



Frances Primary School

Building on Friendship and Knowledge

LEARN
THRIVE



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DIARY DATES

Governing Council Meeting
Wednesday 19th March 6pm

Harmony Day - Naracoorte
Wednesday 19th March

Lucindale Field Days Excursion
Friday 21st March

Triskills with Apsley
Friday 28th March

Working Bee
Sunday 30th March

Combined Sports Day - Padthaway
Friday 4th April

Three Way Conferences
Week 11

Assembly
Friday 11th April 1:45pm

Term 1 Concludes
Friday 11th April 2:15pm

ISSUE # 3

Wednesday 12th March, 2025

It has been a busy few weeks here at Frances! We are heading into the second half of term and have not taken our foot off the pedal yet. Our school is feeling very settled and we are starting to hear the Zones of Regulation language being utilised across the board. We have a few more special events up our sleeves so make sure you continue to stay connected to Class Dojo, where we send most of our information.

Shrove Tuesday

Thank you to Ellen and Kara for preparing delicious pancakes for us last week! They were very popular and filled the bellies of our swimmers before they headed off to the swimming carnival!



Governing Council

In Week 4 we held our Governing Council AGM. Thank you to our retiring Governing Council members who supported us through 2024, Rob and Leanne. It was amazing to have so many people wanting to be on the Governing Council to support our school, that we had people stepping out of their roles and committing to coming to meetings instead. It is this kind of support that helps our school thrive. Thank you to the parents who have been elected into roles for this year and to Chris who is also joining us for meetings. I am looking forward to working with you all to improve the learning outcomes for all students.

MEET OUR GOVERNING COUNCIL 2025		
Chairperson	Secretary	Treasurer
Mel Jordan	Sam Frost	Sally Thomas
Grounds	Fundraising	Playcentre
Greg Fitzgerald	Loren Thomas	Joella Nelson
Together we will have an amazing year supporting all of our students!		

Attendance from the
last four weeks

91.1%

Our target is 95%

HAPPY
BIRTHDAY

Georgia 15th March
Garth 19th April
Hugo 27th April



For All Your
Sapsasa Information

including district selections,
state carnivals and state selections,
go to: www.usesapsasa.org.au
www.education.sa.gov.au/sport
Facebook: Upper South East Sapsasa
School Sport SA

Parent Survey

Last year we surveyed our students about many aspects of their school and learning. Governing Council have suggested we also survey our families. Before I complete this survey, I would like to ask families if there is anything they would like to see included in this survey. The purpose of this survey is to find out what families feel is important in regards to our school and children's learning. Please email me any ideas you have for the survey content.

Leaders Day

Last Thursday and Friday I attended the National Leader's Day and the Literacy Summit. It is always refreshing to immerse yourself in learning about how to support our students in the best way possible. We were treated to experts from all over the world, giving examples of excellent practice. Two of these speakers (Ron Berger and Gwyn ap Harri) then ran a follow up workshop on Learning Expeditions which Lisa and myself attended last Wednesday. I encourage you to look up their work. There are some inspirational projects these experts have accomplished:

modelsofexcellence.education.org/projects

xptrust.org

There are many examples of what they term as "beautiful work" from children that are amazing to look through.

Border Cup

The Border Cup in Goroke was an amazing day. It was perfect swimming weather and our students swam their little hearts out! It was lovely to see some children conquering fears to have a go and swim in races. Well done to everyone who participated and a big thanks to Jane for organising such a great day! The swimmers had a wonderful day with Ballantyne winning and Morambro coming second. Congratulations also to Sandy who took out the Senior Champion award.



Sapsasa

Over the last few weeks we have had several students trying out for Sapsasa events. Sapsasa is a wonderful opportunity for our students to learn new skills, step out of their comfort zones and try new things. Congratulations to Ollie, Cam and Sandy who made it into Softball, along with Samuel as reserve. We also had Ollie and Billy who made it into Sapsasa Swimming after a successful trial day. Billy came second in breaststroke and fourth in freestyle while Ollie came first in breaststroke and third in freestyle. Well done to all the boys involved!



NAPLAN

NAPLAN begins this week for our year 3 and 5 students. We have now completed the national practice test and are ready to go!

