



Safety Bay Primary School

Respect, Responsibility, Reflection, Relationships, Resilience

From the Principal

Newsletter 09
24 June 2015

Principal's Word

As this will be the last newsletter for the term, I wish to pass on my appreciation for the support many parents have provided to the teaching staff. My message has always been that to make a difference to any child, it has to be a team effort where the parents and the school work together for the child.

I read an article in which it states although parents strive to be involved in school based activities, or feel guilty because they cannot; the research suggests that it is what parents **do at home** that really counts. Even though parents may not be actively involved with their child's school, they may well be supportive of what teachers are doing, taking an active interest in what their children are learning in school and helping them relate this to the world beyond school. Research indicates that if one parent or significant adult is engaged in this way, children are more likely to be motivated to learn, to see the school in a positive light and to enjoy productive relationships with their teachers.

Parents need to know they make a big difference when they:

- Hold high expectations for their children;
- Show interest in the things their children are interested in;
- Value you learning and model the behaviours of successful learners;
- Give specific, rather than general, praise; and
- Establish routines that promote health, well-being and regular study.

That is why I pass on my appreciation of parents who support their children at home, and therefore support the school.

Winter Carnival

Last week our senior school Years 5 and 6, were involved with the Winter Carnival with outstanding success. They won the AFL football, both netball teams, hockey and did very well with the soccer teams. We also received an email from one of the coaches who wrote:

"I feel compelled to write to you regarding the behaviour and attitude of your schools girls participating in the interschool soccer carnival on Wednesday the 10th of June. I have been involved in a great deal of junior sport for many years. In all that time I have never been involved with a group that displayed such high standards of sportsmanship, integrity, good behaviour and team work. Your school should be proud of the way these young people represented your school. Each was a credit to themselves, their teachers, their parents and guardians and, in particular, Safety Bay Primary.

I was proud to be a part of the day and hope these girls are recognised for what they achieved both on and off the sporting field.

Regards Rob Taylor"

Mrs White has placed an article in the newsletter thanking all those who assisted on the day. I too wish to thank all those parents as well as those who turned up to support. Our children appreciated it.

Staffing Changes Term 3

Mrs Casey has been offered a position as Principal at North Dardanup for Term 3. Congratulations to Sandra and I'm sure she will enjoy the change of pace. Mrs Cooke will move into the vacant Deputy position for the term and we are lucky enough to have Miss Jemma Souren move into C21 for the term. Mrs Chatley returns to C14 for Semester 2.

Kindergarten and Pre Primary Enrolments

Again I want to encourage parents of students in Kindy and Pre-Primary to enrol their child for 2016. We have placed a sign up on the fence advertising enrolments which will close on the 24th of July. If you know anyone living in the Safety Bay Shoalwater area with a child of Kindergarten age for 2016, please encourage them to come in and enrol. Please contact the ladies in the office if you want to know more.

Nationally Consistent Collection of data for School Students with Disability

Our school is part of a national project about students with disability and/or learning difficulties. We have been asked to provide data about the number and learning needs of children at our school. The name of the school and the name of the children will not be reported.

Information about the different types of needs and the programs and resources the school uses to overcome barriers and the support children with special educational needs will be collected.

Principals Word continued over page.....

IMPORTANT DATES

Fri 26th June
Assembly S3
Group A

Wed 1st July
Students reports
sent home

Fri 3rd July
Funky Friday

LAST DAY OF
TERM 2 FOR
STUDENTS IS
FRIDAY 3RD
JULY

FIRST DAY
OF TERM 3
FOR
STUDENTS IS
TUESDAY
21ST JULY

SMS
Communication
SMS Mobile Number
0437 418 753



2 Waimea Road, SAFETY BAY WA 6169
Ph: 08 9528 3680 Fax: 08 9592 4789
Website: www.safetybayps.wa.edu.au

School Security
9264 4771



Principal's Word continued.....

We believe it is important to contribute to this because it will help the Governments and the Department develop better policies that acknowledge the level of resources needed in schools to meet the needs of all West Australia.

