

Beaumont Hills Public School

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THURSDAY, 2 June 2022 Term 2 Week 6 2022

Newsletter Articles

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- * Uniform Shop News
- * Canteen News

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- * Sponsors and Community



Principal's Report

BEAU Awards

Bronze, Silver and Gold BEAU awards will be presented at an awards assembly on Monday 20 June. Parents of students who will be receiving awards are invited to watch the presentation. K-2 BEAU awards assembly will start at 9.15am, assembly for Years 3-6 will begin at 9.45am. Please be reminded that you cannot be in the school grounds if you have any COVID/flu symptoms.

Introducing....Mr Holloway



Mr Holloway has worked at BHPS since the beginning of 2021. He is part of our Learning and Support Team, and primarily supports behaviour management. Mr Holloway works with classes and, in some cases, individual students. He specialises in emotional regulation, and teaches classes about using Zones of Regulation. Many of our playground incidents involve emotional regulation issues where a child or children become heightened (angry, aggressive etc). Children benefit from learning to recognise triggers and take action themselves to keep their emotions and negotiation skills at an appropriate level.

Program description

The Zones of Regulation is a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behaviour approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognise a broader range of emotions, perspective about how others see and react to their behaviour, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills.

All of the zones are natural to experience, but the framework focuses on teaching students how to recognize and manage their zone based on the demands of their environment and the people around them. The zone categories are as follows:

Principal's Report

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated, euphoric, or experiencing anger, rage, explosive behavior, devastation, or terror when in the Red Zone.

The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions, however individuals have more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

This self-regulation program educates students on how to recognise the relationship between emotions, feelings, and their internal "state of being" with the behaviors and actions that we see. This relationship impacts attention, learning, and emotions. When students understand the connection between their arousal states and their ability to self-regulate, they can identify different zones or levels which they are currently in at any given time. They can then use regulation tools or strategies to impact their arousal so they can appropriately and efficiently respond to the demands of a given task.

(Adapted from 'The Zones of Regulation - A Curriculum Designed to Foster Self Regulation and Emotional Control')



Rapid Antigen Tests

Packs of Rapid Antigen Tests are being sent home this week. Please use these as needed. We are currently experiencing a nasty cold going through many classes and children are being sent home daily due to being symptomatic. Please keep children home if they develop sore throat, runny nose, coughing etc.

Ms Lyn Welsh Príncípal

Diary Dates

Friday 3 June 2022	PSSA Round 3
Monday 6 June 2022	P & C Meeting 7.00pm - 9.00pm in the staffroom
Friday 10 June 2022	PSSA Round 4
Monday 13 June 2022	PUBLIC HOLIDAY (Queens Birthday) NO STUDENTS TODAY
Tuesday 14 June 2022	Interrelate Stage 3
Friday 17 June 2022	PSSA Round 5
Tuesday 21 June 2022	Interrelate Stage 3
Wednesday 23 June 2022	SRC Fundraiser day
Tuesday 28 June 2022	Interrelate Stage 3 Parent Teacher Interviews
Wednesday 29 June 2022	Parent Teacher Interviews
Thursday 30 June 2022	Parent Teacher Interviews

Office News

THE PARKWAY GATE

If you need to collect your child/children during school hours, please be vigilant when closing the front gate by sliding the top bar across.

There have been instances where the gate has been closed but not latched.

The gate needs to be closed for the safety and security of the children.

EARLY PICK UP

If you are coming up to pick up your child/children early, please be aware that recess is 11am - 11.30am and lunch is 1.30pm - 2pm. It may be difficult calling your child/children to the office at these times as the playground is very noisy.

If you do need to collect your child/children during these times, please email the office so we can organise with your child/children's teacher to arrange for their bag to be sent to the office.

TERM ACCOUNT

A friendly reminder that the term 2 account was due on 20 May, 2022. If you are unsure if you have paid or if you require the amount due please contact the school office.

