Zones of Regulation fidget tools and some have liked using fitness equipment to deal with extra energy.

Once the ZoR program has been rolled out across the school a copy of each student's "Toolkit" of strategies will be kept in the Green Room to be used to assist the students regulate. The "Green Room" is staffed by the Learning Enrichment Centre Coordinator as well as Education Support Staff who may come into the room with students they are supporting.



Rachel Bishop
Learning Enrichment Centre Coordinator

Season of Creation

Season of Creation Prayer Space

In September each year, all round the world, Christians celebrate the Season of Creation. The theme this year is "A Home for All." At Cardijn Galilee some students are making a prayer space at the front office to celebrate trees as homes - a gift, from our Creator God, for many creatures.

Would you like to make a creature to add to the treescape? You could use paper, felt, wool, stones, twigs, modelling clay, fabric, recycled materials. You might like to knit, sew, or draw. Trees teem with life and provide shelter, food, shade and safety for all sorts of creatures. You might like to make a gecko, spider, dragonfly, bee, bird, butterfly, possum, frog, bat or any other creature that finds a home or food in or around a tree. You could also make a leaf, or a blossom.

Every family is welcome to contribute. Just drop off your creation to the front office or Miss Merenia and we will add it to the prayer space. In the office are instructions for crafting an origami bird or mouse, or a beaded butterfly and you can collect a copy. But you may have ideas of your own! Students are also welcome to join Merenia on Wednesdays and Fridays at 'Chaplain drop-in' during outside learning in September, to make creatures for this prayer-space.

Beginning the Season of Creation

Mrs McLaren's homegroup led us in Community Prayer today to begin the Season of Creation. The Season of Creation is a time where we celebrate the Earth we live on. We pray together to help our common home and God's gift of creation.

This year's symbol is Abraham's Tent. The tent means that everyone and everything deserves a home, especially the homeless in our community and those that are displaced in our world. The tent represents a place of shelter or refuge. It links us with everyone and everything that is displaced by the effects of climate change.

In Pope Francis' letter to everyone, Laudato Si, he asks us to think about how we can help our common home – the earth. The students picked a few key messages from Pope Francis' letter and shared them with us and you can view this at
<https://fb.watch/7LW8JYzljU/>



CARDIJN
COLLEGE
GALILEE

If your child is going to be absent, late, or leaving early please notify the office by SMS on 0407761162 before 9am. Please provide the following details:

- Child's name
- Reason for absence/early departure/late arrival
- Child's home room teacher

Galilee Directory

School

info@galilee.catholic.edu.au
p 85579000

Fr. Josy Sebastian p 83821717

Sr Margaret Ann Connelly
p 0488287552

Centacare
p 82156311

Galilee OSHC
p 85579043
Director m 0411382054

CURIOUS FRIENDS Playgroup
Mondays 9am - 10.30am
On hold due to COVID
restrictions
Melanie Wilson p 85579000

PFCG:
pfcg@galilee.catholic.edu.au

Second-hand uniform
Shop Wednesdays & Fridays
8.45am - 9.15am
& 2.45pm - 3.15pm

KEY DATES

Fri 3 rd September	PUPIL FREE DAY
Sat 4 th September	First Eucharist 5:30pm Mary of Galilee
Wed 8 th September	School photo catch up
Thurs 9 th September	SAPSASA Athletics Carnival
Friday 24 th September	Last DAY Term 3
Mon 11 th October	First day Term 4
Fri 3 rd December	Last day Year 7 students
Wed 8 th December	Last day R-6 students





TRIVIA QUIZ

Sunday afternoon October 10

Cardijn College Galilee Hall

(next to the Mary of Galilee church)

1.30 arrival for 2pm Trivia Quiz start

Friendly fun and activity for all ages

Great prizes

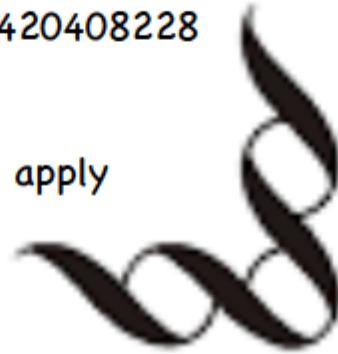
BYO nibbles for your table

Hot drinks provided

\$2 per adult

Please make a phone booking no later than Oct 1:

Maureen 0412210261 or Lorraine 0420408228



Covid friendly regulations will apply