If you would like to learn more about the Nationally Consistent Collection of Data for School Students with Disability you can visit the website: www.education.gov.au/nationally-consistent-collection-data-school-students-disability.

Quote: Don't judge each day by the harvest you reap....but by the seeds you plant. Robert Louis Stevenson.

Wayne McKay
Principal

MERIT CERTIFICATES ASSEMBLY 12TH JUNE

Congratulations go to the following students, the latest recipients of our prestigious Merit Certificates. Well done!!

W4	Reece Jasmine Cieren	Preston Lilly
W3	Ty Joharli	Seyanna
S5	Madeline	Ashton
S6	Ryan	Isaac
P8	Olivia	
P7	Charlotte	Nicholas
C12	Abigail Nova	Nikora
C13	Jack	Jasmine
C14	Chloe	
C15	Norah	Jenny
C19	Alexander	
C20	Piper	Couper
LOTE	Emily (C12)	Amelie (C14)
MUSIC	Declan	Jane
PHYS ED	Matty Rhianna	Olivia

KIDS HEALTH

School lunches

- ⇒ A healthy lunch should include fruit, vegetables, whole grains, meat or alternatives, dairy products and water.
- ⇒ Ask your children what they would like (within reason!) in their school lunch.
- ⇒ Keep lunch boxes interesting. Offer a variety of lunch foods including sandwiches, rolls, wraps and cold salads.
- ⇒ Try not to include biscuits, cakes, chocolates, energy bars, chips and confectionery.
- ⇒ Peer pressure and food marketing urging children to try all sorts of foods can be very strong. Let your children try these foods occasionally.
- ⇒ Keep food cold in the lunch box with a frozen ice brick and insulated bag.

DSTA NEWS

We are constructing a milk bottle igloo at school, we require approximately 1000 3 litre milk bottles. The bottles need to be rinsed out and dried, they can be left at the office or students can leave them in Challenger Block.

Thank you!

Mrs Batey
DSTA



P & C NEWS

Reminder

Walkathon Sponsorship Money must be returned to the Canteen as soon as possible to be eligible for prizes. Thank you once again to everyone for your support for the 2015 P&C Walkathon!

New Sports Equipment for the students

At the last P&C meeting \$1000 was allocated to buy new sports equipment for the students to play with during recess and lunchtime. The P&C hopes the students are enjoying and looking after all the new items. A huge **THANK YOU to Rebel Sports** at Rockingham Shops for the great discount!

Term 3 Fundraiser

The P&C is organising a BEACH THEMED ART EXHIBITION to be held in at the local Art Centre. The students have been busy in Art preparing for the Exhibition.

Check us out on Facebook...look up [Safety Bay Primary P&C Notice Board](#)

I wish everyone a safe and wonderful holiday!

P&C meetings for Term 3

Thursday 13th August at 1.30pm

Thursday 10th September at 1.30pm

As always I would like to encourage as many parents as possible to come to the Parent and Community (P&C) Meetings. It's a great way to get involved in the school community and your child's education!

SUPPORT OUR SCHOOL

The 2015/2016 Entertainment Book is now available to purchase. There will be limited numbers of both the printed Book and the digital version available so make sure you get in early so you don't miss out!

<https://www.entertainmentbook.com.au/>



Making sense of children's emotions

Ten year old Tom, his friend Louis and Tom's six year old brother, Josh, were trying out Tom's new skateboard. Louis already knew a bit about skateboards, and he offered to show Tom and Josh how to do turns.

It was harder than it looked. Tom slipped off and tumbled over. The others laughed.

"Show me again," Tom said to Louis. After watching Louis carefully and trying again, Tom was starting to get it. "I just need to keep practising," he thought.

Then it was Josh's turn.

"I can help you if you like," said Louis.

Josh wanted to do it by himself, but he couldn't get the hang of it. When he tried to turn, the skateboard kept going straight and Josh landed on his bottom.

The boys laughed, but Josh didn't think it was funny. He got really angry at them. Then he ran inside to tell his mother how mean the two older boys were.