3-6 Swimming Carnival

Last Tuesday we had Cam, Ollie, Sandy, Samuel, Sonny, Billy, Issy and Hugo travel to Goroke for the Year 3-6 swimming carnival. Thanks again to Jane for organising and to Keryn for helping out on the day. Our team came fourth in the handicap shield - well done team!



Finance Audit

Every year we have a Finance Audit organised by the Department for Education. A huge thanks needs to go to Carol, who is amazing in her role here and always has the finances organised and completed. The audit was a huge success, due to her diligence and hard work.

Assembly

Well done to all students who shared work and presented at assembly. It was lovely to see children being brave and hosting/sharing in front of their peers and families. Congratulations to Maddie and Ollie who received the Assembly Awards. Thanks to everyone who came along!



Harmony Day/Lucindale Field Days

We have a couple of excursions coming up – please keep an eye out for permission slip and notes coming home today. You are more than welcome to join us in Naracoorte for Harmony Day to watch your children dance and join in the celebrations!

Conferences

Originally we had students/parent/teacher conferences set for Week 9, but have since had some clashes with dates. We will now hold them in Week 11 to give everyone the opportunity to participate. Please fill in the conference note so we can start booking people in. These conferences are a very beneficial way to form a team around your children and support their learning. We encourage everyone to book in.

Easter Presentation

Thanks go to Kara who has organised an Easter presentation for us, run by the School's Ministry Group. It will be held on Wednesday 9th April. If you would prefer that your child does not attend, please let the office know.

Ingrid visit

This year we have a new teacher from the Open Access College teaching us Spanish. Her name is Ingrid and she has been very well received so far. She will visit in person in Week 9, which will be an opportunity for us to meet her properly.

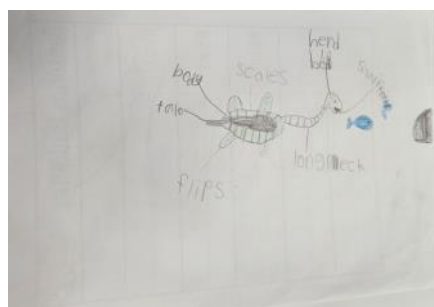
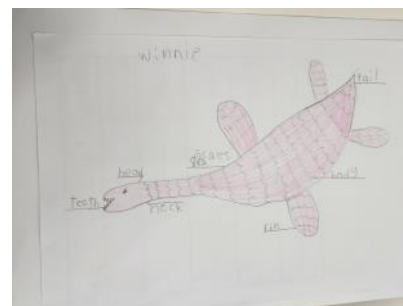
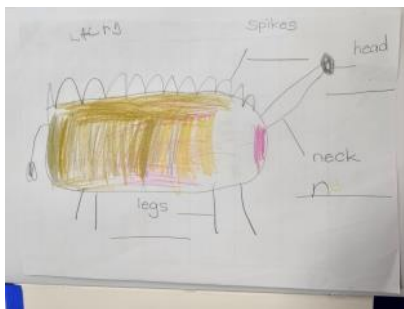
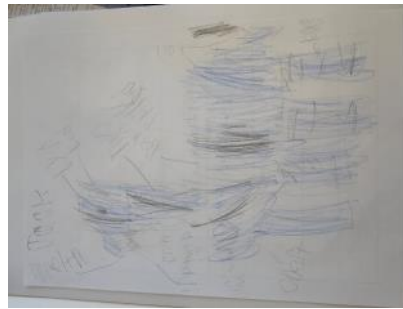
Hopefully I will see you all at our working bee on 30th March. What a great chance to come together as a school community.

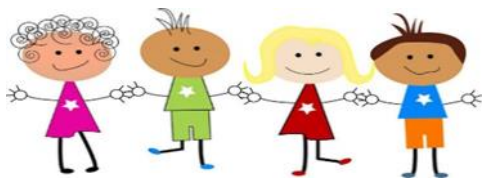
Kym ☺

Junior Class

As part of our Biological Science Unit this term we have been looking at different features of dinosaurs and making comparisons between them and some of the animals we still see today.

As part of our inquiry learning we created our own dinosaur and then labelled some of its features. Here are the examples of our work.