Mrs Julie Selwood School Administration Manager

Uniform Shop News

INFORMATION FOR PSSA TEAMS

If your child has been selected in a PSSA team the following items are available via the uniform shop.

Team Shirts (\$10 non-refundable hire fee), socks for soccer, AFL and rugby league (\$15) and the PSSA cap (\$12) are available via the uniform shop. These can be purchased via Flexischools or by contacting the uniform shop via email <u>uniformshopbhps@gmail.com</u> to arrange cash payments.

Please do not pay for these via the Parent Online Portal. The POP system is designed to only collect the \$100 participation fee.

The PSSA cap and socks can be purchased via the school office however, **only cash payments can be accepted.**

BHPS Uniform Shop

PSSA NEWS

Term 2	Rugby League	Soccer	AFL @ Hills Centenary Park, Commercial Rd & Withers Rd, Rouse Hill NSW		Newcombe Ball	
Rnd 1 Week 2 6/5/22	VS Baulkham Hill Nth Crestwood Reserve	VS Bella Vista Fred Caterson, Gilbert Road, Castle Hill	VS Matthew Pearce	Kellyville Courts Wellgate Avenue (near Commercial Road)	VS Sherwood Ridge Beaumont Hills Public School	
Rnd 2 Week 5 27.5.22	VS Matthew Pearce Centenary of ANZAC Reserve (Wrights Road Reserve)	VS Oakhill Drive Dural Park, Quarry Rd, Dural	VS Jasper Rd	Kellyville Courts Wellgate Avenue (near Commercial Road)	VS Bella Vista Beaumont Hills Public School	
Rnd 3 Week 6 3.6.22	VS North Rocks Torry Burn Reserve	Вуе	Bye VS North Rocks Kellyville Courts Wellgate Avenue (near Commercial Road)		VS Castle Hill Castle Hill Public School	
Rnd 4 Week 7 10.6.22	VS Jasper Road Torry Burn Reserve	VS Castle Hill Fred Caterson, Gilbert Road, Castle Hill	VS Sherwood Ridge	Kellyville Courts Wellgate Avenue (near Commercial Road)	VS Excelsior Sherwood Ridge Public School	
Rnd 5 Week 8 17.6.22	VS Sherwood Ridge Centenary of ANZAC Reserve (Wrights Road Reserve)	VS Sherwood Ridge Bernie Mullane, Marella Ave, Kellyville	VS Oakhill Drive	Kellyville Courts Wellgate Avenue (near Commercial Road)	VS Kellyville Kellyville Public School	
Rnd 6 Week 9 24.6.22	VS Castle Hill Centenary of ANZAC Reserve (Wrights Road Reserve)	VS Excelsior Eric Mobbs, Excelsior Ave, Castle Hill	VS Winston Hills	Kellyville Courts Wellgate Avenue (near Commercial Road)	VS Oakhill Drive Beaumont Hills Public School	
Rnd 7 Week 10 1.7.22	VS Northmead John Curtin Oval-Winston Hills	VS Glenhaven Bernie Mullane, Marella Ave, Kellyville	VS Northmead Kellyville Courts Wellgate Avenue (near Commercial Road)		VS Samuel Gilbert Samuel Gilbert Public School	
Rnd 8 Week 2 29.7.22	VS Kellyville Centenary of ANZAC Reserve (Wrights Road Reserve)	VS Samuel Gilbert Fred Caterson, Gilbert Road, Castle Hill	VS Winston Heights Kellyville Courts Wellgate Avenue (near Commercial Road)		VS Sherwood Ridge Sherwood Ridge Public School	
Rnd 9 Week 3 5.8.22	VS Winston Hills Crestwood Reserve-Baulkham Hills	VS Kellyville Bernie Mullane, Marella Ave, Kellyville	VS Crestwood	Kellyville Courts Wellgate Avenue (near Commercial Road)	VS Bella Vista Beaumont Hills Public School	

