

Nemarluk School

SAFE RESPECTFUL LEARNERS WORKING TOGETHER TO ACHIEVE THEIR BEST



Principal's Message
Virg Hughes

Dear Families,

It's hard to believe term one is almost over. We have started our Education Plan meetings with families of new students. Next term Education plan meetings will continue with all families across the school.

School Council



A warm welcome to the 2022 School Council. All meetings are open to the school community to attend and observe. The next meeting is on May 9 at 5:30 pm. On Thursday 31 March- come and join the new School Council for a cuppa after the assembly.

School Contacts

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w. nemarlukschool.com.au
m. 0488 906 885
p. 8985 0400
f. 8985 0499

COVID-19

For the safety of our students and staff, we are limiting visitors to our school. NO Parents past our office door after 8:10am, you can walk your child to class before said time. This may change pending any future lockdown and lockdowns. Please download School Stream to keep up to date with future news

Contents

- 1- Principal Message
- 2- Harmony Day
- 3- Clean Up Australia Day
- 4- Classroom Activities
- 5- Classroom Activities
- 6- Sustainability and Awards
- 6- Cooking and Cleaning
- 7- Zones of Regulation
- 8- Zones of Regulation
- 9-Schoolstream / Seesaw
- 10- Root Cause / School Values
- 11-12- Extra information

Professional Growth Plans

SESOs have had their meeting with the Assistant Principals to discuss their professional growth goals and professional learning for 2022. In week 8, Teachers have started having their meetings with me and one of the Assistant Principals to discuss their goals for 2022. Admin team have begun having their meetings and the Leadership team will have their meetings in week 1 Term 2

School Performance

The upper primary classes have started working on the School Performance. This year's story is 'A Terrible Mistake' which was written last year with the current year 6 students. We are aiming to have a live performance in Week 9 Term 2. We are working through the process regarding COVID settings and the number of people we can have on-site for the event.

Annual School Improvement Plan (see page 10)

This year's goals are:

- Define the Nemarluk School whole-school instructional model that will be embedded within planning documents and practice that is evident in each class (seeing it in practice, hearing about it in conversations, and reading it in plans). Staff will use the common language of the Nemarluk whole-school instructional model to demonstrate a shared understanding of how to structure and facilitate highly effective teaching and learning. This will lead to students being engaged, learning will be challenging, and all students will experience success with their individual learning goals.
- Implementation of the Nemarluk School Curriculum Map



COVID19

We are continuing to monitor the numbers weekly, and I will continue to provide updates through School Stream weekly. Thank you to families who have notified us if their child is a close contact or has tested positive for Covid.

Back to School Vouchers

Back-to-School Vouchers expiring soon!! Please come and spend the balance of your voucher if you haven't already done so. We will be sending a note home with the amount left on your student's voucher by the end of this week, which you will have next week to spend.

Assembly

We have an assembly next week; we look forward to seeing families there. Wishing all students, families, and staff a safe and relaxing April School holiday.

Calendar

Assembly - 7th of April 8:45am
School Holidays
11th of April / 18th of April
Public holidays
• Easter Monday 18th of April
• ANZAC Day 25th of April
• May Day 2nd of April
Return to School
19th of April
School Council Meeting - 9th of May

Birthdays April and May

PETERSEN FAITH	KEANU	ANTONIA	AARIF
TAMA HARRY	FINN	ELLIE	AARIC
ANTHONY HAROLD	MARILYN	ARCHIE	ZAVIER
ENRIQUES MARIUS	JOSHUA	OLIVER	TERVARNIUS
ALICE DIEUME	ALLEGRA	RUPERT	DRAZIC
LUCY ASHISH	COOPER	AIDEN	NASIR
ROSEY RYLAN	NAVARO	VETHUJA	DANTE
ZAIJIAN ETHAN	EMILY	ARIETTE	



Nemarluk School is wishing you a very Happy Birthday. Have a great day



Preschool AM & PM

Preschool have been exploring different body parts this term. For Harmony Week the students were investigating their hands through a range of experiences, which included hand printing with paint. We addressed the Harmony Week theme 'Everyone Belongs' by discussing with the students how we all belong in preschool.



Nightcliff Celebrations

Nightcliff Class enjoyed celebrating Harmony Day by tasting foods from different cultures such as Greek, Filipino, Slovakian, Bulgarian, Japanese, and Australian.