Understanding emotions

Children's emotional reactions may be more complex than they appear. In the story Josh blames his hurt and angry feelings on the other boys. But was their behaviour the main problem for Josh? Or was it really that he was frustrated and disappointed over not being able to handle the skateboard as well as he would have liked?

Learning to manage feelings and emotions is a very important part of children's development. Emotions affect children's ability to learn and relate to others, as well as their overall wellbeing.

Emotions and self-concept

Children's emotions are not just a response to things that happen. They are influenced by what children think, especially by what they think about themselves and their abilities. Children often need support from parents and carers to manage their feelings effectively, particularly when they are young.

Showing that you understand and accept children's feelings is very important for supporting their emotional development. When children feel understood it is easier for them to learn to think through their feelings and work out effective ways to handle them.

In the story, when Tom fell off the skateboard he told himself he could do it if he kept practising. This helpful thinking allowed him to put aside feelings of frustration and embarrassment, and keep trying.

How parents and carers can help

Parents and carers can support children's emotional development by tuning into feelings, helping children understand feelings, and encouraging them to work out ways to manage feelings effectively. The following suggestions may be helpful.

- Tune into children's feelings and try to understand things from their point of view. This allows you to help them identify their feelings and the ways that feelings work.
- Show that you accept and respect children's feelings. Accepting feelings is necessary before working out a way to manage them.

- Remember that it's not always easy for children to know what is bothering them, and they may not always want to talk about it.
- Show children how you manage your own feelings effectively. If you act calmly it will help to reassure children they can manage even difficult feelings.
- Acknowledge children's efforts to manage feelings. This helps them see their progress and motivates them to use the helpful strategies they are developing in other situations.

Everyone has feelings. It takes time to learn how to manage them effectively

- Observe your child and take note of the situations that seem to trigger a particular emotional response.
- Think about how your child might be feeling given his or her age and stage of development.
- Talk and listen to your child about how he or she is feeling. Acknowledge both your child's feelings and his or her efforts to cope.
- Talk about helpful ways of managing feelings and encourage your child to try out different options

Our kids matter.

KidsMatter helps our school nurture happy, balanced kids.

Kids Matter

Australian Primary Schools
Mental Health Initiative

kidsmatterprimary.edu.au

TRAFFIC WARDEN NEWS

We received a letter this week from Brian McNicol, our Traffic Warden for the Rae Road crossing.

Brian wanted to let the students and parents of Safety Bay Primary school know that he is out of hospital and is recovering well.

"I miss all the little faces, the waves and smiles from the parents and young ones alike and am eager to get back so once again, thank you for your uplifting words in a time of need.

Yours sincerely
Brian McNicol
Your Traffic Warden"



Thank you to Joy Mikulandra for organising and delivering all of the wonderful messages to Brian on behalf of Safety Bay Primary School.

LOST PROPERTY

All lost property will be on display at this Friday's assembly, please come and have a look if your child is missing any items of clothing etc.

Items not claimed by the end of the term will be donated to the Uniform Shop or Good Sammy's, so it is important to remember to label all school uniforms and items clearly so they can be returned to their owner if lost.

BREAKFAST CLUB

Breakfast is one of the most important meals of the day, particularly for growing children. Studies have shown that eating a healthy breakfast improves students' academic, social and emotional outcomes. Eating breakfast also positively influences the happiness and mental health of students.

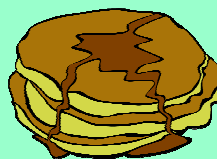
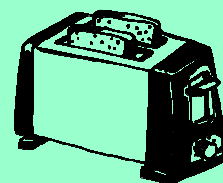
There are a number of reasons why children do not consume breakfast on a regular basis, including:

- A lack of time
- Not being hungry in the morning
- Not wanting to eat alone
- A lack of appropriate food in the house
- Having to leave home early in the morning

Safety Bay Primary has been running a Breakfast Program, twice a week, for almost 12 months, with support from Foodbank and the Safety Bay IGA. We usually have approximately 30 students attend for a breakfast of toast, pancakes, fruit and Milo.

I would like to thank Heather Ham, Francesca Maumill, Ana Loader and Toulia Cooper for volunteering to assist in the running of the program.