Term 2	Rugby League	Soccer	<u>AFL</u> @ Hills Centenary Park, Commercial Rd & Withers Rd, Rouse Hill NSW	<u>Netball</u>	VS Castle Hill Castle Hill Public School	
Rnd 10 Week 4 12.8.22	VS Crestwood Crestwood Reserve	VS Bella Vista Eric Mobbs, Excelsior Ave, Castle Hill	VS Baulkham Hills North	Kellyville Courts Wellgate Avenue (near Commercial Road)		
Semi finals Week 4 19.8.22	To be determined	To be determined	To be determined	To be determined	To be determined	
Grand Final Week 5 26.8.22	To be determined	To be determined	To be determined	To be determined	To be determined	

Gemma West & Mark Pengelly

P&C NEWS

Election BBQ and cake stall

Drum roll please.... The Federal Election BBQ 2022 made Beaumont Hills Public School a whopping \$2885.09. The sun shone (mostly), the sausages sizzled and voters were queueing to support our BBQ and cake stall.

Thank you so much to everyone who volunteered their time in the run up to the event and on the day. We could not have done it without you. We hope you had fun and made some new friends as well as helping us raise funds for the school. We'd also like to take this opportunity to offer a big shout out to all the pupils of BHPS who also helped out. We really could not have managed without them. They worked tirelessly and enthusiastically, at all times being great ambassadors for the school. They should be very proud of themselves.

Thank you so much for all of the amazing cakes, cookies and other baked goods donated to our cake stall. We really are very lucky to have so many fabulous bakers at our school. Our cake stall volunteers did an amazing job displaying all the tasty treats, making them completely irresistible! You will be pleased to hear that every single cake was sold - in some cases in box loads - making a significant contribution towards our fantastic final total.

Last, but not least, a huge thank you to the local businesses who either offered donations or discounts: Heartland Grocers, Summerland Poultry, Kellyville Farm Fresh, Bakers Delight Rouse Hill, Coles Kellyville and Woolworths Rouse Hill.

Pre-loved school uniforms

Did you know that you can buy pre-loved school uniform items from the Uniform Shop? At just \$5 per item, it is a great way to have more uniform for less! Did you know that you can also donate uniform items that your child has grown out of? Just drop items off into the school office marked for the Uniform Shop or directly to the uniform shop. We ask that uniforms be washed and in a good condition please.

P&C Meetings

What happens at our meetings? We have a standard agenda which includes a report from our President, the Treasurer and the school's Principal, Ms Welsch. We discuss upcoming events and fundraising opportunities. Occasionally, we'll also invite a guest speaker to attend to talk to us about subjects of interest to our members.

At our May meeting, we heard about the great events that had taken place in the previous month. It is so good to hear how school life is returning to normal with Anzac Assembly, Zone Cross Country Carnival, Mothers' Day Stall and Afternoon Tea and Peer Play Leader training for our Year 6 students being among the highlights. We were also privileged enough to receive an update on the Library Upgrade, which looks fantastic. You may remember that the funds raised by our Colour Run last year are partially funding this project.

Our next meeting will be on Monday 6 June at 7pm in the staff room. Why not come along and find out more about what we do? Whilst you do not need to be a member to attend meetings, Financial members also receive monthly minutes of the meetings, so you never need to miss out. Membership is just \$2 per year and you can join by completing this online form. <u>https://forms.gle/VGzXQdQ6jksDoeHKA</u>

BHPS P&C Executive

Canteen News

Dear BHPS family,

Hope you are keeping all well !! It is June and now we are in the winter season! Make sure everyone stays nice and warm.

Menu Update - New Release



Great news for fish lovers!!

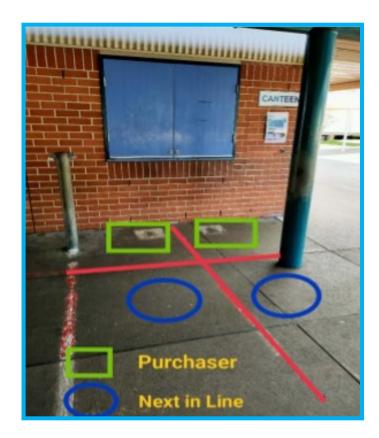
Now we have Tempura Style Fish Cocktail - 4pk for Tuesday special.