Wellbeing at Frances Primary School

After a period of staff training and development in *Zones of Regulation*, we are well into the implementation stage in both the Junior and Senior classes. This program is a highly acclaimed curriculum that teaches students how to become more aware of their feelings and develop skills for self-regulation, social skills, and overall wellness.

The Zones of Regulation Framework:

- Provides a common language and compassionate approach to support positive mental health and skill development for all students, including neurodiverse learners and those with specific social, emotional, and behavioural needs
- Categorises different feelings and states of alertness into four coloured zones – blue, green, yellow, and red
- Offers a systematic approach to teaching emotional and sensory regulation, executive functioning, and social cognition
- Integrates cognitive behaviour therapy and aims to help students become more independent in regulating their emotions while respecting each student's unique self.

We have explored the *Zones of Regulation* framework to identify the wide spectrum of emotions to one of four colours. It has been important to remember that these zones connect with feelings, but also levels of energy. Being in the Blue zone, for example, associates with low levels of energy. Whereas the feelings and energy levels associated with the Red zone are high and sometimes hard to control.

We have been viewing a variety of media clips and using our detective skills to observe the clues that indicate the zone different characters are in. We can get clues from body language, voice volume and tone, facial clues and interactions with others.

- The Blue Zone includes feelings of sadness, lethargy, and tiredness. General feelings of 'yuckiness'!
- Red includes intense and chaotic feelings such as overjoyed, angry, and terrified
- Yellow includes feelings such as worried, frustrated, and silly
- Green is the ultimate destination for a healthy balanced life, feelings of happiness, and being calm or proud.

We are acknowledging that it's normal to spend time in all these zones, feeling all 'the feels!' We can't always be happy and upbeat; we need to acknowledge and process our negative emotions to achieve a healthy balance. With this is the introduction of Interoception, our internal sensory system in which the internal physical and emotional states of the body are recognised. By being aware of the internal cues in our body, we can manage our emotions proactively.

Lisa



Sports

Kowree Swimming Carnival – Goroke Pool

On Tuesday, March 4, students from our schools participated in the Kowree Swimming event at the Goroke Pool. Congratulations to **Billy, Sonny, Hugo, Ollie, Sandy, Cameron, Samuel, Issy** and the **4 students from Apsley** who proudly represented our schools.

All students swam like superstars, showing great determination and sportsmanship. The improvement from our combined session at the swimming lake to now has been truly amazing. Well done to everyone for their hard work and effort in the pool. Our team placed 5th in the Grand aggregate and 4th in the handicap shield.



Health & Physical Education Update

Our Junior Class has been actively developing their movement skills in Physical Education. The focus has been on controlling movement and mastering fundamental motor skills such as running, skipping, jumping, and hopping.

Through engaging activities and games, students have been building confidence in their abilities while improving coordination and balance. It's been fantastic to see their enthusiasm and progress as they refine these essential skills for lifelong physical activity.

Our Senior Class has been working hard on developing their **softball skills** this term. From batting and fielding to teamwork and strategy, all students have shown **great improvement** in their skills and game awareness.

It has been wonderful to see everyone **giving their best effort** and embracing the challenges of the game.

In Health, our major focus has been on emotions. Students have been learning to recognise different emotions and are working towards understanding their triggers. They are also exploring the idea that it is possible to experience more than one emotion at a time.

Through discussions and activities, students are developing a deeper awareness of their feelings and how to manage them in different situations. It has been wonderful to be a part of some engaging discussions.

Jane

Community News

The Naracoorte Library Outreach Program presents

ACTIVE STORY TIME



FRANCES PLAY CENTRE

10 - 11am

February 14th
March 14th
April 11th

Come along to a fun interactive session full of songs and play! Fantastic for all pre-school aged children and their caregivers.

 Naracoorte Lucindale Council
Better by Nature

 Naracoorte
Library + Town Hall

Frances Primary School and Playcentre

WORKING BEE

SUNDAY 30/3

 **STARTING 9 AM (SA TIME)** 

Working bees are a fantastic way for us to keep our maintenance costs down, ensure a safe environment for our students and to come together as a community.

