



## ***This week in the Eagle***

- ACT Public Education Awards
- Self Regulation
- Community News
- 2019 Japanese Host Families
- School Musical – bookings open on Monday
- 2019 Budget

## ***From the Brain of the Deputy Principal***

I write this email during a very busy time at school. Teachers are preparing reports, the school musical is in full swing, long standing learning tasks (such as the spring fair in 5/6) are culminating, displaying some amazing work. As always, students are continuing to learn. There is no day that goes by where every student isn't challenged and expected to bring their best to their learning.

Everything we do is to ensure that school is the most engaging and positive learning experience for our students. So, it was great last week to sit back and acknowledge the amazing work, not just at Evatt, but across our system that schools are doing for our students and communities. We did this by attending

the ACT Public Education Awards last week.

The ACT Public Education Awards acknowledges principals, teachers, Aboriginal and Torres Strait Islander education leadership, support staff, partnerships and volunteers. This year's event was bigger than ever, attracting more than 600 attendees and is a clear reflection of the exceptional staff working in Canberra public schools, striving to make a difference in students' lives every day, and acknowledging the hard work of their colleagues.

This year Evatt had a number of staff nominated for awards including

### Education Support Person of the Year:

- Deb Bissell
- Oliver Cashman

### Primary Teacher of the Year:

- Johnathan Price
- Glynis Steward

### Leadership in Aboriginal and Torres Strait Islander Education:

- Kelly Pulver

Mrs Kelly Pulver was absolutely shocked to be recognised and win the category of outstanding Leadership in Aboriginal and Torres Strait Islander Education. As a school we were absolutely thrilled as we know just how passionately Kelly works towards achieving the learning outcomes of all she comes across.

## **16 November 2018**

### **Term 4**

#### **Monday 19 November**

2019 Kinder Transitions  
Bandstrav Rehearsal  
School Musical ticket bookings open

#### **Tuesday 20 November**

Bandstrav Performance

#### **Wednesday 21 November**

School Banking

#### **Thursday 22 November**

Canteen Closed  
Breakfast Club: 8.30am – 9.00am

#### **Friday 23 November**

Canteen Closed  
2019 Kinder Transitions  
Assembly: 2.15pm

**Uniform Shop: 3.00pm – school foyer**

*Don't forget to check the Back Page ...*



As always, Evatt staff were represented exceptionally well with Mrs Steward being named a finalist (the award going to two teachers working together at a primary school). Very deserving but it takes two teachers to be as good as Mrs Steward!

Minister for Education and Early Childhood Development, Ms Yvette Berry MLA and ACT Education Directorate Director-General, Natalie Howson congratulated all winners, including Kelly, at the awards ceremony. They acknowledged Kelly's work in this area with:



*“Kelly is described by her colleagues as ‘just amazing’, hardworking, caring and highly knowledgeable in Aboriginal and Torres Strait Islander culture and protocol. Kelly has implemented the 8 ways pedagogy, which enables teachers to include Aboriginal perspectives by using Aboriginal learning techniques and is coaching her colleagues in this approach. Kelly has invited local Aboriginal Elders to work with her students which has improved and strengthened the school’s relationships within this community, deepened students’ connection to their culture and created an ethos of respect. This has resulted in students’ improved school attendance, social and emotional wellbeing, engagement and learning.”*

A full list of all winners and their achievements can be found at

[https://www.education.act.gov.au/teaching\\_and\\_learning/act\\_public\\_education\\_awards](https://www.education.act.gov.au/teaching_and_learning/act_public_education_awards)

Well done to all staff, nominated or not. You do a great job here at Evatt and we thank you for it.

### **SELF REGULATION:**

As stated above it is a very busy time in schools. We also acknowledge it can be a very stressful time in young people's lives as everything seems to be dialled up to full volume at this time of year (it certainly feels like that in my house). I often like to talk with my own children and students I encounter, about how they help manage these times of heightened stress to regulate their emotions. I have included the graphic (see overleaf) as a visual jog of strategies students can engage with to regulate their own feelings at times that are stressful. We actually have this infographic printed on our fridge at home and my children have circled three strategies they identify as ones they use to self-regulate. The discussion this has generated in our house about what strategies work for one child and not the other, and even in different situations has been hugely helpful to me as a parent, but also allowed my own children to start exploring how their bodies react and regulate themselves. As those of you with more than one child will attest to, it is no surprise that (my) children have completely different strategies and ways they like to self-regulate. My daughter loves the more external strategies such as “do an act of kindness” (bottom right) strategy, whereas my son sees this as impossible when he is struggling. He much prefers the more insular ways to regulate. Having this discussion has really helped me understand, and now support, them better in times of stress.

