

# PALLY NEWS

25th May, 2023

Issue 6



## PIRATE DAY

Well Done to all our staff and students who came dressed up for Pirate Day!.  
Ahoy Me Hearties.....

### Ms P's UPDATE

Wahoo, I'm back from my overseas trip!! What an adventure I had.

Yesterday saw PPS and Pally Preschool come together for Pirate Day activities. All the children participated in fun games and listened to a pirate story followed by lunch. It was a great time had by all. PPS looks forward to joining with Pally Preschool for future fun times.

A Big Thank you to Em and Trish (our canteen ladies) for providing a delicious lunch!

We have been successful in being awarded a School Improvement Grant of \$25,000. This will allow us to have a Walk & Talk track placed around the perimeter of the school with 4 exercise stations. The students will be able to walk and talk while exercising and on special days, ride scooters and bikes around the track. This is aligned to the Curriculum of PDHPE and student wellbeing.

This is great news for our school.

Tomorrow, Friday 26th May is National Sorry Day. All students will be participating in various activities throughout the day.

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RESPECT

RESPONSIBILITY

SUCCESS





## GRIP LEADERSHIP

Our senior students travelled to Moree for the Grip Leadership Conference. This was a great day where students learnt practical and interactive training and skills for making good Leaders.

This year's focused on thinking of others and to get everyone on board with a new idea that will have an impact on all students.

We are very proud of all our students for you all having a go!



## NATIONAL SIMULTANEOUS DAY

National Simultaneous Storytime (NSS) is an Australia-wide group reading and literacy event, where schools, libraries and other institutions gather school-age children together to read the same chosen picture book at the same time. 2023's chosen book is *The Speedy Sloth* by Rebecca Young and Heath McKenzie. Pally Preschool children came and enjoyed the morning.



## BAMM Visit

We welcomed Miss Julia to our school recently. The whole school including Jumpstart sat outside and enjoyed the sunshine and made Pom Poms for the Yarn Bombing project!

## MOTHER'S DAY MORNING TEA

What a great morning celebrating our school and community mums, grandmothers, aunts and friends. A big thank you to our families for again supporting our little school.

Well done to all students, who performed beautifully for our guests. Our amazing P & C donated two wonderful lucky door prizes with Ms Hodge and Miss Penfold being the lucky winners on the day. A Big Thank you to you all!



## COMBINED ATHLETICS CARNIVAL

Pallamallawa PS will be joined by Gravesend PS and St Joseph's Schools for our annual combined athletics carnival on Friday 23rd June.

### JUMPSTART PROGRAM

Last and this week we have been working with the letters "h" & "l" and we did some letter writing and other activities.

### CHECK-IN ASSESSMENTS

During Term 2, students will participate in the Check-In assessment. The Check-In assessment is a NSW Department of Education online Literacy and Numeracy assessment available to support schools to assess and monitor student learning. The Assessment can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs. Students with disability may receive the same level of support during the assessment they would normally receive in the classroom. The assessment will be scheduled for our Year 4 & 6 students during Weeks 4-7. All students complete a reading assessment and a numeracy assessment.

## FOR PARENT INFORMATION

### After School Restraint Collapse

Many parents and carers would be familiar with the following scenario: It's 3pm and you pick up your child from school. They greet you with a smile on their face and talk with their teacher (on any given day) are that they are lovely during the school day. However, this is not what you are seeing post school. Fast forward to 3.30pm and your child is fighting with their siblings, having a temper tantrums, refusing to follow directions, crying uncontrollably, and having physical outbursts. As a parent/carer, you're thinking my child has multiple ! Rather, there is a reason for this dissonance between what the teacher says and how your child acts once they get home. They are experiencing after-school restraint collapse (aka after-school meltdowns). So, what causes after-school restraint collapse? Firstly, it's important to recognise and acknowledge that this is normal and the best way to support your child through this is to understand why it is happening. Looking at a typical school day, you can see that there is so much self-regulation and sensory input needed of a child just to get through it. Your child needs to hold it together for six hours, with just two breaks in the day. During this time, they are required to sit for long periods, play by rules, stay in designated areas, behave in certain ways, understand and interact with other children and adults, co-operate with peers, be calm when they've experienced an upsetting event (e.g disagreement with friends at lunch), concentrate on multiple tasks throughout the day, and follow directions just to name only a small amount.

## After School Restraint Collapse Cont

Maintaining this composure over the school day requires self-regulation which can be both emotionally and physically draining. This self-regulation requires children to understand and manage their own behaviour by controlling their impulses and their emotions. There are many actions and words that a child refrains themselves from doing and saying AND there are feelings that weren't released throughout the day. For example, they wanted to call out an answer during class; cry when someone laughed at their drawing; lay down when they were required to sit up. Utilising this selfregulation throughout the whole school day, is it any wonder they are exhausted when they come home? They don't have any emotional energy left in their tank and home is where they can feel safe to let out their bottled-up emotions and still be loved unconditionally. Supporting Self-Regulation Whilst this behaviour is normal, there are strategies that can be put in place to minimise the effects of this emotional collapse and ease into the after-school transition including: \*Saving questions for later-you're eager to find out about their day, however, answering questions may be too much for your child at the end of the day. Let them unwind first and wait until they are ready to talk.

### CALENDAR 2023

#### May

**Thurs 25th** Jumpstart Transition

**Tues 30th** STEAM Day-Croppa Creek

#### Jun

**Thurs 1st** Jumpstart Transition

**Fri 2nd** Assembly at 2.30pm

**Thurs 8th** Jumpstart Transition

**Thurs 15th** Jumpstart Transition

**Tues 20th** STEAM Day- Gravesend

**Thurs 22nd** Jumpstart Transition

**Fri 23rd** Combined Athletics Carnival

**Thurs 29th** Jumpstart Transition

**Thurs 29th** NAIDOC Day

**Fri 30th** Bounce Fitness Excursion

**Fri 30th** Last Day of Term

## After School Restraint Collapse Cont

\*Early bath or shower-"Just add water" is a term coined by Parenting expert, Maggie Dent, as water has a calming effect. Being submerged in water or having water run over their body can change a child's mood.

\*Early dinner-as I've stated in a previous newsletter, children can be so engrossed in play that they don't eat much at school and are ravenous at the end of the day. Having a full meal can change their demeanour entirely. It's never too early for dinner and if you're concerned about it interrupting family dinner time, they can eat a bowl of cereal or fruit at the sit-down dinner later. \*Rest or move? Every child is different with some needing rest after a long day and others needing movement to burn off excess energy. Find what works best for your child.\*Connection time-just ten minutes one-on-one with your child can have huge benefits for both parent/carer and child and can be something you both look forward to. Turn off the screens and avoid interruptions.

\*Unstructured play-play is wonderful for releasing pent up emotions. Even though children get play time at school, it is still governed by rules, structure and expectations. Find a space where your child direct their own play, run around freely, be creative and be themselves. Sometimes even after careful planning, meltdowns can still occur. Children of all ages (and adults) can still have bad days, be overwhelmed, be emotionally exhausted and over stimulated after school. It's important during a meltdown for adults to keep calm and ride the wave with them.

*save the Date!*

*Combined Athletics Carnival  
Friday 23rd at PPS*

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