Mrs Muirhead
Education Assistant



YUM!



PHONE APP ANNOUNCEMENT - NEWS(LETTER) FOR YOU

We're continually working hard to keep you well informed about what's happening at your school. The fortnightly news (letter) now emailed to you supports a number of our school priorities including environmental sustainability and information technology. The number of subscribers receiving our newsletter in this format has grown from 400 to nearly 600 just this year.

We're pleased to announce a forthcoming mobile phone app. The app's currently undergoing testing and licencing and due for release soon. It'll be fully integrated with our website with no additional costs. We're looking forward to using the app to make sure you get the best opportunity to get involved in your child's schooling at Safety Bay Primary.

We also want to hear from you to make sure our communication strategy is, most importantly, working for you. Please complete the short survey form below and return to the office prior to the end of term 2 for your **chance to win the opportunity to take your family to the movies on us!** Winner announced in the first news(letter) for term 3.

Please circle the response that suits you.

Are you registered to receive the news(letter) by email?
How often do you read the fortnightly news(letter)?
What prevents you from coming along to school activities?

Yes/No
All the time/Sometimes/Never

If you don't read our news(letter), please tell us in a few words why?

What do you like best about the Safety Bay Primary School newsletter?

What would you change about our news(letter)? eg frequency/format/content

GOOD LUCK and thank you for taking part.

WINTER CARNIVAL 2015 WRAP UP

Wednesday 10th June was the date of our annual RASSA Interschool Winter Carnival for the Years 5 and 6.

The children had been training for a number of weeks and were keen to represent their school at each of the sporting events. The footballers travelled to Warnbro Rec, the hockey players to Lark Hill, the four netball teams to Mike Barnett Stadium and the two soccer teams to Lark Hill.

At each of the carnivals six schools were represented: Safety Bay; Warnbro; Port Kennedy; Rockingham Lakes; Charthouse and Waikiki.

The students who participated should be extremely proud of themselves. All staff who attended were most impressed with our representatives. Once again their behaviour and sportsmanship were wonderful and all staff agreed that it is a pleasure taking children such as this to these type of events.

The results for each of the competitions were:

Soccer Boys: Second

Soccer Girls: Fourth

Soccer Overall: Third

Hockey: Winners!

Netball A: Winners!

Netball B: Winners!

Netball C1: Second

Netball C2: Fourth

Netball Overall: Winners!

Football: Winners!



FOOTBALL



HOCKEY



SOCCER



NETBALL



As well as congratulations to our participants, we also need to recognise the staff, many parents and other helpers who assisted at the carnivals.

We also had a large number of parent spectators and supporters who cheered our teams on and remembered that the day is all about participation and enjoyment.

Thank you to Ms Cooke, Mr Lopez and Mr Rob Taylor who coached the soccer teams, Mrs Johnsen, Mrs Grove, Mrs Jodie Kermath and Ms Rebecca Bratt who coached the netball teams, Miss Holtom and Nicole (American import) who coached the hockey team and Mr Petersen and Mr Holdman who coached the football team.

Well done to all!

Mrs White
Physical Education Teacher

WINTER CARNIVAL SOCCER AND FOOTBALL REPORT



All the boys and girls were nervous but excited about the day ahead. We were very enthusiastic and wanted to get started. The girls and boys team played five games of soccer. My team, the girls, won the last two games. First we played Charthouse, then Warnbro, Port Kennedy, Waikiki and Rockingham Lakes. The team played well and did not give up.

Our team was helpful to other schools and our own. They supported each other on and off the field and they listened well to instructions from coaches and announcers. We had to play 11 on the field with 3 on the sidelines. The girls were very respectful, had amazing behaviour and were kind to other schools. I think the girls enjoyed their day and had a great time.

The boys played against the same schools and they came 2nd overall, losing only one game to Rockingham Lakes Primary. I would like to say a big thank you to Mr Taylor and Mr Lopez for coaching our teams on the day.