Not every strategy works for everyone, this chart helps list a large number of strategies your child may find useful to self-regulate (Please note: this chart does not have EVERY possible strategy either, your children may have other ideas about what helps them self-regulate). If nothing else, it is a great discussion piece.

**Mark Nicholson** | Deputy Principal Evatt School

# Self-Regulation Coping Strategies

## STUDENTS CAN USE AT SCHOOL

**When I feel upset, sad, or unfocused at school I can:**

**BREATHE.**  
As I zoom my attention to my breathing, I will take extra long out-breaths.

Squeeze a stress ball or use another teacher-approved fidget.

Imagine a peaceful and calming place.

Roll my neck and shoulders.

Think of at least 3 things I am grateful for.

Tell my teacher I would like to help or take on a classroom responsibility.

Ask to deliver books to the library or another class.

Ask my teacher for help if I feel upset or overwhelmed.

Count to 10 and back in coordination with my breath.

Squeeze my fists together as hard as I can...hold...then relax my hands.

Invent a secret hand signal with my teacher that communicates I need help.

Push against the wall as hard as I can and then relax my body.

Use I-statements to express how I am feeling, what I need, or what I hope for.

Move away from the distraction or person who is bothering me.

Write down my thoughts or questions if my teacher can't address them right away.

Doodle, draw, or color.

Ask to work with a buddy.

Stretch.

Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.

Volunteer to help clean or organize the classroom.

Drink water.

Give myself an arm and hand massage.

Devise a secret code word or signal with my teacher that means time to get back on track.

Ask permission to take a short walk down the hallway or up & down the stairs. And then return.

Rest my head on the desk for a moment or two.

Tell myself a positive affirmation or mantra.

Think of or write a list of 3 positive things my life.

Listen to calming music with headphones.

Visualize a person who supports me and cheers me on.

Talk with my school counselor.

Help a classmate or my teacher.

Remind myself it's ok to make a mistake.

Zoom in on my senses: noticing 5 things I see, 4 things I feel, 3 things I hear, 2 things I smell & 1 thing I taste.

Ask if I can do my work standing up.

Cross my arms in front of me and do the arm pretzel.

Read in a quiet spot.

Take a 3-5 minute break in the designated classroom peace corner.

Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.

Do an act of kindness.

Give myself or a stuffed animal a great big hug.

Journal or write a letter.

Push my palms together.

Ask my teacher to break down the assignment into smaller chunks so it's not so overwhelming.

Use a break card to let my teacher know I need a break and then use a timer to remind me when to return.

Rub or tap my temples.

Smile or laugh, even if I have to fake it.

Eat a healthy snack or tell my teacher I am hungry.

## Community Involvement



Have you seen the wall at Evatt shops lately?

It has been brought to my attention that one of our year 6 students was part of a group of students that painted the wall during the last school holidays. Doesn't it look fantastic? Well done to all the students involved from other local schools and led by an artist from Belconnen Community Services.

Great work everyone!

## 2019 Camp News

Thank you to those parents and carers who have notified the school regarding camp 2019. At present we have approximately 29 students attending the Year 3/4 Camp, and 32 students attending the Year 5/6 Camp. These numbers are still quite low, so if you are planning to send your child to camp next year, please get your forms in as soon as possible.

The due date for camp notes and payment is 11 December 2018.

Recently, we asked that you let us know by **23 November 2018**, if your child is attending. This was due to the low response rate and the camp providers asking for an indication of numbers by this date.

## Japanese News

### 2019 Host Families Needed

***We are still needing families to host our Japanese Teaching Assistant in 2019. If you are at all interested, please contact Quayle Sensei ASAP to get some more details about hosting. Without more families we may not be able to have a Japanese Assistant next year.***

In 2019 Evatt School will be hosting Maruka Minamino, a volunteer Japanese Language Teacher's Assistant (JTA) from Kagoshima University in southern Japan. She is 20 years old and enjoys tennis, trying new foods, meeting people and learning about different cultures.

JTAs homestay within the school community and pay a contribution towards food and board to their host families. JTAs need their own rooms but can share the family bathroom.

This is a great opportunity for you and your children to further your interest and knowledge of Japanese language and culture and you will likely make a life-long family friend. The continuation of this wonderful program relies on your support and we thank you for considering this opportunity.

A note was sent home asking for families to express interest in hosting next year. If you are interested in hosting Maruka or have any questions, please return the note or contact Quayle Sensei as soon as possible.

