



TECOMA TIMES

Tecoma Primary School Newsletter



1536 Burwood Highway,

Tecoma VIC 3160

Tel: 9754 2354

Email: tecoma.ps@education.vic.gov.au

Website: www.tecomaps.vic.edu.au

Acting Principal : **Brooke Cross**

Assistant Principal: **Di Double**

29th May, 2025

DATES TO REMEMBER: MAY

Friday 30th
Parliament House
Grade 5/6B



JUNE

Tuesday 3rd
Division Cross
Country - Select
Students

Wednesday 4th
Swimming
Grades 5/6

Friday 6th
MCG Excursion
Grades 1/2



Monday 9th
King's Birthday
Public Holiday
Student Free Day

Grandparents & Special Friends Day

Tomorrow!!

30th May.

**10:00am -
12:00 noon**



Time	Event	Where
10:00 - 11:00am	Prep - 2 students performing a mini concert	In the hall
11:00 - 11:30am	Morning Tea	In the 1/2 building
11:30am - 12:00 noon	Classroom Time	Visitors are invited into the classrooms to spend some special time with the students.
12:00 noon	Grandparents & Special Friends Leave	Thank you so much for coming. The children love having you come to their school and sharing what they do.

FROM THE PRINCIPAL...

Tecoma's Amazing Race

What a great night we had last Wednesday night at Tecoma's Amazing Race! There were well over 100 both current and future families, who 'raced' around the school, visiting all the rooms to complete their answer sheets. We even had a small group of past students who also took part on the night. Very proud children raced to the office to show us their complete sheets, which were full of stickers, stamps and smiling faces. If you were one of the families who attended, we thank you for coming, as we know there are a lot of other things taking place on a Wednesday afternoon for busy families.



I would like to thank our dedicated staff, who eagerly showcased what they do in their classrooms and arranged the evening for you all to enjoy. What a great way to celebrate Education Week! Thank you to Mrs Hoskins-Faul, our school's Mental Health and Wellbeing Leader, for coordinating this event.



National Reconciliation Week

During this week, as a school community, we would like to acknowledge the Traditional Owners of Country throughout Australia and recognise the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders past, present and emerging. We thank you for this land that we call home.

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. Take the opportunity to ask your child what they've been learning about over the week.

Grandparent's Day – Friday 30th May

Our next community event will be taking place tomorrow morning, when we invite our grandparents and special friends, to come into our school to spend time with the Prep – Grade 2 students.

The morning will begin with a concert at 10:00am in the hall. Visitors are then invited into the Year 1/2 building for a special morning tea, complete with scones which have been kindly donated by The Blacksmith, in Belgrave, who provide us with our lunch orders.

At 11:30 our visitors will then be welcomed into the Prep-2 classrooms for around half an hour, to spend some time with their grandchild, before they head home.

Once again, we would really like to thank our community for supporting this event, as this is one which our junior school students (and staff) really love.

Thank you to the Prep, Grade 1 and Grade 2 teachers for working hard, with lots of rehearsals, to make this event such a great success!

Brooke Cross
Acting Principal.



STUDENT OF THE WEEK



GRADE	NAME	REASON
Prep A	Ilan D	Ilan put his absolute best effort in to create a 10s friends rainbow. He chose the friends $6+4=10$ and displayed that on a tens frame and with the correct number of raindrops. Ilan, your work was neat, tidy and colourful. Well done!
Prep A	Chloe C	Chloe created a wonderful painting of the season her birthday is in for Maths - Spring! Both her writing and painting were done neatly and beautifully. You always take your time to put your best effort in, Chloe. Well done!
Prep B	Arlo C	Arlo, you have made some excellent choices when working on independent tasks, concentrating hard and improving your work! Keep up your amazing effort!
Prep B	Billie M	For always being respectful and friendly to others. For working very hard on subtraction sums, carefully counting them out and checking your own work. Great job, Billie!
1A	Ella G	Ella is working so hard during our Phonics Plus lessons and her hard work is paying off. It is wonderful watching your spelling knowledge improve more and more each day, Ella!
1B	Ariana L	Ariana planned and wrote a wonderful narrative about Conan, the flying witch. It had all the traits of a good narrative and I wanted to read more. Well done, Ariana.
1B	Jude B	Jude is always respectful of his classmates, teachers and visitors. He ensures that our classroom is tidy and assists others when his own tasks are completed. Well done, Jude.
2A	Louis M	Louis is a kind and respectful member of our class. He has been doing a wonderful job of showing respect to his classmates and teachers. Well done, Louis!
2A	Harper S	Harper has been challenging herself this year in spelling. Well done on the hard work you are putting in, Harper. It is paying off! Keep it up!
2B	Kimaya H	Kimaya has shown wonderful improvement in her writing and is beginning to use exciting adjectives to make her stories more interesting and fun to read. Keep up the great work!
2C	Patrick K	Patrick has been working really hard to improve his spelling of familiar words. His effort is really paying off and he achieved a great result in some recent assessments. Well done, Patrick.
2C	Marley W	Marley always checks in with me (or a mate) to make sure he has understood what he needs to do for an activity. This shows me that he really wants to do the task accurately and give it his PERSONAL BEST. That's the best way to succeed at school, Marley. Great job.



