



Safety Bay Primary School

Respect, Responsibility, Reflection, Relationships, Resilience

From the Principal

Newsletter 08
01 June 2016

Principal's Word

Next week, Elleke Bosworth (Council Chair) and myself will be attending the second day regarding the school's application for Independent Public School status. This workshop will provide further direction as to what we will be expected to do to succeed with our application. At the School Council meeting last Thursday, a self-assessment of the School Council itself took place to allow us to ascertain if we are ready for IPS status.

Although there are some aspects that the School Council needs to be addressed, it was decided overwhelmingly that the school pursue the opportunity. This, combined with the staff support, will enable both Elleke and I to go forward with greater confidence. I will provide parents and community members with the expectations following Tuesday's workshop.

Obstacle Course

This event is going in full swing with the support of many parents supporting their children. The big day is Friday 10th June and all parents are welcome to come down and be involved or just to support their child/ren participating on the day. Just a reminder this event is raising money for the P&C to support the school and therefore your child. Children can drop their forms into the locked P&C box in the front office for members of the fundraising committee to collect and count.

The event is building to a crescendo and the children are becoming very excited. If you are able to support or want to know more, please contact Marleen Cleary or a member of your school's P&C.

Year	Total students	Assemble	Start	Finish
6	80	8.50	9.00	9.25
5	86	9.10	9.25	9.50
4	78	9.35	9.50	10.15
3	97	10.00	10.15	10.40
Recess				
2	96	11.11	11.20	11.40
1	87	11.25	11.40	12.00
PP	94	11.45	12.00	12.20
K	84	12.05	12.20	12.40

*This is a guide only. Times may vary on the day. Please check notices in class window for updates.

Illness

At this time last year I made mention of student illness and the fact that children are coming to school showing signs of illness. When questioned, many of them say they informed their parents they weren't feeling well but were still sent to school. If your child is not well, please keep them home. Generally a day in bed will see them recovered quickly and back the next day. Thanks for your support.

Kindergarten and Pre Primary Enrolments

Again I want to encourage parents of students in Kindy and Pre-Primary (new enrolments) to enrol their child for 2017. We have placed a sign up on the fence advertising enrolments which will close on the 22nd July. Please contact the ladies in the office if you want to know more.

Playgroup

This Friday will be the last day for our Playgroup program that has been running for the last 3 weeks. A decision regarding the playgroup will be made by the school and interested parties to ascertain if it is still feasible to continue. I wish to thank W8's teacher Mrs Bell, Mrs Casey, Mrs Grieve and also Mrs Young who has been supporting those parents who attend. The result of the decision will be passed onto those involved as soon as possible.

Quote: We make a Living by what we get; we make a Life by what we give.