[http://www.evattps.act.edu.au/\\_data/assets/pdf\\_file/0006/434373/2019\\_Host\\_Families\\_Needed.pdf](http://www.evattps.act.edu.au/_data/assets/pdf_file/0006/434373/2019_Host_Families_Needed.pdf)

Email: [leanne.quayle@ed.act.edu.au](mailto:leanne.quayle@ed.act.edu.au) Phone: 61421640

Leanne Quayle, Japanese Teacher

# **Tickets for School Musical**

**Matinee – 12 December 2018 – 11am**  
**Evening – 13 December 2018 – 6pm**

Please contact Dani, Narelle or Jo at the front office

on 6142 1640 or [info@evattps.act.edu.au](mailto:info@evattps.act.edu.au)



to reserve your seats for either the Matinee or Evening performance.

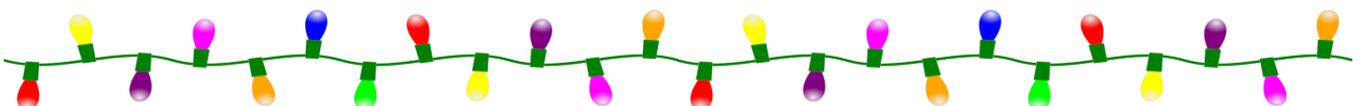
(please note: Preschool will only be performing in the matinee session)

Tickets will be sent home the week beginning 10 December. There is a limited amount of seating, so tickets are limited to 2 per family (either matinee or evening) in the first instance.

A waiting list will be kept if spares are available. Please get your ticket order in early to avoid disappointment.

No pre-payment required, just a gold coin donation at the performance would be appreciated.

Evatt Scouts will be providing a Sausage Sizzle for the Evening Performance.







**Bush Blitz**  
*is coming to the ACT!*

Discover what lives at the  
**AUSTRALIAN NATIONAL BOTANIC GARDENS**  
**10am–3pm Sunday 2 December**

Join Bush Blitz scientists (including spider expert Dr Robert Raven) on their search for species, learn how to identify the amazing plants and animals that call the Australian Capital Territory home... and SO MUCH MORE!

Visit [bushblitz.org.au](http://bushblitz.org.au) for details



Lake Tuggeranong College

*Arts Festival*

**14th - 21st November**

PHOTOGRAPHY PAINTING DRAWING CERAMICS GLASS MEDIA  
Opening Wednesday 14th November 12:30pm  
PAV 4

*Photo by Harry Davies*

## Term 4 – 2018

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6</b>	19 2019 Kinder Transitions Bandstrav Rehearsal School Musical – Ticket Bookings Open	20 Bandstrav Performance	21 School Banking	22 Canteen Closed Breakfast Club 8.30am-9.00am	23 Canteen Closed 2019 Kinder Transitions Assembly: 2.15pm <b>P&amp;C Uniform Shop: 3.00pm - foyer</b>
<b>7</b> Preschool Open Week	26	27	28 School Banking 2019 Preschool Info Night - 5.00pm 2019 Kinder Info Night – 6.00pm	29 Canteen Open Breakfast Club 8.30am-9.00am	30 Canteen Open
<b>8</b>	Dec 3 Concert Costumes due	4	5 School Banking P&C End of Year Celebration: Obstacle	6 Canteen Open Breakfast Club 8.30am-9.00am	7 Canteen Open Assembly: 1.30pm  Volunteer Thank You Afternoon Tea  P/S – musical tickets sent home
<b>9</b>	10 Musical: Technical Rehearsal Musical tickets sent home	11 Musical: Concert Rehearsal Waiting list tickets sent home  2019 Yr 3/4 and 5/6 Camp notes/payment due	12 School Banking Musical - <i>ShowTime at Sea</i> : Matinee	13 Canteen Closed Breakfast Club 8.30am-9.00am  Musical - <i>ShowTime at Sea</i> : Evening Performance	14 Canteen Closed CEIS
<b>10</b>	17 Moving Up Day	18	19 School Banking	20 Canteen Closed: Clean-up Day – Helpers welcome Year 6 Graduation	21 Canteen Closed Assembly: 2.15pm – Year 6 Farewell Last Day – Term 4

## Term 1 – 2019

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	4 Feb First Day – Kindergarten and Preschool – M/T group	5 First Day – Years 1-6	6	7 First Day – Preschool Th/F group	8
<b>2</b>	11	12	13	14 Canteen Open Breakfast Club 8.30am-9.00am	15 Canteen Open Assembly: 2.15pm

### SCHOOL PAYMENT DETAILS:

**EFTPOS:** Visit the front office in person, ring the front office and pay over the phone (Mastercard/Visa only).

**Direct Transfer:** Evatt Primary School Management Account, BSB: 032777, Account number: 001244, Reference field: 'child/family name' & 'excursion/payment name'



Principal: **Mrs Susan Skinner**

Heydon Crescent, Evatt ACT 2617

Ph: (02) 6142 1640

✉: [info@evattps.act.edu.au](mailto:info@evattps.act.edu.au)

🌐: [www.evattps.act.edu.au](http://www.evattps.act.edu.au)