Cala Taylor

Captain – Girls Soccer Team

Our Year 5 and 6 footy team played great footy all day long. They were undefeated and were very gracious winners. We can all be extremely proud of the way they presented themselves on the day. Their behaviour and manners were exceptional and there was a wonderful sense of comradery. Congratulations to the boys and a special thankyou to Mr Holdman a visiting teacher who was an integral part of our success throughout the day.

Mr Petersen

Football Coach



FREE fun program for kids to become fitter, healthier & happier

Evidence based obesity treatment program for children and families

The Better Health Program is a multicomponent healthy lifestyle program for overweight and obese children aged 7 to 13 years and their families. The program is a component of the WA Healthy Children Program which is jointly funded by the Western Australian and Australian Governments and is being offered FREE for eligible families to attend. It meets all current Australian guidelines and NHMRC recommendations for the Management of Overweight and Obesity in Children.

The program, lead by qualified health professionals, runs during after school hours, twice a week for ten weeks, parallel with each school term. Children and their families become fitter, healthier and happier as they have fun, meet new friends and learn new skills to establish and maintain healthier lifestyles.

What happens on the Better Health Program?

- Weekly games and activities for children
- Fun, interactive discussions to teach you easy and effective ways to improve your child's nutrition, physical activity and self-esteem.
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.

The Better Health Program is currently running at various locations across Perth, call 1300 822 953 for details.

Program Structure

1st hour

Children and parents participate together in fun theory activities alternating between nutrition and behaviour change topics

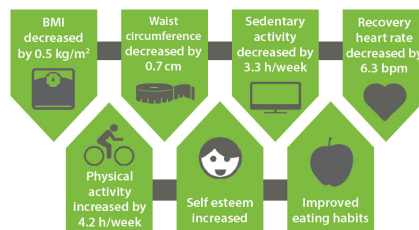
2nd hour

Parents participate in a facilitated discussion with the theory leader

Children participate in a fun, physical activity session in land or water with the physical activity leader

Evidence base and outcomes

The Better Health Program was designed by specialist dietitians and psychologists and has been researched extensively. A successful RCT was completed and published, (Obesity, Vol 18, Supp 2, Feb 2010) showing statistically significant improvements at 6 months. On a local level, 18 Better Health Programs have been delivered so far, engaging more than 175 families throughout Perth. Key achievements of the program across Perth include:



Promotion & partnership opportunities:

Contact Program Manager, Hayley Robertson directly to discuss ways in which you can refer or promote this program in your workplace setting. Better Health can supply you with resources if you choose to;

- Distribute the Better Health Program brochures to families you see in your work setting
- Display posters and place brochures at your facility
- Place information about the Better Health Program in your organisations newsletter

Ph: 0410 784 788 / Email: hayley@betterhealthcompany.org

How participants can register:

Call 1300 822 953, sms 0409 745 645 for a call back or register online at www.betterhealthprogram.org

Program Outline

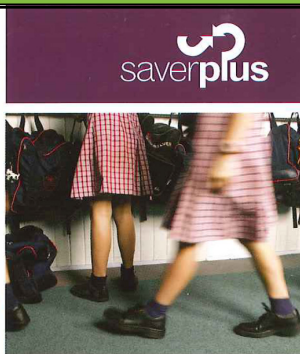
1. Meet the Leaders & Healthy Growth Check
Program Introduction
2. Active, Healthy Happy
Goals & Rewards
3. Refined vs Unrefined
Goals and Rewards
4. Fats & Sugars
External Triggers
5. Label Reading
Modelling
6. Ready Steady Eat!
Internal Triggers
7. Supermarket Tour
Problem Solving
8. Fabulous Food Fest
Good things about Me
9. Survival Guide
Healthionnaire!
10. Healthy Growth Check
Group Reward



Government of Western Australia
Department of Health



1300 822 953
betterhealthcompany.org
hayley@betterhealthcompany.org



Is your child at school or starting next year? Would you like \$500 to help pay for uniforms, books, excursions or a laptop?

To be eligible you need to:

- have a Health Care Card or a Pensioner Concession Card
- have a child at school now or starting next year
- have some form of household income, for example, your partner or yourself may have casual, part-time, full-time or seasonal employment.

Saver Plus can match your savings for school costs, dollar for dollar, up to \$500!