STUDENT OF THE WEEK



GRADE	NAME	REASON
3/4A	Alice F	Alice has put in a great effort working on her autobiography this week. When she has been unsure about what to write she didn't stop writing. Instead, she asked for feedback and used it improve her work. Great job, Alice!
3/4A	Thomas DC	Thomas has thoroughly enjoyed creating his autobiography this week, which has come out in his work. He has added many details and facts about his life and has many stories to share about his time at school. Awesome work, Thomas!
3/4B	Edie B	For doing your personal best in every learning task you attempt. Your creativity shines through in the way you take pride in how you complete your work, making sure it is your best. Well done, Edie!
3/4B	Olive H	You have been so engaged and dedicated when completing your autobiography. You check and edit your work, seek feedback ensuring it will be an outstanding piece of writing about your life. Terrific effort, Olive!
3/4C	Hudson O	Hudson consistently demonstrates our school values through his actions and attitude. His caring nature shines through in the way he supports and interacts with his fellow classmates. Well done, Hudson.
5/6A	All of 5/6A!	For the wonderful way you respectfully represented our school whilst at Parliament House. It was a pleasure taking you on our excursion. Congratulations!
5/6A	Franqi C	Congratulations, Franqi, on always trying your hardest. You did an amazing job learning how to add, subtract and multiply fractions; and showed great determination. Keep up the fantastic work.
5/6B	Connor C	Connor is incredibly respectful to those around him. He is an amazing class helper and will always be the first person to offer his assistance. This is such a great quality to have. Keep it up, Connor!
5/6B	Hailey E	Hailey's positive attitude is an inspiration to those around her. Her flair for writing is evident, and she is able to present her work in an engaging manner that captivates our class. Keep up your magnificent approach to learning, Hailey!
5/6D	Stella B	Stella shows great maturity when problems arise. She thinks deeply, speaks wisely and shows great care for others. Well done, Stella!
5/6E	Lachlan F	For showing such creativity and imagination with all writing tasks. You always push yourself to achieve your goals and keep the reader entertained with the interesting choices of language you use. Keep up the great work, Lachlan!
Japanese CLIL Science	Inez N	Inez confidently incorporated Japanese colours and adjectives into her descriptive caption and conversation while watching the plant growth video. Great effort!
Japanese CLIL Science	Dylan H	Well done, Dylan, for constructing a full sentence in Japanese using knowledge you acquired outside the classroom during our weekly Japanese conversation task. Great initiative and enthusiasm!

SSV District Cross Country @ Crystalbrook Park

Tecoma Primary School had a fantastic day at the recent SSV District Cross Country event held at Crystalbrook Park. Our students showed incredible team spirit, with lots of cheering and support for one another throughout the day.

There were plenty of nervous runners at the starting line, but it was inspiring to see them overcome their nerves, demonstrate resilience, and push through to complete the challenging 2km and 3km courses. A huge well done to everyone who took part, you all did Tecoma proud! Congratulations to our outstanding runners who placed in the top 15 and will now progress to the SSV Divisional Cross Country at Yarra Glen Racecourse. We wish all 15 of those qualifying runners all the best of luck!

A special shout-out to our podium finishers:

Harlie S – 1st place

Jake S – 2nd place

Alma H, Charli S, and Noah T – 3rd place

Well done again to all of our participants for your effort, determination, and sportsmanship on the day!





TECOMA PRIMARY SCHOOL - WELLBEING STRATEGIES

BLUE



SAD



TIRED



BORED



SICK

GREEN



HAPPY



CALM



FOCUSED



RELAXED

WHAT ZONE ARE YOU IN?