Wayne McKay
Principal

School Security
1800 177 777

SMS Communication For Absences
SMS Mobile Number
0437 418 753

Safety Bay Primary School Dental Therapy Centre
9527 6767



IMPORTANT DATES

Thursday 2 June Year 6 CC Education Excursion—Parliament House

Friday 3 June C15—Whole School Assembly

*****MONDAY 6TH JUNE—WA DAY HOLIDAY*****

Tuesday 7 June Year 6 CC Education Incursion—3 Levels of Government

Wednesday 8 June Years 5 & 6 Winter Carnival

Friday 10 June P&C Obstacle Challenge

Monday 13 June Science In School Performance—C18, C20, C21

Tuesday 14 June Science In School Performance—C17, C19, C16

Wednesday 15 June Science In School Performance—S7, C14, C15

Thursday 16 June Year 4 Fremantle Prison Excursion

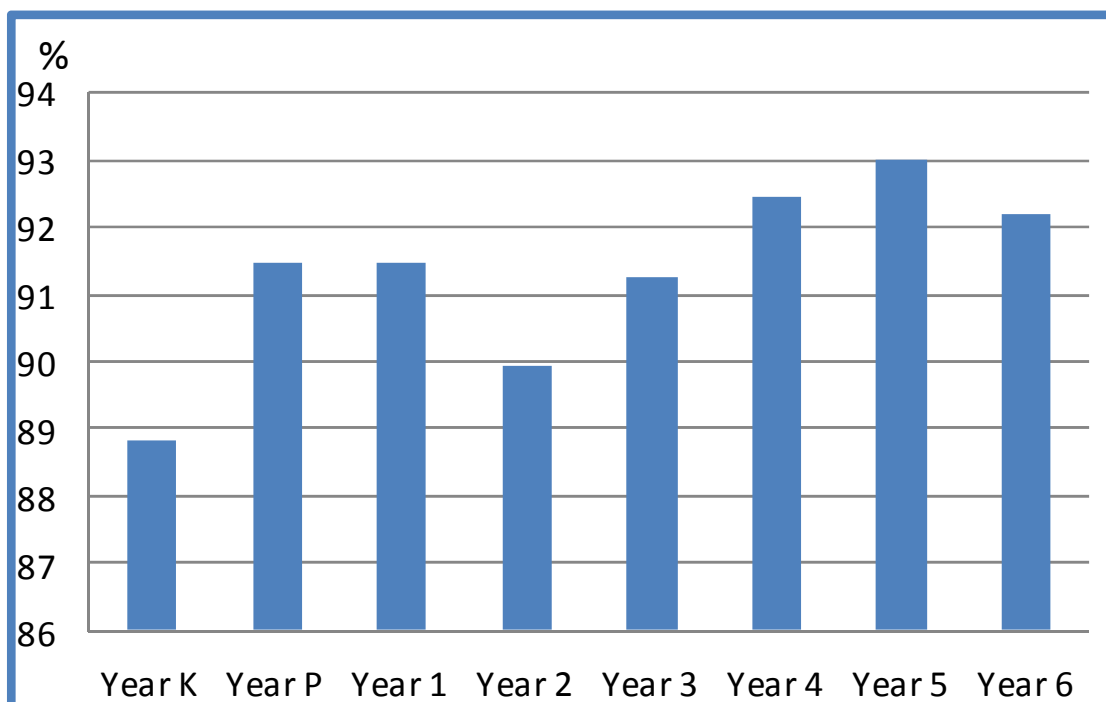
MERIT CERTIFICATES—ASSEMBLY 20th MAY

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



W1	Meagan Rendell	C12	Matilde Bosworth
W2	Ethan Osborn	C13	Evie-Rose Roberts
W3	Malachy Greening	C14	Tobias Petersen
W4	Dakota Locker	C15	Santiago Lopez-Pinfold
W5	Alexandria Blycha	C16	Brogan Kay
W8	Marlley Hill	C17	Jayden Carrington
S3	Starr Ngaheu	C18	Alyssa Whelan
S5	Declan Burgess	C19	Tray Kingi
S6	Zachery Wakeham	C20	Braxton Sekone
S7	Finau Moa	C21	Tia Sadler
P7	Millicent Wilson	Phys Ed	Eden Hazeldean
P9	Riley Adams	LOTE	Trent Hosking
P10	Ruby Albikowski		

YEAR GROUP % ATTENDANCE FROM 16th MAY–27th MAY



FRIDAY FRIENDLIES



On Friday 20th May, Safety Bay Primary School had the pleasure of hosting Hillman Primary School for an AFL football game and two netball games.

These games were played in excellent spirit. There were no trophies or pennants for the winners, just played for the pure enjoyment and opportunity that the afternoon allowed.

The autumn afternoon was perfect and so was the sportsmanship of not only our participants, but from the visiting school.

All three of our teams were successful in their results as well:

Football: Safety Bay 62 defeated Hillman 2

Netball "A": Safety Bay 14 defeated Hillman 3

Netball "B": Safety Bay 8 defeated Hillman 1

We look forward to our next friendlies match which will be on Friday, 24th June, to be played at Hillman Primary School.

Mrs White

Physical Education Teacher



A DAY MADE BETTER



A Day Made Better rewards and recognises exceptional primary and secondary school teachers across the country. Parents, students, fellow staff members, or anyone who has ever known an exceptional teacher or education assistant to show their appreciation by giving them the recognition they deserve.

Exceptional teachers and education assistants do more than just teach – they inspire, nurture and encourage students to build knowledge, confidence and life-skills.

This year, ten exceptional teachers or education assistants will be rewarded for their inspirational work with a surprise event including prizes valued at \$5,000 and an Apple iPad for their classroom.

So if you know of a primary or secondary school teacher that should be celebrated, show your support and nominate now.

Congratulations to Mrs Allen and Mr Petersen who were nominated for Safety Bay Primary School in 2015.