The highlight of our food feast was a Harmony Day ice-cream cake given to us by Baskin-Robbins.



I AM KIND PICTURES



Harmony Day is a celebration of our cultural diversity – a day of cultural respect for everyone who calls Australia home





Whole school clean up Australia Day

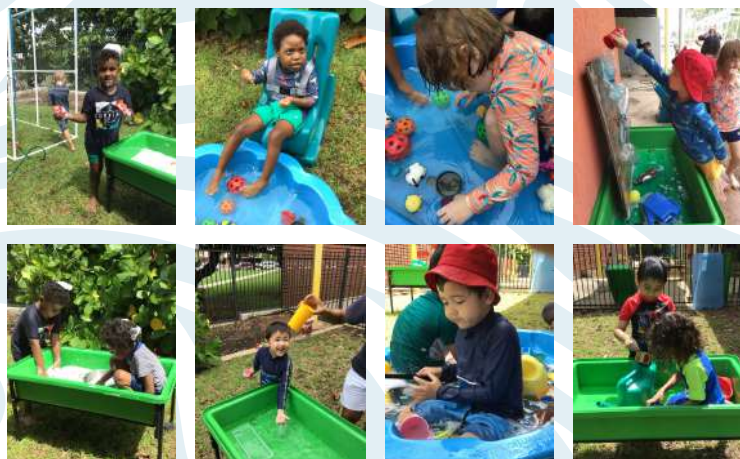
On Friday the 4th of March Nemarluk students on Campus and at Satellite schools participated in Clean Up Australia Day. Students collected rubbish, cleared leaf litter, visited the compost and recycling stations, and tidied the front of the school and car park. Thankyou to all the students and staff who participated to help keep our school tidy and safe.





Wulagi Recycling

Our students have been learning about the importance and different ways of recycling. Students have worked collaboratively to learn about ways of recycling.



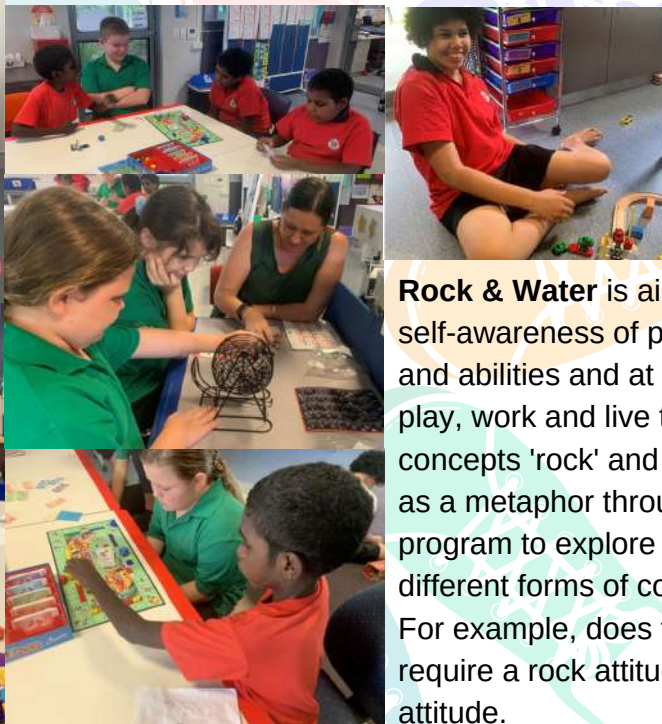
Early Childhood Water play

Throughout Term 1, room's 3 and 4, have been participating in waterplay together. Students have been pouring and measuring water, as well as developing new friendships and learning to share.



Senior Students Friendships

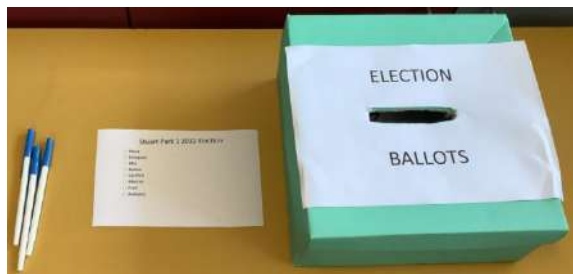
The senior students have been learning about how to be a good friend. They have been developing their communication skills, participating in taking turns in games and engaging in the Rock and Water program.