The Smith Family is now offering the Saver Plus program in your area. To find out more, phone 1300 610 355, or SMS your name and postcode to 1300 610 355, or email saverplus@bsl.org.au.



everyone's family

NOTICES FROM OUR COMMUNITY:

Safety Bay Primary School does not endorse nor assume any responsibility for the information provided.

PROUDLY SUPPORTED BY

PREMANTLE DOCKERS

AMP IT UP!
Delivered by SEDA

AMP IT UP AT OUR FOOTBALL HOLIDAY PROGRAM!

75 PER DAY
9AM-3PM

PLAYER APPEARANCES

AMP IT UP 1 DAY FOOTBALL HOLIDAY PROGRAMS ARE DESIGNED TO PROVIDE 5-12 YEAR OLDS WITH THE OPPORTUNITY TO DEVELOP THEIR FOOTBALL SKILLS AND BE ACTIVE WHILE MAKING NEW FRIENDS IN A SAFE AND FRIENDLY ENVIRONMENT.

YOUR NEAREST PROGRAM
MONDAY 13TH JULY
FREMANTLE OVAL, PARRY STREET, FREMANTLE

REGISTER AT
AMPTUPEVENTS.COM.AU
OR CALL 1300 126 787


CHECK OUT OUR WEBSITE FOR MORE HOLIDAY PROGRAMS!

Thank you to our sponsors.
The following are paid advertisements. Safety Bay Primary School does not endorse nor assume any responsibility for the information provided.

**MALIBU PHARMACY**
For Friendly Personalised Service
OPEN
Mon - Fri 8.30 - 6.00pm
Saturday 8.30 - 3.00pm
(08) 9527 7013
Shop 3, Malibu Shopping Centre. 110 Malibu Rd, Safety Bay, WA 6169

PRIMARY AGE YOUTH GROUP
Come along to Youth Group on Friday nights!
Enjoy games, make friends,
learn Scripture, eat supper.
(Planned and supervised)

Who: Years 1—6
When: Friday nights, 6—7:30pm (school terms)
Cost: \$2 donation p/child (or \$4 p/family)
Dress standard: Casual (neat and respectable)
Where: Rockingham Church of Christ,
cnr Rae Rd & Frederick St, Safety Bay
9592 2495 www.rockinghamcofc.org.au



SAFETY BAY NEWSAGENCY
ONE STOP FOR ALL NEWSAGENCY LINES
Shop 7, Bayside Shopping Centre
Cnr Penguin & Safety Bay Roads
SAFETY BAY WA 6169
Phone/ FAX 08 9527 3329
Trading Hours
Mon to Sat 7.30am to 5.00pm
Sun CLOSED
Public Hol 9.00am to 12 noon

**YOUR LOCAL
BACK TO SCHOOL OUTLET
STOCKIST OF ALL
SAFETY BAY PRIMARY SCHOOL
BOOK LIST REQUIREMENTS**



Marleen Cleary Sales Consultant
m: 0400 848 447
p: (08) 9591 4999
f: (08) 9591 4900
e: marleen.cleary@profrh.com.au

8 livingstone road
rockingham wa 6168
www.profrh.com.au



**Residential
Garage Doors** **Your Local
Garage Door Specialist**
1800 202 808 No Call Out Fee
☒ Sales & service specialist ☒ Emergency repairs
☒ All brands of doors & motors repaired

FunTalk
Speech Pathology Services
Fun and interactive Speech Pathology
services for children!
Phone: 9439 2333
0438 861 555
2 Chilcott St, Calista WA
www.funtalk.com.au



SPONSOR HERE
\$220 per year
\$25 one edition
Contact Di Tindale
P 9528 3680
E diana.tindale@education.wa.edu.au



**ROCKINGHAM
FOAM SUPPLIES**
**NEW & RECOVERED LOUNGE SUITES FOAM
CUT TO SIZE WHILE YOU WAIT
MATTRESSES UPHOLSTERY SUPPLIES
POLYSTYRENE**
Unit 1, 15 Dixon Road
Rockingham.
Ph: 9527 2374