



39 18th Avenue  
Tauranga 3112  
Telephone: (07) 5784424  
Email: [office@taurangaspecialschool.nz](mailto:office@taurangaspecialschool.nz)  
Website [www.taurangaspecialschool.nz](http://www.taurangaspecialschool.nz)

## **KAWERONGO - NEWSLETTER Friday 12th May 2023**

**Kia ora parents, whānau and caregivers,**

**Term 2 brings with it many exciting opportunities for our kura community to come together and to grow in our partnership.**

**All whānau are invited to attend our first whole school whānau hui for 2023.**

**Kai will be provided - care and supervision will be available for tamariki too - so our hui can be accessible for all.**

**The details are:  
Wednesday 17th May  
6pm-7pm  
Room 1 - TSS Base School**

**Our goal for this first meeting is to come together. We'd like to introduce ourselves. We'll share a school update and have an opportunity to share ideas about what's happening at our kura and where we'd like to head.**

**Ngā mihi Kind regards  
Barrie Wickens  
Principal**

## **IMPORTANT DATES AND INFO FOR TERM 2**

**Friday June 2nd : staff only day for the Kāhui Ako - school closed.  
Monday June 5th : King's Birthday holiday  
Friday June 30th: last day of Term 2**

## WELCOME BAY

Our students in Toroa class love our swimming sessions! They are all so independent in following the routines. We have been learning about blowing bubbles, floating and taking breaths. What fun we had using the underwater camera, ka pai!



## Welcome Bay Kea kids love to play!

We love to make the most of enjoying the playgrounds at Welcome Bay School alongside our mainstream friends. This year we have a new junior playground and upgrades to the senior playground. So much fun and learning to be had as we explore the new equipment.

We especially enjoy the swings and slides!



## ROOM 4

Such wonderful, enthusiastic learners in the pool this term. Room 4 students have been working hard to improve their bubble blowing, floating and kicking. Some have even tried their first attempt at diving.

A group of students has been attending sessions at Argos Gym.

Wow! Fantastic mahi Room 4!



## ROOM 2

This term Room 2 students have been participating in a fun sensory story that takes them around the Pacific Islands. They get to experience songs, national dress and artefacts that have cultural significance.

We also enjoy regular Phys Ed sessions that help us improve our balance and mobility.



On Thursday the 11th, we gathered after school for a number of purposes: the blessing by our kaumatua Tu Piahana of recent alterations and the outdoor space, the unveiling of a previous caretaker Russell Lategan's plaque on the memorial seat, and to farewell two long serving staff members Thelma Dibley and Monique Eades. Thank you to everyone who came and supported this event.



## OCCUPATIONAL THERAPISTS

### **What is the ZONES OF REGULATION program?**


- Zones is a program designed to support people to regulate (manage) their emotions and sensory needs. This is used across our school and can also be used at home if you like.
- The Zones programme avoids passing judgement on what people are feeling, acknowledging that "ALL the Zones are OK"
- It is natural to experience all the Zones - there is no 'bad' zone!
- The Zones program aims to support students to identify and regulate internal feelings so they are expressed (outwardly) in ways that meet student's personal goals *and* in ways that reflect various social contexts e.g. being safe/kind at school means at school we might manage emotions by.... (e.g. asking for a break)