Rock & Water is aimed at raising self-awareness of personal strengths and abilities and at learning how to play, work and live together. The concepts 'rock' and 'water' are used as a metaphor throughout the program to explore and choose different forms of communication. For example, does the situation require a rock attitude or water attitude.



Stuart Park 1 Election



This term, Stuart Park 1 have been learning about democracy and the Australian Government. Students have learnt that a democracy is a system of government where power is vested in the people. Students have enacted democracy in the classroom by having a class election. This included discussing the qualities of a good leader and writing and presenting a speech to their peers. Students then each had a turn in the “polling booth” where they were asked to make an anonymous vote for one candidate and place it in the ballot box. The votes were counted, and a classroom leader elected.



Northern Territory Learning Commission

On Wednesday the 23rd of March Yvette, Angus, Daryl and I attended a Northern Territory Learning Commission excursion at the Darwin Turf Club. We met other Learning Commissioners from other schools and made NTLC name tags. We were given lots of yummy food including a warm ham and cheese croissant, apple Danish, pizza roll, muesli bar, apple, sandwich, and pasta salad with feta. We went for a walk around the Turf Club and saw the racecourse. We shared a table with the Learning Commissioners from Henbury. They are going to be our mentors this year as NTLC is brand new to Nemarluk. I am excited to learn about the NTLC and be a Leader at our school.

- From Zak.

Room 4 Feelings - How do you Feel?

Throughout Term 1 students from room 4 have had the opportunity to explore the four ‘Zones of Regulation’: Green, Yellow, Blue and Red zones. Students had the chance to understand their emotions and as a class explored strategies to help them bounce back into the green zone and to help them be regulated. Students learnt to check in throughout the day using the four zones, sort through faces and put them in each zone, and participated in calming strategies to help them regulate, such as; blowing bubbles and meditation. What a great start to the year.





Sustainability at Nemarluk

Students in most classrooms have settled into a daily routine of cleaning, sorting and placing items in the correct recycling containers. Food scraps have filled almost two compost heaps this term which are now transforming into great gardening soil.



Week 9 Classroom Awards

The Nemarluk School Positive Behaviour Points are our way of acknowledging all the students who follow our Nemarluk School rules. Students are given tokens when they have demonstrated that they are a learner, respectful and safe. Every three weeks each teacher nominates the student/s in their class who have done a great job respecting and demonstrating our school values.

ROOM 1 DARCY	ROOM 3 TREY KAVUWO	ROOM 4 ASHER ABEL	ROOM 5 AARIC	ROOM 6 RIYANSH	ROOM 7 JUMA	ROOM 8 CHIRSTOFIS ELLIE
ROOM 11 MANOLI	ROOM 12 DAUDI AMBROSE	ROOM 13 GERARD BEATRIZ	ROOM 14 ETHAN JOSH	KARAMA DION NAVARO	MANUNDA TERRACE 1 AIDEN RICHARD	MANUNDA TERRACE 2 ASHISH BRYLE
STUART PARK 1 FRED	STUART PARK 2 EMILY	MILLNER 1 SELENIA	MILLNER 2 FAITH VASKO	WANGURI WAYLON JACKSON	WULAGI PASINEE ANTONIA	NIGHTCLIFF JOHNNY MASSIMO ANDERSON

The Zones of Regulation

What is The Zones of Regulation?

The Zones of Regulation is a curriculum full of a range of activities to help your child develop skills in the area of self-regulation. Self-regulation can go by many names, such as self-control, self-management and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation.

Some of the aims of The Zones of Regulation:

- To help children recognise when they are in the different Zones and how to change or stay in the zone they are in.
- To gain an increased vocabulary of emotional terms so that they can explain how they are feeling.
- To gain insight into events that might make them move into the different Zones eg. disagreement with a friend, a certain subject being taught or a fire drill.
- To help children understand that emotions, sensory experiences, physiological needs (eg. hunger/lack of sleep) and environments can influence which Zone they are in.
- To develop problem-solving skills.
- To identify a range of different calming and alerting strategies/tools that support them. Tools identified may be personalised sensory supports (e.g. use of putty at key times), calming techniques or thinking strategies.

The Zones can be likened to traffic lights:

Green: you are 'good to go!'

Yellow: slow down or take warning

Red: stop and regain control

Blue: rest area where you pull over when you're tired and need to recharge.



Who is The Zones of Regulation for?

