

# TARRAS SCHOOL NEWSLETTER



Friday 14th March 2025

## A note from the Principal:

Kia ora whānau,

How is it already week 6? We've been having an action packed term; Small Schools Athletics in Roxburgh was a great day out and saw the tamariki excelling, persevering and giving new things a go. The practises we had at school certainly paid off! Congratulations to George for placing 2nd overall in the Year 4 boys. We loved hosting Makarora for our tryathlon, it was nice to connect with them and have a bit of fun.

We'd like to warmly welcome Bailee (Yr 4) and Tyler (Yr 3) with their parents, Sam and Matt to Tarras School. We're thrilled you have joined us.

We're looking forward to meeting with you all next week for your 'Whānau Aspiration hui - we really value hearing the goals you have for your child and working together to achieve these.

### Property Update

You would have all spotted the new roof on the school. The new carpet and interior painting is scheduled for the Term 1 holidays - we can't wait for this part! More scaffolding will be going up next week as the first two pieces of playground equipment are installed - yahoo! And then the cladding repairs begin. Not to mention, the Board are currently working to organise a new front fence; stronger, taller and safer. Happy days!

### Zones of Regulation

You may of heard the tamariki talk about the:

**blue** zone - sad, tired, bored, sick etc

**green** zone - happy, calm, focused, ready to learn, positive

**yellow** zone - frustrated, worried, anxious, silly/heightened

**red** zone - out of control, terrified, hitting/kicking, elated

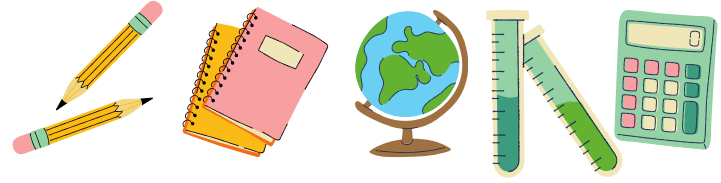
We've been learning about 'The Zones of Regulation'. This is a school wide approach that teaches everyone how to identify emotions in themselves and apply strategies to self-regulate. We learn about what emotions look, sound and feel like, what can cause our emotions to change (triggers), how the brain and body respond to different emotions and then we learn lots of different strategies that we can use to return to the **green** zone. We learn that all emotions are normal but that we want to apply strategies to quickly return to the **green** zone. This is a lifelong skill that we want to in still in all tamariki.

Tamariki will share their learning in the coming weeks but feel free to use any of the below prompts at home. They all know what they mean!

To read or review the policies and procedures for School at anytime, please visit [tarras.schooldocs.co.nz](http://tarras.schooldocs.co.nz)

**Log In:** tarras **Password:** shrek

Ngā mihi nui,  
Alice



## Upcoming events:

- 21/2 Tryathlon with Makarora
- 26/2 Small Schools Swimming
- 3/3 PALs Workshop
- 5/3 Small School Athletics
- 16-19/3 Whānau Aspiration Hui
- 25-28/3 Swimming in Cromwell
- 1/4 Top Bike Competition
- 9/4 Term 1 Learning Celebration

## Stay in touch :

Please download 'Skool Loop' for notices, permissions and important information!



