

The Eucalyptus News



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- Since 2018 1st Edition 2018

Welcome!

Hello everyone!

Welcome to the Eucalyptus room page. The Eucalyptus class is a 3/4/5 combination class with 20 students this year.

Teachers

The teachers in this class are Mrs. Vine and Miss M. This is our 4th year teaching together at Sandy Creek.



Acquaintance night Term 1 2018

Learning

This year we will be learning many different things. In Science students have been learning about life cycles, for Math we have been learning problem solving strategies and skills, in Japanese we have learnt to confidently introduce ourselves, in English we have been looking at various text types and reciprocal reading. This year we have put a big focus on team building and getting to know each other. At Sandy Creek all students participate in the What's The Buzz program which helps develop strategies for students to make friends and learn important social skills.

Seesaw in the Class



This year we are continuing to use the 'seesaw' app for sharing your child's learning with you. We have gotten some great feedback and positive responses from previous years and we love this tool for communication.

Homework

For homework students are expected to read 10-15mins a day and to practice their timetables.

Interoception

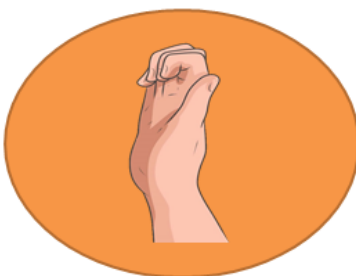
Sandy Creek Primary has started a whole school approach to Interoception.

Interoception refers to our perception of what is going on inside our bodies and is responsible for feelings of hunger, thirst, sickness, pain, having to go to the bathroom, tiredness, temperature, itch, and other internal sensations.....What's even more interesting about interoception is that it goes deeper than physical sensations - when our brains receive these internal signals, we interpret, attend to, and analyse them. So interoception is also associated with our sense of well-being, mood, and emotional regulation.

How are you feeling?



Ready to learn
new things
Feeling calm
Steady Heartrate



Ready to learn new things
after a quick
Interoception activity
Feeling a little
excited/frustrated
Slightly faster Heartrate



Needs a break in an
Interoception space or
sensory room
Feeling overwhelmed/
angry/ mad/ upset
Fast Heartrate

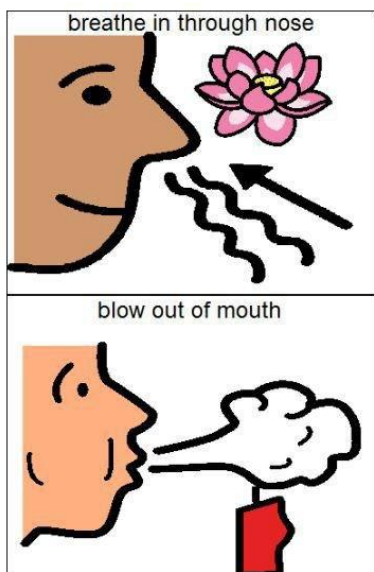
What is an interoception activity?



An activity that provides:

- A focus on a particular part of the body for at least 30 seconds
- Labels the movement and part of the body involved (e.g. calf muscle, stretch, breath in and out)
- Encourages the child/student to identify a **change** in their body state (e.g. hot-cold, soft-hard, stretch-relax).

The activities help to focus students and activate the parasympathetic nervous system (calming nervous system).

Examples of Calm down/Interoception activities



<p>Breathe in slowly and deeply through your nose, you should feel your hands rising as your lungs fill with air.</p> <p>1 2 3 4 5</p> 	<p>Now breathe out slowly through your nose, keep breathing out, you should feel your hands moving back down as the air goes out of your lungs and your body deflates with your lungs.</p> <p>1 2 3 4 5</p>  <p>Keep practising this breathing in and out for about a minute, see if you can feel your body moving even if you move your hands off your ribs.</p>
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