We need to teach all of our children good coping and regulation strategies so that they can help themselves when they experience emotions such as anxiety or stress. Teaching children these tools at a young age will support them in later life.

Some children may not be ready to use the 'Zones language' but identify and label emotions directly – this is fine and encouraged!






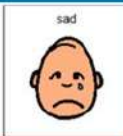
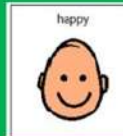
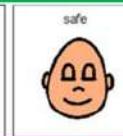



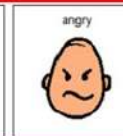
Pictographs or Auslan can be use to help your child label how they are feeling:



How can you help your child use *The Zones of Regulation*?

- Identify your own feelings using Zones language in front of your child (e.g. "I'm frustrated, I think I am in the Yellow Zone.")
- Talk about what tool you will use to be in the appropriate Zone (e.g. "I need to take 4 deep breaths to help get me back to the Green Zone.")
- At times, wonder which Zone your child is in or, discuss which Zone a character in a film/book might be in (e.g. "You look sleepy, are you in the Blue Zone?")
- Engaging your child in discussion around Zones when they are in the Red Zone is unlikely to be effective. You need to be discussing the different Zones and tools they can use when they are more regulated/calm.
- Teach your child which tools they can use (e.g. "It's time for bed, let's read a book together to get to the Blue Zone").
- Share how their behaviour is affecting your Zone. For example, if they are in the Green Zone you could comment that their behaviour is also helping you feel happy/go into the Green Zone.
- Put up and reference the Zones visuals in your home.
- Praise/encourage your child to share which Zone they might be in.

It is important to note that everyone experiences all of the Zones – the Red and Yellow Zones are not the 'bad' or 'naughty' Zones. All of the Zones are expected at one time or another.

How Do I Feel?			
Blue	Green	Yellow	Red
			
 tired  sad	 happy  safe	 worried  excited	 frustrated  angry

Recommended story books to explore the Zones of Regulation link:

[Zones Book Nook - THE ZONES OF REGULATION: A SOCIAL EMOTIONAL LEARNING PATHWAY TO REGULATION](#) If you don't have these books or can't borrow them from the library you will find many of the books on YouTube if you type in the title.



Nemarluk School is using a new communication tool, an app called School Stream. This app is used for:

- Messages
- Forms
- Surveys
- Event notifications
- Newsletters
- Sharing student achievements
- Program advertisements
- Absence reports

1 Download the school stream app



2 Search 'Nemarluk School' in the search bar



3 Create an account
You'll need to use your phone number or email address to link this account.



It will also be used in case of whole school emergency messages, if necessary, such as:

- COVID-19 contact tracing
- School updates regarding extreme weather.

4 Wait for us to validate your account
We will also link you to your child's class group to receive updates and photos from teachers!

If you have any problems, just give us a call on 8985 0400, and we'll be happy to help.



Please download School Stream from the App store using the instructions provided.

Seesaw

Nemarluk School have started using Seesaw.

Seesaw is a digital learning platform that engages students in a meaningful way.

Seesaw is designed to allow:

- Students to show learning
- Teachers to gain insight
- Families to connect



Join today, please contact the front office, or communicate with your Students teacher for help.



The Root Casue

BANANA SMOOTHIE PANCAKES FOR BREAKFAST

- 2 bananas
- 1/2 large avocado (or whole small one)
- 1/2 cup mixed nuts (eg. brazil, walnuts, almonds, cashews)
- Pinch of cinnamon
- 1 cup of milk of your choice (for this, I used Pure Harvest Coco Quench – combo of Coconut and Rice milk)
- 2 eggs
- 1 overflowing cup self raising flour (I used Orgran Gluten Free)
- 1 cup LSA (linseed, sunflower seed and almonds)
- 1 cup Water
- Coconut oil to cook pancakes

1. Add 1 banana, the avocado, nuts, cinnamon, milk and eggs to a blender, blend
2. Add the flours and blend again
3. Add water and blend until smooth
4. Mash the second banana, and stir it through the mixture – this will give it a lumpy texture and also a some nice squishy banana bits when cooked. If you think your family would prefer no banana chunks in their pancakes, omit this step and include both bananas in step 1
5. Warm a pan over high heat, add a little coconut oil to the pan (I use a coconut oil spray for this)
6. Turn the eat to low. Using a soup ladel or 1/3 measuring cup, pour patter into your pan, then gently lift it a little to swirl the mixture in the pan into a pancake shape
7. When little bubbles just start to form, use an egg slide to gently lift the pancake a little to check if it's cooked. If so, gently push the slide all the way under and flip
8. Cook on the other side

Notes – these are softer / squishier than normal pancakes and because they are naturally sweetened by the banana, they brown more quickly, so take care at step 7.