Please come along and lend a hand. There are a wide range of jobs from painting to gardening and everything inbetween.

Many hands make light work!

We hope to see you all there. There will be a sausage sizzle afterwards as a thank you!



Harmony Day Children's Festival



Wednesday 19th March 2025
Naracoorte Town Squares | 10 - 11.30am

Performances by:
Naracoorte North Kindergarten, Michelle DeGaris Memorial Kindergarten, Frances Primary School, Sunrise Christian School, Naracoorte Primary School, Naracoorte South Primary School + a combined schools dance. Naracoorte High School will deliver the Acknowledgement of Country.



 Naracoorte Lucindale Council
Better by Nature

HARMONY WEEK



Harmony Day Wish Festival



Sunday 30th March 2025
Naracoorte Swimming Lake | 5 - 8pm


Make a wish by releasing a floating candle on to the lake at twilight
Community picnic with free multicultural food offerings and performances

Presented by:
LCMN 
Limestone Coast Multicultural Network **HARMONY WEEK**

 Naracoorte Lucindale Council
Better by Nature

EVERYONE BELONGS  **AMRC**
Australian Migrant Resource Centre

Community News



STUDENTS, FAMILIES & THE COMMUNITY OF NARACOORTE ARE INVITED TO NEXUS '25

NARACOORTE

NEXUS

MONDAY 24TH MARCH FROM 5.30PM – 7.00PM
Williamson Hall, Naracoorte High School

AND TWILIGHT TOURS!

School Orientation Tours with our School Student Leaders will also be available for prospective students and their families
Tours will leave at 15 minute intervals from 5.30pm, no bookings required

YELLOW BRICK ROAD TRAIL	STUDENT LEARNING
LEARNING AREA DISPLAYS	MEET OUR STAFF, SCHOOL CAPTAINS & LEADERS
INTERACTIVE ACTIVITIES	SAUSAGE SIZZLE AVAILABLE



Government of South Australia
Department for Education

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0467 419 209 education.RuralRemoteFDC@sa.gov.au





Frances Primary School

Term 1 2025

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1	27/1 Australia Day Public Holiday	28/1 First day back for students	29/1	30/1	31/1	1/2	2/2
2	3/2	4/2	5/2	6/2	7/2	8/2	9/2
3	10/2 STUDENT FREE DAY	11/2 Sapsasa Softball Trials Ncte	12/2 5:30 Orientation Night	13/2 Susea Spray author visit 9am Swimming training at Goroke	14/2 Active Storytime 10:00am - 11:00am	15/2	16/2
4	17/2	18/2 Sapsasa Softball Trials Ncte	19/2 6:00pm GC AGM Newsletter	20/2	21/2 Frances/Apsley Border Cup at Goroke	22/2	23/2
5	24/2 Sapsasa Swimming Carnival B'town	25/2 NAPLAN practice test	26/2	27/2	28/2	1/3	2/3
6	3/3	4/3 3-6 Swimming Carnival at Goroke Shrove Tuesday	5/3	6/3	7/3 2:45pm Assembly	8/3	9/3
7	10/3 Adelaide Cup Day Public Holiday	11/3	12/3 NAPLAN begins Newsletter	13/3	14/3 Active Storytime 10:00am - 11:00am	15/3	16/3
8	17/3 Harmony Week	18/3	19/3	20/3	21/3	22/3 Lucindale Field Days	23/3
			Harmony Day Ncte 6:00pm GC Meeting		Lucindale Field Days Excursion		
9	24/3 NAPLAN ends	25/3	26/3 Sapsasa Softball State Carnival	27/3 Sapsasa Softball State Carnival	28/3 Sapsasa Softball State Carnival Triskills Day with Apsley	29/3	30/3 Working Bee
10	31/3	1/4	2/4 Sapsasa AFL Boys Carnival Newsletter	3/4	4/4 CSSD @ Padthaway	5/4	6/4
11	7/4 Sapsasa Swimming State Championship Student Led Three Way Conferences	8/4	9/4 Sapsasa AFL Boys Trial	10/4	11/4 Active Storytime 10:00am - 11:00am 1:45pm Assembly 2:15pm Early Dismissal	12/4	13/4