



## Safety Bay Primary School

Newsletter 08 - 2nd June

Dear **Subscribers Name**

Here is this fortnight's news from Safety Bay Bay Primary School.

Click [here](#) to be directed to a PDF version of the newsletter on our website.



### Principal's Word - 2nd June

Last Friday was the second Obstacle Course Challenge organised by our very active P&C and what an outstanding day was had by all. Once again the weather was very kind to us and we had no rain and allowed the day to flow without interruption.

Last Friday was the second Obstacle Course Challenge organised by our very active P&C and what an outstanding day was had by all. Once again the weather was very kind to us and we had no rain and allowed the day to flow without interruption. All students participated and attempted to complete the obstacles, with some of our younger students being supported by students in the senior classes. There was a huge team of volunteers, led by Marleen Cleary, that began setting up at 7.00am to ensure the tasks were ready for the start of the day. The staff of the school were very supportive of the event, with some going above and beyond in their performances and actually doing the course. Thank you to all those who helped out to ensure the day was such a success.



### Winter Carnival

Next Wednesday 7th June, the Year 5 and 6 students will be involved in the Winter Carnival. Students will participate in either football (AFL), Basketball or Volleyball. The events are to be held at different venues: AFL (Warnbro Rec. Centre), Basketball (Mike Barnett Centre) and Volleyball (Port Kennedy Indoor Volleyball Centre). The students will need to leave by bus at 8.40am sharp and will be returning after the 2.30 siren, around 2.50pm. If you can make it to the events to watch I'm sure the students will appreciate your presence.

### Kindergarten and Pre-Primary Enrolments

Kindergarten and Pre-Primary enrolments are now open. If you have a child ready to start Kindy in 2018, you can enrol them now. Please see the ladies at the office or the [school website](#) for the appropriate forms. If you know of anyone who has a child ready to commence Kindy in 2018, please feel free to send them to the office for enrolment details.

## Letter to Parents

Last Friday I sent a letter to families informing them that I will finish at the end of this term to take up a Principal position in China. I have been given Leave With Out Pay for 12 months and I am hopeful this will be extended to two years. The Department of Education will be conducting a selection process to employ a Principal to commence at the start of term three. Elleke Bosworth, the School Board Chair, will join me as a member of the selection panel along with the Acting Regional Director.

Although a very difficult decision, I am excited to have been given the opportunity to undertake this experience and I trust the staff at Safety Bay Primary School will continue to provide the very best education for all students. Thank you to all those who have offered their best wishes and I can assure you it is very much appreciated.

*Quote:* "A hundred years from now, it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but that the world may be different because I was important in the life of a child." Forest E. Witcraft

Wayne McKay  
Principal

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## Merit Certificate Recipients

### Assembly Friday 19th May

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

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

W1 Lauren  
W2 Summer  
W3 Cohen  
W4 Jasper and Jaelyn  
W5 Seth and Elise  
W8 Heidi  
S3 Oliver and Noah  
S4 Lucas and Rishaan  
S5 Revathi and Lillie-Rose  
S6 Willem and Taleah  
S7 Logan  
P7 Abigail  
P8 Tyler  
P9 Mia  
P10 Jordyn  
C12 Jasmine  
C13 Ebony  
C14 Tesla  
C15 Chelsea  
C16 Olivia  
C17 Denham

C18 Lincoln  
C19 Preston  
C20 Lily  
C21 Alisha  
ART Emma C15  
PHYS. ED Phoebe C18  
LOTE Matilde C16

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KidsMatter

## **Mindfulness for children**

What is mindfulness?

**Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment, with openness and curiosity, instead of ‘tuning out’ from experience.**

### **Mindfulness for children**

What is mindfulness?

Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment, with openness and curiosity, instead of ‘tuning out’ from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future- which is often our brain’s default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

Why practise being mindful?

The way we interact with our kids has a huge impact on the way they think about themselves and their levels of personal resilience. Ellen Langer and team, a world-renowned mindfulness researcher found that children not only prefer to interact with mindful adults, but actually devalue themselves following interactions with mindless adults (Langer, Cohen & Djikic, 2010).