Order under Weekly special via Flexischool NOW!!

Canteen Line-in

Most of the students follow the line-up rule at the canteen.

It would be great if you could remind your child to consider others when you line up in lines. Students who would like to purchase items from the canteen need to line up in 2 lines and they must wait behind the red line till it is their turn to be served. Please see the attached photo. Thank you for your support.



BEAUMONT HILLS PUBLIC SCHOOL - Newsletter Term 2 Week 6 2022 LEARNING TO DREAM

Canteen News

PSSA

ACTION NOW!!!!

Winter PSSA will resumed Term 2 Week 5 Friday 27/05/2022.

Students who are in a PSSA team will have their lunch by 12:20pm. In order for canteen to sort out early lunch orders more efficiently, could you please "Add PSSA" on to your Child/Children name in Flexischool.

Please refer to the instructions below:

- 1. Login to Flexischool https://www.flexischools.com.au/
- 2. Scroll down the option on the top left corner and choose "STUDENT"
- 3. Click the specific Child's name
- 4. Under profile click that pencil like icon to "edit profile"
- 5. Put down "PSSA" beside last name
- 6. Save

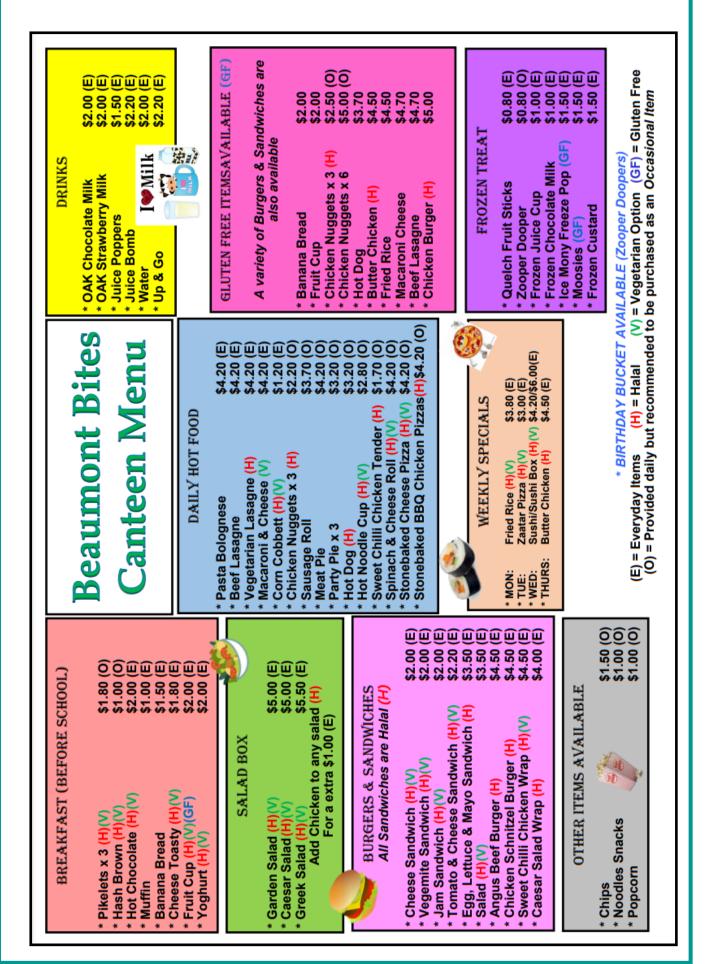
(Please refer to pictures below)

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We continue to practice good hygiene in the canteen and provide healthy snacks and meals. If there are any questions or feedback, feel free to let us know.

Best Regards Yukíko & Judy

Canteen News



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Sponsors and Community



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