VALUES



Safety
Respect
Learner

What they would look like
Safety: feeling safe, beig safe, working safe, environment safe, knowing your limits, duty of care, stranger danger, personal space.

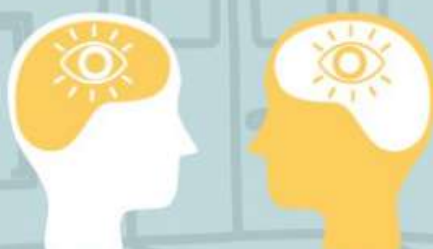
Respect: kind, caring, tolerance, differences, accepting, compassion, honesty, culturally inclusive, asking for permission, no put downs, assertive / not aggressive, open mind to others, right to pass.

Learner: trying your best, having a go, ask questions, seeking help, offering help, sharing knowledge, working hard in all our given tasks.



VISION

At Nemarluk School, as a school of excellence, for students with disabilities, we will work collectively so that all students may achieve their best.



BELIEFS

Our overarching belief and the lense to be used when reading these statements is that:

Students are at the centre of all we do.

Our Beliefs at Nemarluk School are that:

The Diversity of culture and beliefs is reflected in all learning.
The individual identity of all students and lifelong learning is fostered.
Positive, engaging learning environments are central to delivering inclusive individualised programmes.
A care of the environment and others is fostered in class, school, home and community.
Positive partnerships with families, organisations and agencies are crucial for each child.

Honest, respectful communication is used by all.



Coins for Doreen



Nemarluk School has been sponsoring children through PLAN International program for over 12 years. It is a valuable program that encourages the development of many literacy, numeracy as well as social and emotional skills. PLEASE send in spare 5c, 10c and 20c coins to support Doreen, our school sponsor student in Malawi. Our goal is to raise \$100 every term. Please drop in any proceeds either to the front office or send them through your child's teacher.

IDEAS IN NUTRITION

Child sized Serves



NT HEALTH

Are you confused on how much food you need to serve your children?

The amount of food children need from the 5 Food Groups depends on a lot of factors, such as their age and gender. When children are eating healthy food (from the 5 food groups) they can eat to their appetite.

It may still be useful to know how much is recommended that children eat.

For example a serve for preschoolers is around a 1/4 of an adult serve.

The Australian Dietary Guidelines provide up-to-date advice about the amount of food from each food group that children of various ages need to eat for health and wellbeing. This guide compiles evidence from over 1000 studies and translates it to food groups.

Find out more about how much children need to eat:
tinyurl.com/4mwwzbb2



Car park upgrades Alawa School and Nemarluk School

The Department of Infrastructure, Planning and Logistics is upgrading the car parks at Alawa Primary School and Nemarluk School. The project will commence on Monday 24 January 2022, weather permitting.

The works will take place from 7am to 5pm, Monday to Saturday. The car park upgrades are expected to be complete by May 2022.

During construction, traffic lanes will remain open on adjacent streets.

Temporary fencing and traffic management will be in place and residents and other road users are asked to follow all directions during construction. Construction plant and equipment will be travelling in and out of the site during the work hours.

The project is being undertaken by local company, Diggamen Civil Contracting.

Should you wish to discuss this project, please contact Department of Infrastructure, Planning and Logistics Senior Project Manager Feroz M Ibrahim on telephone 08 8999 4467 or via email at Feroz.khan.MohamedIbrahim@nt.gov.au



Take care of your smile!

It is important to keep our mouths healthy, get regular check-ups and treat tooth decay early.

Remember to.....

- Brush your teeth last thing at night and in the morning for 2 minutes with a fluoride toothpaste
- Cut down on how often you have sugary foods and drinks
- Visit your oral health professional regularly, as often as they recommend

When was the last time you had a check-up?

To book an appointment call (08) 8922 6466.