So far this year Miss Hall and Miss Sainsbury have been nominated, so if you would like to support their nomination or nominate a teacher or education assistant at Safety Bay Primary School please click on the following link:

<http://www.adaymadebetter.com.au/>

VOLUNTARY CONTRIBUTIONS & EXCURSION PAYMENTS

Do you have trouble getting to the school office during school hours?

You can pay your voluntary contributions and excursion payments, over the phone using your credit card on 9528 3680. Alternatively you can pay by direct bank transfer via the internet to:

Safety Bay Primary School
Bank NAB
BSB 086 918
Account Number 029 491 771



RAE ROAD CAR PARK



Pram and Stroller Friendly Footpath

As a courtesy to families walking to school with prams and strollers could you please remember to park back from the footpath to allow clear access into the school. Parents are struggling to get along the path, especially if parked cars have tow balls and are having to leave the path and walk through the car park, which during busy times, such as drop-off and pick-up can be quite hazardous.

Thank you.

HEADLICE

Many parents this year have given head lice as a reason for their child not to be at school. We understand that this is a frustrating issue, however head lice is not a reasonable excuse for students not to attend school. Parents are encouraged to treat head lice the night the lice are found and return to school the next day.

The Department of Health suggests that parents can help in the prevention and control of head lice by checking their children's hair frequently, and using the Conditioner Method. Friday is a good day as treatment can take place over the weekend.

A head lice fact sheet is available at the school office or may be downloaded from the school website, please click on link below.



[Head Lice Fact Sheet](#)

P&C NEWS



Obstacle Challenge...IS EVERYONE EXCITED!

Parents come and cheer on all the kids on Friday 10th June...this is the biggest fundraising event of the year and it's not to be missed! The P&C fundraising coordinator, Marlene Cleary, has been hard at work for months organising and planning this amazing fundraiser. If you would like to help out on the day then please email me at Jill.erikssen@y7mail.com

The Obstacle Challenge sponsorship money can be dropped off in the P&C BOX at the school front office. Please ensure the correct amount of money is in an envelope and please make sure the sponsorship form is properly filled out, **especially the consent for your child to participate in the Obstacle Challenge**, on the front of your sponsorship form.

Have you registered your child to fundraise online? It's a super easy way to fundraise for the Obstacle Challenge. Register your child online and then send their link to family and friends all over the world. However if you can not register online please collect sponsors by completing the form in your Sponsorship booklet.

Uniform Shop News

New uniform shop trading hours are Tuesday's 2.30pm-3.30pm. The best way to order uniforms is <http://www.ouronlinecanteen.com/> and the uniforms can be picked up on Tuesday's from the uniform shop or we can deliver the order to the child's class.

The uniform shop is drastically reducing the amount of stock we carry so we are really encouraging parents to pre-order their uniforms either online or when the order forms come out in the middle of term 3 (for summer) and the middle of term 1 (for winter).

UNIFORM SHOP BIG SALE...this Friday 3rd June after the assembly. All uniform shop bottoms and fleece items will be on sale for less than 1/2 price. All stock must go.

Uniform shop accepts and sells second hand uniforms. Uniforms can be dropped off at the canteen or at the uniform shop.

Canteen volunteers are always needed. Please go and see lovely Bernice in the canteen and get rostered on to help.

There are signed P&C Meeting Minutes in the canteen for parents to read or you can email me and I can email out a copy.

Next P&C meeting is on **Thursday 16th June at 1.30pm** in the staffroom. Everyone is welcome to attend.

Thank you so much for everyone's continual support!

Jill Erikssen
P&C



**UNIFORM SHOP OPENING
HOURS
TUESDAY
2.30PM—3.30PM
OR
BY APPOINTMENT**

**Next P&C Meeting
Thursday 16th June
At 1.30pm
In the staff room
Everyone Welcome!!**

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.

Our kids matter.
KidsMatter helps our school nurture
happy, balanced kids.

KidsMatter
Australian Primary Schools
Mental Health Initiative
kidsmatterprimary.edu.au

2016-2017 ENTERTAINMENT BOOK



Entertainment Books available at office or online - Help us fundraise!

The 2016/2017 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/>

W8'S BEACH EXCURSION

This term in Pre-Primary (W8) we have been learning about the sea. To enhance our Science, Society and Environment and Language programmes we went to explore our local beach. Our adventure started by walking to Safety Bay beach where the students participated in some interactive marine activities.

We began by collecting and classifying wonders of the sea; the students used buckets and collected items they found in and around the beach environment. When we returned the students had a chance to classify these items into living and non-living.

