



PRINCIPAL'S NEWS

13 October 2023

This week we held a Parents and Friends gathering in the staffroom. It was a lovely evening and I very much appreciated the opportunity to converse with a group of wonderful parents and our newest teachers, Sally French and Sean Killeen. It was ultimately a night to connect, but we also unpacked the 'Zones of Regulation' which provide a framework and common language for understanding one's alertness, energy levels and feelings.

Anita Katajamaki, our school counsellor, delivered a simple yet easy session for us to engage. Whilst in the process of adopting the Zones of Regulation, as a school wide approach, Annette Hammermeister delivered sessions to classes and then smaller groups for a more intensive learning experience. Today, I went about asking student's to share their own description of each Zone and the Poster is included below for your own information, as it may also be adaptable to home.

Chloe N (1M) *The green zone to me looks like spreading kindness, being happy and smiling, helping others, sitting up straight and ready to learn. I like to take breaths when I am not spreading green.*

Theo L (1M) *When someone is RED they are angry, not listening, not talking to anyone and moving away. I breath too and Mrs. H said to use finger to make a lazy 8.*

Mahalia M (1N) *I think when I am blue I am sad, lazy, tired and bored. Colouring in and a fidget toy maybe would help*

Terrance S (1C) *When I'm yellow I am silly, not smart, not ready, not listening. I can work with a friend who is green. That would help. Lego too.*

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control



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website



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ABSENTEES

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PRINCIPAL'S NEWS continued

The following quote from James 1:19 reads so simply, but we know it takes time and self-awareness to develop the skills necessary, to infuse this into everyday interactions. The 'Zones of Regulation' we consider an effective framework for us to use in not only coaching young people how to harness our energy and response to life, but also as a way to regulate our own engines.

JAMES 1:19: "LET EVERY PERSON BE QUICK TO HEAR, SLOW TO SPEAK, SLOW TO ANGER."

On Monday we will welcome the 2024 Prep group to their Orientation. Our 2023 Prep class will be promoted to Year 1 for the morning and are looking forward to spending some special time in Year 1. Prep positions at St Patrick's have definitely been sort after for next year. In asking hopeful parents 'why St. Patrick's?' the response received was mostly due to the wonderful recommendations you, as current parents, have provided for parents making important decisions around their children's educational future. I'd like to take this opportunity to THANK YOU for your ongoing supportive of this community. WE are stronger because you have been a part of our story. If you are at the other end of the spectrum and your youngest student is in Year 6...savour these final weeks of your St Patrick's journey, as we prepare to say farewell in the coming weeks.

Kim O'Shea-Hard

SOCKTOBER—FRIDAY 20 OCTOBER

ST PATRICK'S
SOCKTOBER
2023
FRIDAY OCTOBER 20
ODD SOCK DAY
GOLD COIN DONATION

To help support the work of Catholic Mission

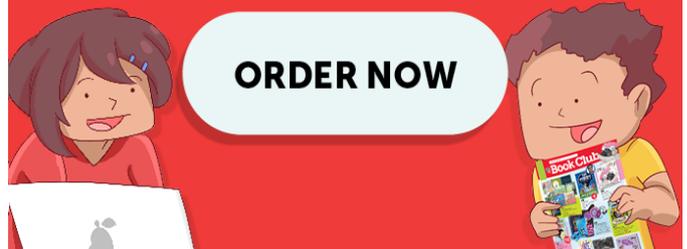
BOOKCLUB

Book club catalogues have been sent home with your child last week. Reminder that all orders need to be made **ONLINE via LOOP payment** on the Scholastic website, as no cash orders can be accepted. Please go to www.scholastic.com.au/LOOP.

All orders are due by next **Monday 16 October**. As soon as orders are dispatched to us, we will then send home with your child.

PARENTS & KIDS

ORDER NOW



NON STATE SCHOOLS TRANSPORT ASSISTANCE SCHEME



Are you eligible?



