



THE WEEKLY NEWS

What	When
School Council meeting—6.30pm	Wednesday 22nd May
Grade 5/6 sport practice	Friday 24th May
Regional cross country—St Arnaud	Tuesday 28th May
Grade 5/6 sport practice	Friday 7th June

“Every Day Counts”

If your child is absent from school we must have a note, phone call or you can also enter the reason directly onto COMPASS to explain the absence. This is required by the Department for our records.

Contact School Council: rceps.schoolcouncil@gmail.com

Assembly this Friday will be run by the Prep class—2.45pm

2025 Prep Information Session

On Tuesday we held an information session for our potential 2025 Prep students. It was wonderful to see familiar faces along with new families in attendance.

If anyone knows someone that could not make it to the session, we are very happy to conduct personal tours of the school. People only need to ring the school on 50241147 to make a time. We understand that making the decision where to send your child to school can be daunting, but we are here to help.



19A Nerrum Ave
P. O. Box 320,
Red Cliffs 3496
Phone:
50241147
Fax:
50242818

Curriculum Day—Staff Learning

Last Friday the staff spent the day learning together under the guidance of John Kyritsis. John is an Education Improvement Leader from the School Inclusive Practice Branch.

The whole staff worked on developing our knowledge of 'diverse learners' and what we can do to support all students with their learning.

We also identified new opportunities to support student wellbeing within the classrooms.

The window of tolerance is a way of looking at how we function. When we are functioning in an optimal state we can see ourselves in the window of tolerance....life is good!!

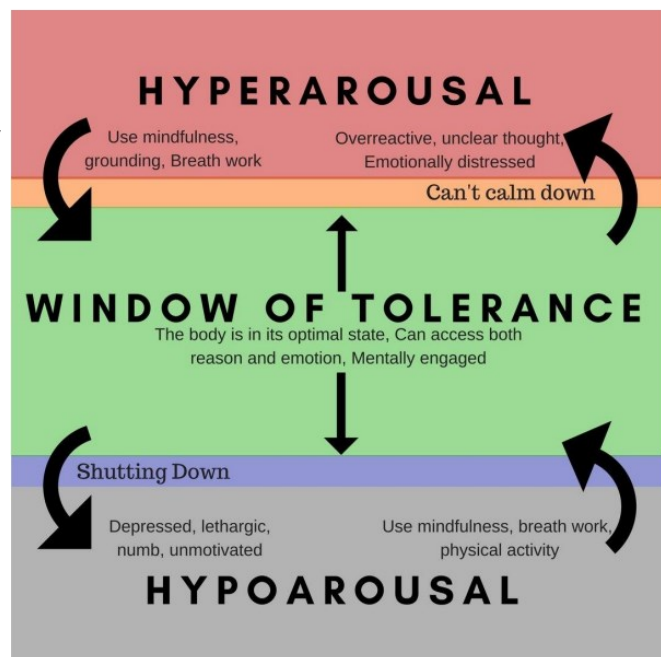
It is when we move out of this window, either through hyperarousal or hypoarousal, that life and decision making can become extremely difficult. As a staff, we are developing ways to support students in understanding when they have moved out of the window and build strategies to work their way back in.

As adults, we move out of the window, but through time we have developed ways to deal with it. Children need to learn this and with support from trusted adults, hopefully they can also build strategies to be successful.

The 8 Executive Functions are cognitive processes that control, regulate and manage other cognitive processes. They allow people to prioritize tasks, plan ahead and organise their thoughts and actions.

As a staff we looked at how these functions can be supported and grown and also how to identify the ones we may need to work on.

The window of tolerance.



The 8 Executive Functions

Self-Control

The ability to stop and think before acting

Self-Monitor

The ability to view and evaluate oneself

Emotional Control

The ability to manage feelings to achieve goals and complete tasks

Flexibility

The ability to adapt to changing conditions by revising plans or changing strategies

Task Initiation

The ability to start and finish tasks without procrastinating

Organization

The ability to develop and use systems to keep track of materials and information

Working Memory

The ability to use information held in memory to complete a task

Planning & Time Management

The ability to create steps to reach a goal

Birthdays

Maddison Stone, Kaiden Heeman, Denver Moralla,
Benjamin Stone



School Uniforms

Winter is creeping up and the cold mornings are upon us. Jumper weather is here.

At the moment we are seeing a number of students wearing non-school uniform jumpers to school. These jumpers are not part of our uniform.

Parents, we have school jumpers for sale in the office. Please come in and we can help you to purchase one.

Being in school uniform is an important part of being at school. Feeling connected to your school is also very important and uniforms help to build this connection.

Also, we are finding a number of school uniform items unnamed. This makes it very difficult to find the owners. Parents, please ensure all items of clothing are correctly and clearly named.



Bike Safety

Parents can you please remind your children of the vital importance of riding safely to and from school. We have had some students riding on the road when they have the bike path to use. They're riding on the road has also not been safe. They are putting their own safety and health at risk, along with other road users.



After School Hours Care

Good afternoon Families and Friends,

We are well into the swing of Term 2. Time seems to be flying now. We hope that all of the mums in our community have had a fabulous Mother's Day and have had the chance to spend the day with their loved ones. With a play-based philosophy and our deep understanding of individuals children's needs and interests we provide an ever evolving program that supports children's wellbeing.

Highlights of After School care for this term have been so far:

- Bubble blowing art work

- Sandpit play (Master chef recreations have been a hit)

- Treasure hunts

- Baking activities

- Mothers' Day craft

- Group games such as Basketball, Tennis and Dodgeball

- Puppy visits

Our program runs Monday – Friday from 3.15pm till 6pm at a cost of \$30 per child per session. We are an approved CCS provider which enables families to claim a rebate which makes the program much more affordable. We are always excited to see new faces – come and try it out. **Alina**