### **What are the 'ZONES'?**

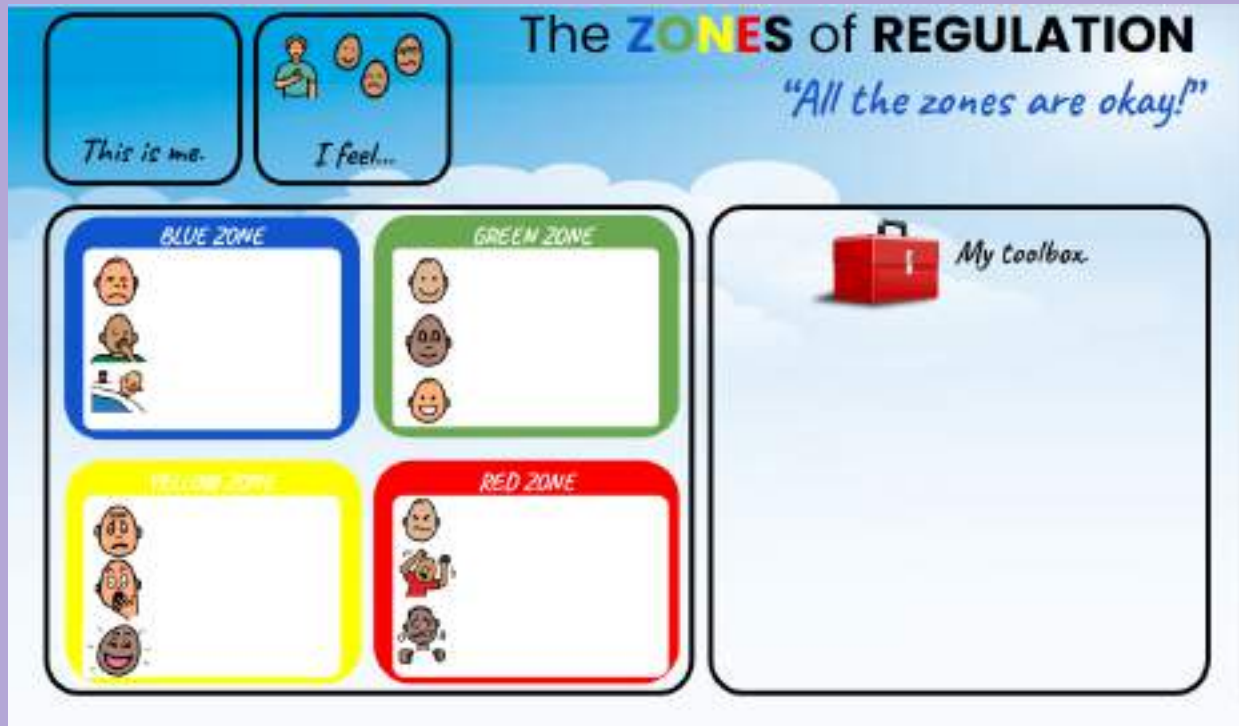
- There are 4 Zones
- Each Zone has a specific colour
- At TSS, the coloured Zones align roughly with those of our Mana Kaha plans, but the Zones of Regulation is a tool *used by the students with the support of all staff*
- Each Zone reflects a range of emotions
- Emotions often align with states of arousal e.g. feeling 'tired' often aligns with a low state of arousal/energy, whereas feeling 'furious' often aligns with a high state of arousal/energy.
- Zones are often displayed in a way that reflects the increasing states of arousal (from low-high)

**The 4 Zones with examples of emotions in each Zone:**

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
sad tired bored	calm happy safe	excited worried scared	angry furious elated

  
 The Zones reflect an increase in state of arousal: low to high

The OT team and Penny Gee (Kaiārahi Hauora / Leader of Wellbeing Pathways) are developing a version of the Zones of Regulation that can be used at home. Please let us know if you would like a copy of this for your whare and whānau:



**The ZONES of REGULATION**  
*"All the zones are okay!"*

This is me. I feel...

**BLUE ZONE** **GREEN ZONE**

**YELLOW ZONE** **RED ZONE**

**My Coolbox**

**Here are some language ideas for talking about our ZONES:**  
*It's important to remember that All the zones are okay!*  
 How we care for ourselves when we're in each zone helps us reach our goals.

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
<p>It looks like your body is moving slowly. I can see you're yawning. It looks like you're feeling/I think you might be feeling... sad/tired.</p> <p><b>Suggestions:</b>            Do you need a rest? Do you need to power up your energy? Let's see what tool might help you.</p>	<p>You are smiling &amp; your body looks calm. You seem like you want to play/learn. I think you might be feeling happy.</p> <p><b>Suggestions:</b>            Do you need a tool to help you? Remember your tools are here if you decide you'd like to use one.</p> <p>This is a great time for us to model and our tamariki to practice choosing tools for when they are in other Zones.</p>	<p>It looks like your body has lots of energy. Does it feel like butterflies? I think you might be feeling... anxious/worried/upset.</p> <p>I can see your body is 'jumpy.' You are smiling/clapping a lot. I think you might be feeling very excited.</p> <p><b>Suggestions:</b>            I think your body might need to slow down. What tool will help you power down?</p>	<p>Your body seems like it has lots of energy. Like it's out of control. I can see your face is red. I think you need a break.</p> <p><b>Suggestions:</b>            I'll give you some space/quiet. Here are your tools.</p>