[schooltransport.com.au](https://www.schooltransport.com.au)

ELIGIBILITY

The Non State Schools Transport Assistance Scheme provides financial assistance for families transporting students to non-state schools in Queensland. To find out more about eligibility requirements click here: <https://www.schooltransport.com.au/>

The Non State Schools Transport Assistance Scheme provides financial assistance for families transporting students to non-state schools in Queensland. To find out more about eligibility requirements for Students with Disability click here: <https://www.schooltransport.com.au/>



Applications close 31 October



[schooltransport.com.au](https://www.schooltransport.com.au)

WHAT IS THE NSSTA SCHEME?

Would you like to know more about the Non State Schools Transport Assistance Scheme and eligibility requirements? Click on the link to view the short introductory video here: <https://youtu.be/ogWpq7tVaio>

APPLICATIONS CLOSE 31 October

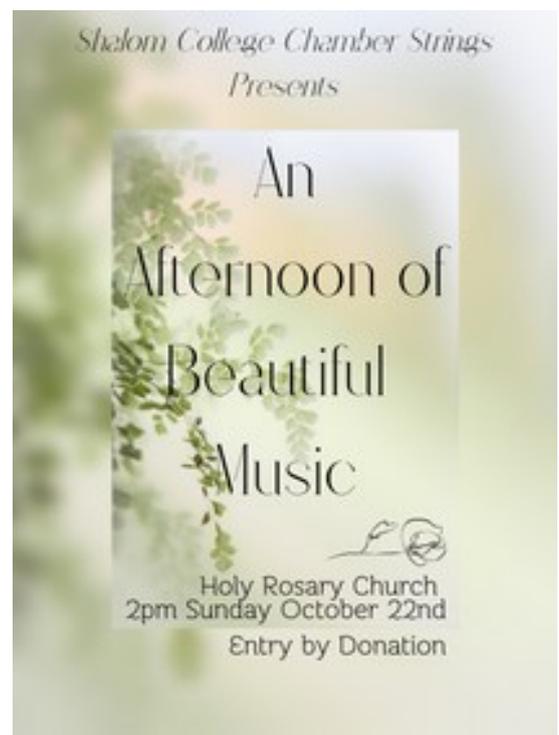
Applications for the Non State Schools Transport Assistance Scheme will close on Tuesday 31 October. Don't miss your chance to apply here: <https://www.schooltransport.com.au/>

SHALOM COLLEGE CHAMBER STRINGS PERFORMANCE

Treat yourself to 'An Afternoon of Beautiful Music' from the Shalom College Chamber String Ensemble as they give their final performance for 2023.

At this concert, the group will farewell their senior cohort who have been valued members of the music community at Shalom since 2018. The concert program includes a variety of music from inspiring classics to toe-tapping contemporary works, it is sure to have something in it for everyone. The College choir will also present a short selection of music.

The concert will take place at Holy Rosary Church on Sunday October 22nd commencing at 2pm. Entry is by donation. All are welcome.



OUT AND ABOUT

RIVERCITY
STRONG



BRISBANE BULLETS BIG SHOTS St Patrick's Catholic Primary School



6 WEEK TERM 4 PROGRAM

Wednesdays 9.15pm - 4.15pm

Price

\$95.00 Includes Brisbane Bullets Big Shots merchandise pack

Commences Week 3

18th October

Click Here
**REGISTER
NOW!**

✦ *BEGINNER FRIENDLY EXPERIENCE*

✦ *IMPROVE YOUR SKILLS FROM OUR QUALIFIED COACHES*

✦ *REGISTER AT www.brisbanebullets.com.au/community*

Parents—This is a wonderful opportunity for interested Basketball students to participate in a quality coaching experience to be run after school in the MPS. Please note that this 6-week coaching clinic is run independently of the school. The sessions will be run by the Brisbane Bullets and St Patrick's



FUN IS IN FULL SWING!

Join Woolworths Cricket Blast
A safe way to have fun and stay active for kids of all abilities.

Bundaberg Cricket Association - Blast Program
Programs starting Friday October 13th
Salter Oval
Register now at play.cricket.com.au

SIGN UP TODAY!

