



Sally Summers
Principal

Todd McGuigan
Deputy Principal

Nia Kalivas
Wellbeing Leader

Tabitha Kurniawan
IELP Leader

MESSAGE FROM THE PRINCIPAL

Hi families,

I hope you are well, and you had a lovely break during the holidays.

Now we head into term 4 which holds more exciting opportunities for our students learning and wellbeing. Term 4 brings SAPSASA, dance club, Sports day, concert community event, end of year concert, Preschool Graduation, Yr 6 Graduation, transition to Preschool, school and high school and end of year class excursions.

During term 4 staff will continue their commitment to embedding our whole site focus on learning and implementing Zones of Regulation.

Explicit teaching of language about each of the Zones, skill building students to recognize the Zone they are in and supporting them to find strategies that help them move between Zones will continue to be a constant message with staff and students learning side by side.

We have learnt that being in ANY of the Zones is ok, as long as we have safe and effective strategies and skills that we are able to use to move between them when needed.

Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits. If we can recognize when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy, regulated and safe place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation.

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

IMPORTANT DATES:

TERM 4

Week 3	Monday October 28 Governing Council Meeting 2pm
Week 4	Friday November 8 Pupil Free Day
Week 6	Wednesday 20 November Preschool Stay & Play
Week 7	Monday November 25 Governing Council Meeting 2pm Thursday November 28 School Concert Friday November 29 School Closure Day
Week 8	Wednesday December 4 Preschool Graduation 2pm-3pm
Week 9	Tuesday December 10 Whole School Excursion Preschool Family Day 1pm-2pm Thursday December 12 Year 6 Graduation Preschool Family Day 1pm-2pm Friday December 13 Last Day of Term 4 Early Dismissal 2PM Preschool Closed



Talk to your children at home about the Zones of Regulation, ask them how they know which Zone they are in using both their inside and outside body cues. Talk to them and help them identify strategies and choices that support them to move safely between the Zones when needed.

There will be times when we as adults need to help children regulate, this is co-regulation, where we need to clearly and calmly name what we see happening. For example "I notice your face is very red and your fists are clenched, would you like a drink of ice cold water?" "It seems like it's hard for you to stay awake, would going for a walk in the fresh air help you move into the green Zone."

Notice and praise your child when you see them using safe strategies to move between the Zones. Your support in reinforcing the Zones of Regulation language with your child, will help build their language and understanding of self-regulation

This Friday 25th October is Sports day. It is a time for students to dress in their House colours and come along to enjoy a day of team games, sporting events, teamwork and fun. We welcome all families to come along and enjoy the day with the school community, but please respect that staff have duty of care for your child on the day so they need to be with their class and teacher throughout the day. You are welcome to sit as a family at play times but please do not take your child off school grounds during the day unless there has been communication with the teacher, who will direct you to the front office to sign your child out.

Friday 25th October is also when Australia celebrates World Teacher's Day where we have an opportunity to acknowledge and say thank you to all of the amazing teachers at EDPS. The theme this year is 'Hats off to Teachers'. Let's celebrate our teachers and thank them for all the work they do to educate, inspire and empower learners.

Soon we will be beginning to look at classes for 2025. If your child/children will not be attending EDPS in 2025, can you please let the school know by either emailing dl.0947.info@schools.sa.edu.au OR letting the front office staff know. There is no need to let us know if your child is currently in year 6 this year.

I look forward to chatting and catching up with you in the yard either before or after school.

Regards

Sally Summers



Elizabeth Downs Primary School
Expectations - Diversity - Perseverance - Supportive

PARKING



When parking around the perimeter of the school please be aware of signage regarding restrictions. Local Councils do monitor schools and will allocate infringement notices when required.

ATTENDANCE



Encouraging regular school attendance is one of the most powerful ways you can prepare your child for success-both in school and life. When you make school attendance a priority, you help your child's academic improvement, develop healthy life habits avoid dangerous behaviour and have a better chance of graduating from high school. When students are absent for fewer days, their academic progress and reading skills often improve – even among those students who are struggling with their learning.

Habitual non-attendance: Where a student has 5 or more absences for any reason in a term (average of 12 days per fortnight)

Chronic non-attendance: Where a student is absent for 10 days or more in a term for any reason (average of 1 day per week)

EDPS EXPECTATIONS

The EDPS whole school expectations support and underpin the School values. These expectations are for staff, students, families and visitors to our school.

Movement

We use mindful movement by walking through the school safely, quietly and respectfully.

Communication

We communicate with friendly words and safe bodies.

Learning

We actively participate, embrace challenge and take pride in our learning.

Pride

We show pride towards ourselves, our school, all property and each other.