We explored items that would float or sink; the students explored different materials that float and sink in the sea waters.

We continued by creating a sand castle of a sea animal; the students used their creativity to create their favourite sea animal using the sand.

Finally, the students had the chance to take photos of the environment around them.

As a result, this encouraged students to explore, make observations and engage in conversations. All Pre-Primary student's had an awesome day and thoroughly enjoyed this learning experience.



REPEATED NEWS

KINDY & PRE-PRIMARY 2017

Applications for 2017 Kindy and Pre-Primary (Pre-Primary students not currently attending Safety Bay Primary for Kindy) are now available and can be made at the school office or can be [downloaded](#) from the Safety Bay Primary School website. We encourage all parents to submit their applications before the end of Term 2, Friday 1st July. **Applications close Friday 22nd July 2016.**

Parents, please note that students currently enrolled in Kindy at Safety Bay Primary School will need to re-enrol their child for 2017 Pre-Primary by completing a new application. Application forms will be sent home via Kindy classes later in the year.

Kindergarten – How are public school enrolments prioritised?

If the number of children applying to enrol at a Kindergarten or Community Kindergarten with a local-intake area exceeds the number of available places, enrolments are prioritised in this order:

- A child who lives in the local-intake area of the school, who has a sibling enrolled at the school for that year and who lives closest¹ to the Kindergarten.
- A child who lives in the local-intake area of the school, who does not have a sibling enrolled at the school for that year and who lives closest¹ to the Kindergarten.
- A child who does not live in the local-intake area of the school, who has a sibling enrolled at the school for that year and who lives closest¹ to the Kindergarten.
- A child who does not live in the local-intake area of the school, who does not have a sibling enrolled at the school for that year and who lives closest¹ to the Kindergarten.

If the number of applications exceeds the number of available places at a Kindergarten or the Kindergarten's local school is not a local-intake school, priority for enrolment is given to children who live closest¹ to the Kindergarten.

Kindy Enrolment FAQs

<http://det.wa.edu.au/schoolsandyou/detcms/navigation/your-childs-education/enrolling-in-school/>


For updated information regarding immunisation for your Kindy or Pre-Primary enrolment, please visit the link below.

http://www.public.health.wa.gov.au/1/51/2/immunisation_for_community.pm

COMMUNITY NEWS

NOTICES FROM OUR COMMUNITY:

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



SCHOOL HOLIDAY ATHLETICS CLINIC

The clinic is designed to develop athletics skills and techniques for boys and girls aged 8 to 16 years (Little Athletics age groups U9 – U17). Whether they are beginners or accomplished athletes, our experienced coaches will ensure your children are enjoying their training while aiming for their personal bests.

Where: WA Athletics Stadium
Stephenson Ave, Floreat WA 6014

When: Tue 12th and Wed 13th July 2016

Time: 9:00am to 3:00pm
(Registration commences 8:30am)

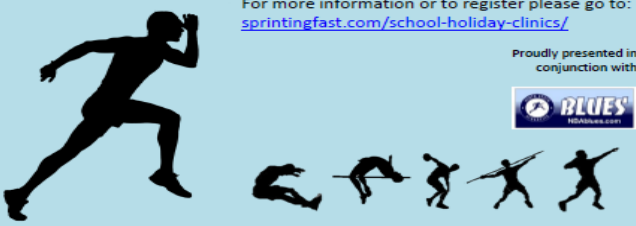

Cost: 1 Day \$85
2 Days \$150
Includes Hat or Shoe Bag

Athletes are able to choose four events to specialize in each day.

EVENTS CHOICES
Sprints/Starts
Hurdles
Middle Distance
Long Jump
Triple Jump
High Jump
Discus
Javelin
Shot Put

For more information or to register please go to:
sprintingfast.com/school-holiday-clinics/

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Cnr Carnegie Loop and Murchison Road, Cooloongup
Tuesday @ 9.15—11.45am
Session 1: 14th June
Session 2: 21st June
Session 3: 28th June



A workshop for parents and caregivers of children 1-12 years.

Are meal times becoming a challenge?
Kids having too much screen time?
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Call 9368 9368 or
Email: eatplaythrive@ngala.com.au



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\$220 per year
\$25 one edition

Contact Di Tindale
P 9528 3680
E diana.tindale@education.wa.edu.au



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