



What can you do to stay in control? Fantastic self-regulation posters by students in Room 14 & 15

Upcoming Events

TERM 4:

WEEK 1

Monday 14th October

- First day of Term 4

Wishing all families safe and happy holidays!

School resumes on
Monday
14th October



Leadership Report

Happy Holidays

It's hard to believe that it is the end of Term 3 already! Term 4 is going to be full of fun and exciting activities and I am sure it will be Christmas before we know it. Please refer to the attached calendar for all of the Term 4 dates but here are some of the activities we are looking forward to:

- Children's University Graduation
- Beach Day
- Sammy D Foundation presentation on Bullying Prevention
- James the Artist
- Christmas Concert
- Year 7 Graduation
- Volunteers Lunch

Congratulations to our Terrific Kids

Congratulations to Jennifer and Maqsoorah who have been awarded the Terrific Kids certificates from Kiwanis's this term. This award recognises students that promote learning, positive behaviour choices, are friendly and respectful. Each term many students are nominated to be our Terrific Kids and the choice is always a hard decision as there are so many students at Wandana that display these characteristics on a daily basis.



NAPLAN Results

This week your child would have brought home the results of the NAPLAN test they did in Term 2. The results of this test provide a 'snapshot' of your child's learning. This is only one piece of many pieces of data that we use to inform us about how best to support your child.

Please have a look through the results and feel free to make an appointment with your child's teacher if you would like to discuss any aspect of NAPLAN.

Kind Regards

Belinda Smith, Principal

Our vision: Empowering our community to flourish in their relationships and learning.

2-12 Cowra Avenue, Gilles Plains SA 5086 Ph 08 8261 1699 Fax 08 8266 2919

E dl.0994_info@schools.sa.edu.au Web www.wandanac7.sa.edu.au

Self-Regulation

What is self-regulation?

Self-regulation is the ability to understand and manage your behaviour and your reactions to feelings and things happening around you.

It includes being able to:

- regulate reactions to emotions like frustration or excitement
- calm down after something exciting or upsetting
- focus on a task
- refocus attention on a new task
- control impulses
- learn behaviour that helps you get along with other people.

Why self-regulation is important?

As your child grows, self-regulation will help them:

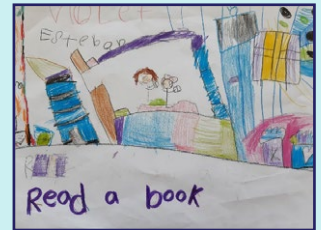
- learn at school – because self-regulation gives your child the ability to sit and listen in the classroom.
- behave in socially acceptable ways – because self-regulation gives your child the ability to control impulses.
- make friends – because self-regulation gives your child the ability to take turns in games, share toys and express emotions in appropriate ways.
- become more independent – because self-regulation gives your child the ability to make good decisions about their behaviour and learn how to behave in new situations with less guidance from you.
- manage stress – because self-regulation helps your child learn that they can cope with strong feelings and gives them the ability to calm down after getting angry.

In Room 15 we use the words "Are you in control?" and "What can you do to stay in control?"

We worked with Room 14 to create posters of the things we can do to stay calm and be in control.

Here are some of our fantastic posters.

What can you do to keep calm and stay in control?



Emergency Services

As part of Room 7's learning this term, they have had some visits from Emergency Service Personnel, learning lots about how people in our community help us.



ROOSTERS
NORTH ADELAIDE FOOTBALL CLUB

**WANT TO KNOW WHY EVERYONE LOVES GIRL'S FOOTY?
COME & PLAY WITH US**

Come and plays are a great way of getting involved with footy for the first time

Girls will have a quick intro to handball and kicking before being split into teams to play. Modified footy rules means it's safe and lots of fun!

Who: girls, aged 7 – 11 years
When: Sunday 20 October | 10:00am - 11:30am
Where: Park 2, Fitzroy Terrace, North Adelaide

REGISTER FOR FREE NOW
<https://sanfl.com.au/inside-sanfl/events>

Bring: Water bottle, closed in shoes and a hat

A parent information session will be run side by side to the come and play. This will help parents understand the modified rules the girls are playing, answer any questions and will link families to their local community club.

For more information contact the Female Engagement Team
female.engagement@sanfl.com.au

#GirlsKickingGoals