The benefits of mindfulness with children

- Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities.
- Mindfulness training involves tuning in to internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence.
- Mindfulness training increases children’s ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques.
- Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children’s awareness of others and helps them to build positive relationships.

Mindfulness and childhood mental health

- Mindfulness training has been shown to reduce the severity of depression, anxiety and

## ADHD in children.

- Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

## Mindfulness for parents

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be. Mindfulness training can assist parents to remain in the present moment and engage more fully when interacting with their children. Research shows that parents and carers who practice being mindful around their children contribute to improving their child's sense of self-worth and self-esteem.

- **Mindful play:** Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that's fine – that's just what minds do! Use your child as an anchor to come back to every time your mind wanders away.
- **Mindful cooking:** Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.
- **Mindful dinnertime:** Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It's a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.
- **Mindful teeth brushing:** Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

## Mindful learning environments

- Teachers and early childhood educators can influence student wellbeing and learning by understanding, embodying and embedding principles of mindfulness into their learning environments.
- Teachers and early childhood educators who are encouraged to develop mindful awareness in their own life will positively influence their whole community.

## A mindful partnership

KidsMatter has joined forces with Smiling Mind, a free program that helps develop Mindfulness Meditation skills in children.

**Our kids matter.**

KidsMatter helps our school nurture  
happy, balanced kids.

**KidsMatter**

Australian Primary Schools  
Mental Health Initiative

[kidsmatterprimary.edu.au](http://kidsmatterprimary.edu.au)



# Safety Bay Primary School



**WE ARE A  
COMMUNITY**

## Parent Café Spot

**WHERE: Conference Room**

**WHEN: Wednesday 1:45 pm weekly**



### Maths Resources

Seeking Woolworths Marvel Heroes Super Discs!

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Do you have any unwanted Marvel Heroes Super Discs? Ms Cooke in C21 would love any donations that you may have to use for Maths in teaching statistics and probability. Discs may be handed into the front office. Thank you!

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## Water Wise Tips

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### CONNECT

**CONNECT at Safety Bay Primary School** In 2017 we have begun implementing an online communication platform across the school called **CONNECT**. Some parents may have heard of it before and some may even be signed up and using **CONNECT** already. All parents that have provided their current email address to the Front Office will receive email notifications through **CONNECT**. If you do not have a current email address registered, please see the Front Office staff. **CONNECT** Notifications will also come through as alerts in the **CONNECT Now** app. Anyone who experiences issues logging into **CONNECT** can contact David McLaren at david.mclaren@education.wa.edu.au or speak to the Front Office. **CONNECT** connect.det.wa.edu.au

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### Community News

**NOTICES FROM OUR COMMUNITY:** Safety Bay Primary School does not endorse nor assume any responsibility for the information provided.

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### P&C News

The 2017 Obstacle Challenge was amazing and hugely successful! A HUGE Thank You to our P&C event coordinator, Marleen Cleary who has organised the last two Fabulous Obstacle Challenges. The Obstacle Challenge was made possible by the support of our principal. Thank you Mr. McKay for always being a strong support of the P&C and the Obstacle Challenge. I would also like to THANK ALL the students, parents, school staff, the P&C Committee and all our event volunteers. The event would not be hugely successful without everyone's support! The P&C would like to say THANK YOU to AMF Bowling, Dominos Pizza, Chipmunks, JIM KIDDS, Subway (in Singleton, Meadow Springs, Port Kennedy and Waikiki) and United Cinemas for kindly donating spot prizes just days before the Obstacle Challenge. Please support these businesses as they were very generous with their donations to the P&C. It has been brought to my attention that there appears to be some issues with the online fundraising accounts. The P&C has contacted Fun Run Fundraising and they have assured us that they are working on fixing the issues. The P&C hopes to have answers tomorrow if not by early next week. June 15th at 7.00pm in the staffroom is the last P&C meeting of the term...everyone is invited to attend! Thank you! Jill Erikssen P&C President Communication Please like our Facebook page to keep track with P&C news: Safety Bay Primary P&C Noticeboard Or you can email us any questions, feedback or comments on sbpspandc@hotmail.com