PROUDLY PRESENTED BY

[Play Cricket](#)

FAMILY OPEN DAY

BUNDABERG

All Welcome! **Sunday October 22**

- Bouncy Castle and Slide
- POP Tennis and Games
- Lucky Door Prize, great giveaways & lots more!
- Face Painting
- Sausage Sizzle

Where: Bundaberg & District Junior Tennis Assoc. Inc.
Rotary Park Tennis Complex
69b George Street, South Bundaberg
bundyjunortennis.org.au or facebook.com/BDJTA/

OUT AND ABOUT



POP-UP SHOP

Bundaberg

January 8th – 12th 2024

**Bundaberg Recreational Precinct Exhibition Room
(Off Main Pavillion), Douglas Lane**



SCHOOL SAVVY IS BACK FOR 2024

Bundaberg region residents can look forward to the School Savvy pop-up shops returning in 2024, with shops in Bundaberg, Childers and Gin Gin once again set to open.

From January 8, students from families facing financial struggles will be able to access quality second-hand uniforms and essential booklist stationery supplies at extremely affordable prices.

Uniform donations are now being accepted through donation locations across the area. For a current list of donation points, please visit www.catholiccarecq.com/donations-points

Support your local community and make a difference in a school student's life. The School Savvy CQ team is looking forward to seeing you.



The Passionist Family Groups

Ladies Dinner

Wednesday, 18th Oct 2023 6.00 pm

Rowers on the River
1 Toonburra Street

Ticket Price
\$35PP

Tickets available from the Parish Office

Two Course Meal + tea or coffee



TERM FOUR PLANNER

WEEK 1	Week 2nd October - 6th October		
Monday	KINGS BIRTHDAY PUBLIC HOLIDAY		
Tuesday	First Day Term 4		
Wednesday - Thursday	Courtyard Prayer	8:40am	Mini Vinnies
WEEK 2	Week 9th October - 13th October		
Monday	Parish Mass	9:00am	Year 5 & 1
Tuesday–Thursday	Courtyard Prayer	8:40am	Reef Guardians
WEEK 3	Week 16th October - 20th October		
Monday	Prep Orientation Morning	9:00am-10:30am	Prep 2024
	Parish Mass	9:00am	Year 6
Tuesday - Wednesday	Prep Vision Screening	All Day	Prep
Tuesday - Thursday	Courtyard Prayer	8:40am	2C
WEEK 4	Week 23rd October - 27th October		
Tuesday - Thursday	Courtyard Prayer	8:40am	2L
WEEK 5	Week 30th October - 3rd November		
Tuesday - Thursday	Courtyard Prayer	8:40am	2N
WEEK 6	Week 6th November - 10th November		
Monday	Parish Mass	9:00am	Year 3
Tuesday - Thursday	Courtyard Prayer	8:40am	4C
Thursday	Shalom Instrumental Music Day—Year 7 2024	8:30am	Year 6 Strings
Friday	Remembrance Day Memorial	8:40am	Year 5
WEEK 7	Week 13th November - 17th November		
Monday	Parish Mass	9:00am	Year 4
Tuesday	Cultural Night - Year 3, String and Choir Ensembles	5:30pm	Music
Tuesday - Thursday	Courtyard Prayer	8:40am	4K
WEEK 8	Week 20th November - Friday 24th November		
Monday	Parish Mass	9:00am	Year 2
Tuesday - Thursday	Courtyard Prayer	8:40am	4M
Friday	Senior Swimming Carnival	9:00-11:00am 11:00-12:30pm	Years 3 & 4 Years 5 & 6
WEEK 9	Week 27th November - Friday 1st December		
Monday	Year 1 Nativity Assembly	9:00am	Whole School
Tuesday	Year 6 Graduation	9:00am	Whole School
Wednesday	Celebration Night	6:00pm	Whole School
TBA	End of Year Liturgy	TBA	Whole School
	Year 6 Farewell Assembly	TBA	Whole School

2024 TERM DATES

TERM 1	Monday 22 January - Thursday 28 March
TERM 2	Monday 15 April - Friday 21 June
TERM 3	Monday 8 July - Friday 13 September
TERM 4	Monday 30 September - Friday 6 December