COMMUNITY FUN DAY

FREE

All Abilities Come-n-Try

PALMERSTON RECREATION CENTRE

Tuesday 12th April

10AM - 1PM

REGISTER @
CLUBHOUSE TERRITORY
.ORG.AU/EVENTS

SCHOOL TERMS

2022 SEMESTER ONE

Term 1	31st January - 8th April
Term break	11th April - 18th April
Term 2	19th April - 24th June
Semster break	25th June - 17th July

2022 SEMESTER TWO

Term 3	18th July - 23rd September
Term break	24th September - 9th October
Term 4	10th October - 15th December
HOLIDAYS	16th December - 31st January

Transport

Useful Numbers:

Buslink: 8944 2444
 Nemarluk School : 8985 0400



This year the majority of Nemarluk students travel in Buslink buses. Buslink staff are working to ensure that the amended school routes run efficiently and on time. Please help with this matter by ensuring that your child boards the vehicle quickly. The time frames allow 3 minutes at each pick up/drop off point. If your child does not require transport in the morning, please contact the transport provider AND ring school.

Buses transporting students to and from Nemarluk School are to capacity. Please be aware that a change to transport request may not be possible. New requests are placed on a waiting list.

Nemarluk School are Fundraising for our Early Childhood Playground. We are selling Jolly Soles socks – fun and funky for all ages and sizes. They are available to everyone for purchase at the Nemarluk Front office.



Fundraising

We also have cards available made by our Manunda 1 class, 7.50 per pack, which includes 3 cards and envelopes.

Proudly Supported By





CITY OF DARWIN SCHOOL HOLIDAY PROGRAM

11 - 14 APRIL 2022

LIBRARIES

Activities for a range of ages across four library locations

A different location and activity on Monday and Wednesday in the school holidays

CITY OF DARWIN fun in the parks! SCHOOL HOLIDAY PROGRAM

11 - 15 APRIL 2022

Monday 10am-12.30pm (5-12 years only)
MOIL PARK
Rock Painting, Scavenger Hunt + other activities

13 APRIL JINGILI WATER GARDENS
Clay Portrait + other activities

Wednesday 10am-12.30pm (5-12 years only)

Funbus
MONDAY - BAGOT COMMUNITY
TUESDAY - WANGURI PARK
WEDNESDAY - JINGILI WATER GARDENS
THURSDAY - YANYULA PARK
FRIDAY - PUBLIC HOLIDAY

9.30am-11.30am (10-5 years only)

CITY OF DARWIN LIBRARIES SCHOOL HOLIDAY PROGRAM

11 - 14 APRIL 2022

MOVIE
Enjoy the movie Encanto on the big screen at Nightcliff Library.

EASTER CRAFT WITH ESTHER BUNNY
Join Esther these school holidays for some sweet Easter treats and craft some egg-celent things!

BABY BOOK AND RHYME TIME
Enjoy stories and songs at the library with Baby Book Time and Rhyme Time.

STEAM ZONE
Join us for a variety of STEAM skill building activities. Explore science, technology, engineering, arts and maths through play based learning.

LEGO CLUB
Are you a Master Builder? Create your own masterpiece at our LEGO Club

AND MUCH MORE

Pick up a program at any Library for all the details or download online darwin.nt.gov.au/libraries

SCHOOL HOLIDAY FOOTBALL PROGRAM

APRIL 11 - 14

8.30 - 11.30am
DARWIN FOOTBALL STADIUM

HAVE FUN
MAKE FRIENDS
LEARN NEW SKILLS
IN A
SAFE AND INCLUSIVE
ENVIRONMENT

REGISTRATION \$165

Register now:

ACCEPTED HERE

FOR MORE INFORMATION: PAULA.DACOSTA@FOOTBALLNT.COM.AU

GELA SUPPORT SERVICES DAISY Program

Developing and Inspiring Social Skills in Youth Program

Next 10 Week Program:
18th April 2022
Monday - Friday
2:30pm - 5:30pm

Skill Based Activities:

- Sensory Play
- Fine Motor
- Gross Motor
- Self Awareness
- Cognitive Development
- Social Skills

Register Expression of Interest Today

For more information:
admin@gelaservices.com.au
Loren Fejo: 0499 269 691
Geoffrey Selems: 0499 266 694

fun and friendship

playfootball.com.au

SEASON STARTS
APRIL 22ND
MINIROOS AND JUNIORS

JOIN OUR TEAM

For more information: paula.dacosta@footballnt.com.au