RED



ANGRY



OUT OF CONTROL



TERRIFIED



OVERJOYED

YELLOW



SILLY



FRUSTRATED



EXCITED



WORRIED

ZONES OF REGULATION: A GUIDE FOR PARENTS

The Zones of Regulation is a framework designed to help children understand and manage their emotions, behaviour, and sensory needs. It categorises feelings and states of alertness into four easy-to-understand zones. By learning to identify their zone and use strategies to regulate themselves, children can better navigate their emotions and responses in everyday situations.

BLUE

Feelings: Sad, tired, bored, or sick.

State: Low energy or withdrawn.

Example: Your child might be in the Blue Zone if they didn't get a good night's sleep or disappointed about a canceled playdate.

GREEN

Feelings: Calm, focused, happy, or ready to learn.

State: Ideal for learning and socialising. They are 'Ready to Learn'.

Example: Being in the Green Zone helps children participate in class or play well with others.

YELLOW

Feelings: Frustrated, worried, silly, or excited.

State: Elevated emotions or energy.

Example: Your child might be in the Yellow Zone when they feel nervous before a test or overly excited at a party.

RED

Feelings: Angry, overwhelmed, terrified, or out of control.

State: Extreme emotions requiring help to calm down.

Example: A child in the Red Zone might yell or cry during a conflict.

UNDERSTANDING THE ZONES OF REGULATION HELPS CHILDREN:

- Improve emotional awareness.
- Build resilience and problem-solving skills.
- Enhance focus and learning capacity.
- Strengthen relationships with peers and adults.

HOW THEY ARE TAUGHT OR USED IN THE CLASSROOM:

- All year levels from 1-6 begin their school year with explicit teaching of the Zones. The language is consistent across the school and students are able to identify the zone they are in.
- Students are taught that all zones are relevant and it is okay to feel the emotions of each zone.
- Prep students are taught the zones explicitly in their inquiry unit during term 1, breaking down each zone, one by one.
- Each class has a display of the zones and each teacher has a different way of getting the student to record their zones. Make sure to ask your child's teacher how the zones are identified in their class.
- Teachers use this information each day to keep track of the wellbeing of the students in their classroom.
- Students are taught strategies to help them to shift their zone, or to assist them to regulate their emotions.

HOW YOU CAN USE THEM AT HOME:

- Recognise the Zone: Help your child identify their current zone. Use visual aids like coloured charts or faces showing different emotions.
- Validate Their Feelings: Let your child know it's okay to feel any emotion. All zones are normal and natural.
- Teach Coping Tools: Provide strategies to help your child move to the Green Zone when needed:
 1. Deep breathing or mindfulness exercises.
 2. Physical activities, like jumping or running.
 3. Sensory tools like stress balls or chewing gum.
 4. Talking to a trusted adult or friend.
- Model and Practice: Demonstrate your own regulation strategies. Encourage regular practice to make these tools second nature.

WHY IT MATTERS

Understanding the Zones of Regulation helps children:

- Improve emotional awareness.
- Build resilience and problem-solving skills.
- Enhance focus and learning capacity.
- Strengthen relationships with peers and adults.

HOW PARENTS CAN SUPPORT

- Encourage Open Communication: Create a safe space for your child to share their feelings.
- Set Up a "Toolbox": Develop a personalised set of strategies your child can use.
- Reinforce Positively: Praise your child's efforts to identify their zone and use regulation tools.
- Stay Consistent: Use the same language and practises at home that your child learns at school.

For more resources or to learn how Tecoma Primary School integrates the Zones of Regulation, please contact your class teacher.

Together, we can help children thrive emotionally and socially!



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HOBAN Recruitment



Seen: *The Film* Upwey, VIC film Screening

Tuesday, 3rd June 2025

**Sherbrooke Children's
Centre, 1443 Burwood
Hwy, Upwey, Victoria**

6:45PM

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PLAY ON.

OSHC program running on our July Curriculum Days

On the 2nd and 3rd of July 2025, Tecoma OSHC will be running two full day programs from 8:00am to 5:00pm due to the two curriculum days.

These days will be open to all OSHC enrolled children.

If your child is not enrolled in the OSHC program, you will need to ensure that they are enrolled prior to booking. You can do this via our website, under the Out of School Hours tab, and clicking the blue "Enrol" button. An enrolment can take up to 5 business days.

The cost will be \$50 per day, before your CCS rebate. We will be running a range of activities for the children and will supply afternoon tea only. Children will need to bring their own snack and lunch. Spaces are limited, so book early.

Please book through the OSHC program, not at the school office.