ELIZABETH DOWNS PRIMARY SCHOOL

Heard Street, Elizabeth Downs, South Australia

Phone - 8255 2726

Fax - 8287 0192

BELL TIMES

8:50am START OF SCHOOL DAY

8:50am – 9am Class Connection

9am – 9:50am lesson 1

healthy snack time to be scheduled around 10:30am for all classes

9:50am – 10:40am lesson 2

10:40am – 11:30am lesson 3

11:30am – 11:40am LUNCH EATING TIME

11:40am – 12:10pm LUNCH PLAY TIME

12:10pm – 1pm lesson 4

1pm – 1:50pm lesson 5

1:50pm – 2:10pm RECESS PLAY

2:10pm – 3pm lesson 6

3pm END OF SCHOOL DAY

HATS

With the warmer weather edging closer the UV rating is going up. This means there will be days when students will need to wear hats at playtime. Please ensure your child has a school hat (broad brimmed or bucket) and get them to bring it to school by the end of this week. If your child does not have a hat, they are available for sale from the finance office for \$8.00. If a child does not have a hat on when required, they will need to sit under the shelter during play times as we have a 'No Hat No Play policy'.

PLAYFORD COMMUNITY NEW



The Healthy Food Co. provides low-cost nutritional food products and grocery items to the whole community at reasonable prices.

We are a volunteer run service and have been serving our community since 1996. We offer Easy Meal kits that feed a family of 4 for under \$14.50 per kit.

Healthy Food Co. is also on [Facebook](#), where you can watch videos, discover new recipes and engage with others in our thriving community.



Please join our Elizabeth Downs Facebook page to stay up to date with school events such as excursion dates, SAPSASA, choir, class learning and updates about Buddy



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GIVE CRICKET A GO!
SIGN UP HERE

You can play cricket anywhere - beach, backyard or school oval! A great team sport for all to learn fast bowling, big hitting and being with friends.

MULTICULTURAL CRICKET BLAST
FREE 4 Week Program
Aimed at children aged 5 - 10 years
Starting 6th November 2024
Wednesdays 4pm - 5pm
Dauntsey Reserve - ATCO CC

Scan the QR code to register now or visit the Play HQ website and search for ATCO Cricket Club to register under the Woolworths Community Program

KIDS TAEKWONDO
SPORTS VOUCHER APPROVED
Term 4 enrolments open now

Sport Fitness Confidence
Self Defence Leadership
Anti Bullying
Non - Contact Training
WWCC Approved Instructors

info@worldtaekwondo.com.au
Ph: 0412 909 500
worldtaekwondo.com.au

Fireworks Finale!
Free Entry

Playford Community Carols

Saturday 7 December
From 4.30pm | Fremont Park
Market stalls, food trucks and fun activities
Alcohol, smoking and pet free event

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FREE

TERM 4 KIDS PROGRAMS
ELIZABETH RISE
COMMUNITY CENTRE

Shop 7/26 Hamblynn Road, Elizabeth Downs | Phone 8256 0448

Storytime at The Rise
 Tuesdays
 9.15am-10.15am
 Ages 2-5 years
 Stories, songs & crafty fun

Maggie Moo Music Playgroup
 Thursdays
 9.30am-10.15am (0-1.5yrs)
 10.30am-11.15am (1.5-4yrs)
 Music, songs and instruments

Little Crafters
 Thursdays
 11.15am-11.45am
 Ages 2-5 years
 Fun & creative craft time

Corka Kids
 Fridays 9.15am-9.45am
 Ages 2-5 years
 Fun program combining dance & songs
 with Aboriginal culture & language

Thank you!
 Lions Club
 Elizabeth Playford



Marni Waiendi



Our Marni Waiendi facility engages with the Aboriginal and Torres Strait Islander

community and provides assistance, support and advocacy to increase the participation of the Aboriginal and Torres Strait Islander people in programs across the City of Playford.

The facility also provides a culturally appropriate Aboriginal transitions centre to provide services to Indigenous community members with information and referrals to assist access to a range of mainstream and Indigenous specific services.

Contact Details and Location

For further information contact Marni Waiendi on [8256 0145](tel:82560145)

On behalf of our school community, we would like to express our immense gratitude to the late Beryl Harmer (Mrs Ashlee Self's Aunty) for her generous donation to the Zen Den.



We will ensure that this donation will go towards helping our students thrive.

With Love & Light
 The Zen Den
 Elizabeth Downs Primary School

We are enjoying the amazing job that you did during the holidays to create a relaxing and beautiful environment at Buddies Cafe
 Thank you! Thank you! Thank you!



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