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office@tarras.school.nz



03 445 2817

**THANKS FOR ALL YOUR HELP WITH THE DOG TRIALS FUNDRAISER!**

# Juniors

READER



WRITER



MATHEMATICIAN



# Seniors

READER



WRITER



MATHEMATICIAN



# Dojo Champions



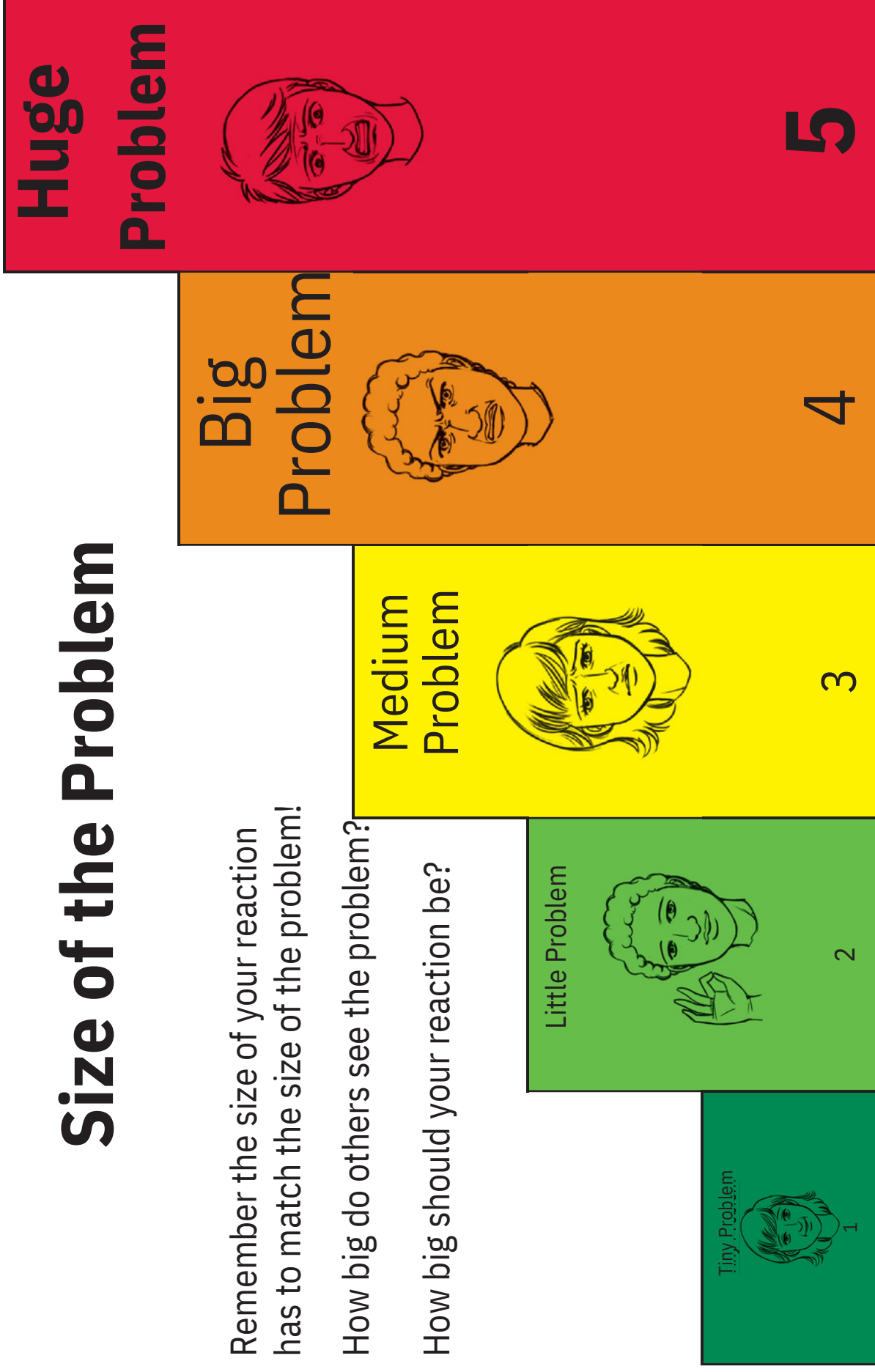
Tamariki earn dojo points across the week. They earn these for skills and dispositions e.g. communicating ideas, helping, being kind, using manners, working in a team etc. At the end of every fortnight, the highest Junior and Senior point earner is celebrated. This fortnight it is....

# Size of the Problem

Remember the size of your reaction has to match the size of the problem!

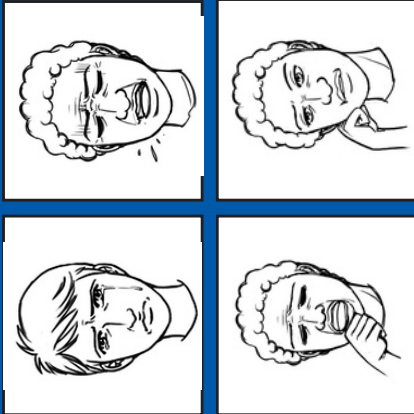
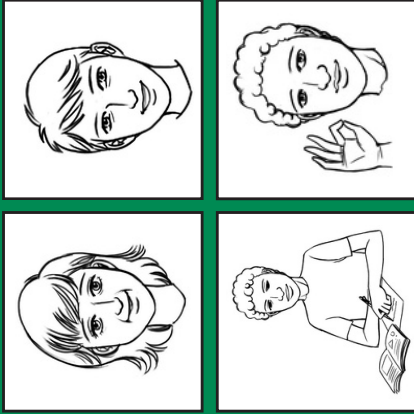
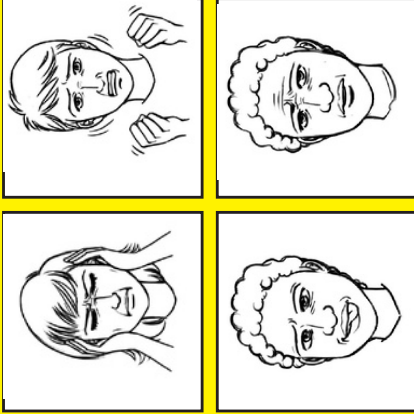
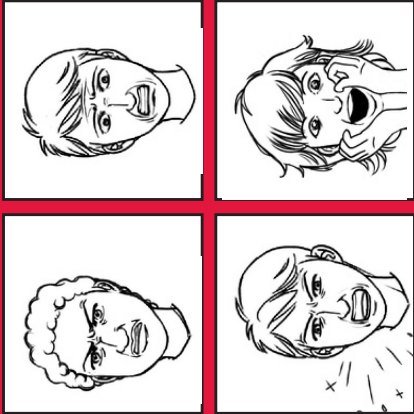
How big do others see the problem?

How big should your reaction be?



Visual adapted by Leah Kuypers, Donna Brittain and Jill Kuzma for The Zones of Regulation® from the original work of Winner's *Think Social!* (2005), pages 44-45, [www.socialthinking.com](http://www.socialthinking.com), and Buron and Curtis' *The Incredible 5-Point Scale* (2003), [www.5pointscale.com](http://www.5pointscale.com)

# The ZONES of Regulation®

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