



## Safety Bay Primary School

Newsletter 14 - 8th August

Dear **Subscribers Name**

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

[Junior Faction Athletics Carnival program](#)

[Senior Faction Athletics Carnival program](#)



### Principal's Word

Dear Parents and Caregivers

I trust all of our Safety Bay Dads enjoyed their Father's Day celebrations over the weekend. It was great to see so many Dads, Grandads and other important male role models attending events in the early childhood area at the end of last week.

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I trust all of our Safety Bay dads enjoyed their Father's Day celebrations over the weekend. It was great to see so many dads, grandads and other important male role models attending events in the early childhood area at the end of last week. Next week's Faction Athletics Carnivals will no doubt be one of the highlights of the year and fingers crossed the weather will allow for a fun day in the sun. Mrs White, along all of the staff across the school has been extremely busy organising and training up students for the carnival during physical education lessons along with our middle and senior sport sessions

### Planning for 2018

While 2017 still has plenty left in it, it is at this time of year we begin making plans for the 2018 school year. To help us maximise resources and make the best start to the 2018 school year there are a few things that can help.

If you are *not intending* to send your children to Safety Bay Primary School in 2018 please inform your child's classroom teacher or front office staff so we can make adjustments to our enrolments.

If you have a *class placement preference* based on academic reasons for the 2018 school year, please put this in writing and submit via email [safetybay.ps@education.wa.edu.au](mailto:safetybay.ps@education.wa.edu.au) or through the front office. While we aim to meet the requests of parents, it is not always possible. Please submit these requests before the beginning of term 4.

*Kindy Enrolments for 2018.* If you have a child who was born between 1st July 2013 to June 30th 2014 or have friends who do, please ensure enrolment applications are handed in to enable us to place them in a class at Safety Bay Primary School.

The last fortnight of the term will be the last two weeks that Ms Casey will be on staff here at Safety Bay Primary School, so don't miss the chance to say thanks as I'm sure she has made a positive contribution to the education of many children in her time at Safety Bay Primary School.

As we have already utilised our School Development Days this year, the first day back for students will be Monday 9<sup>th</sup> October.

Regards,  
Phil Springett  
Principal

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### **Family Relationships**

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Children thrive on feelings of belonging and affection that come from having caring and supportive families. Research affirms that the quality of family relationships is more important for children's well-being than the size or composition of the family. Whether families have one parent or two, whether they include step-parents, grandparents or other carers, they can build strong, positive family relationships that promote family well-being and support children's mental health. The keys to developing healthy family relationships include making relationships a priority, communicating effectively and providing support for each other. However, building better family relationships with children and with all family members is not always easy. Different needs arising within the family may create tensions between family members, and pressures that come from outside (eg work or financial pressures) may also impact on families and children. Sometimes these pressures can make the development of positive family relationships more difficult. Yet, even taking these influences into account, there is much the adult or adults in the family can do to build strong family relationships. Happy families work together to make decisions and make sure each family member's needs are being adequately met.

#### **Families are different**

Families vary in the expectations they hold regarding children's behaviour and the roles of parents and carers. This leads to differences in family relationships and communication styles. Many beliefs about what makes for strong family relationships are influenced by the values and experiences that parents and carers were exposed to in their own families while growing up. Cultural background can also impact on the values and goals adults have for children's development. For example, it is common in Western industrialised societies like Australia for parents and carers to value children's independence, whereas parents and carers from other cultural backgrounds sometimes give more emphasis to family responsibilities than to children's independence. There are also many differences within cultures. Differences in the ways that

#### **Meeting different kinds of relationship needs**

Two-parent families are built on the primary couple relationship and this continues to have a major influence on relationships amongst all family members. Parents can find it a challenge to meet children's needs as well as their own needs as partners; however, ensuring that some time is set aside to attend to the couple relationship is very important. When conflict between parents is not resolved, it may impact directly on children and/or on parenting effectiveness. Maintaining effective communication and support for each other as parents enhances the couple relationship and supports positive relationships in the family as a whole. When parents separate, it can be a challenging time for all. Sole parents are a diverse group. They may miss the support that having another parent or carer would provide and may feel over-stretched by the responsibility of caring for children alone. For sole parent families in particular, having a support network of friends and relatives makes a big difference. Separated sole parents and children also benefit from having a positive co-parenting arrangement with the other parent. This can be achieved when parents and carers value and respect the importance of children having opportunities to develop their relationships with both parents.

Blended and step-families can have more complex relationship needs to take into account. Children may feel their prior relationships with parents or carers are displaced by the new couple relationship. Family members, especially children, may still be grieving the loss of their original family. New relationships between children and parents or carers need to be negotiated and old ones renegotiated. Children may spend time with two families who have different expectations of them. These changes can cause significant strain and stress to children as well as to parents and new partners.

It is important to reassure children that they will still have the love and support of both parents. Taking things slowly helps by allowing time for everyone to adjust to new circumstances. Making realistic expectations and house rules clear to all step-family members is very important. For example, it is especially helpful for children and step-parents to recognise that they don't have to love one another but they are expected to treat each other with respect.

#### What supports strong family relationships

Two main dimensions of the parenting role have been found to have important effects on family relationships and on children's development, no matter what kind of family children are raised in. These are:

- communicating with warmth and care
- establishing clear and appropriate limits for children's behaviour

Positive styles of communication are a common element that supports both of these dimensions. All families experience ups and downs as they strive to do their best for children and deal with challenges that come along.

A recent study\* asked Australian families of different kinds to nominate what they considered to be the characteristics that made their families strong in spite of any difficulties they might face. This table shows the eight characteristics that were identified. They form the building blocks of healthy family relationships.

#### Family strengths as identified by Australian families

Communication – listening to each other and communicating with openness and honesty.

Togetherness – sharing similar values and beliefs that create a sense of belonging and bonding.

Sharing activities – spending time together doing things they enjoy, for example, sports, reading, camping, playing games.

Affection – showing affection and care on a regular basis through words, hugs, kisses and thoughtfulness.

**Support** – offering and being able to ask for support, with family members knowing they will receive assistance, encouragement and reassurance from one another.

**Acceptance** – understanding, respecting and appreciating each family member's unique personal qualities.

**Commitment** – seeing family well-being as a first priority and acting accordingly with dedication and loyalty.

**Resilience** – being able to withstand difficulties and adapt to changing circumstances in positive ways.

Families in this research also identified that the biggest challenges in family relationships were communication breakdown, parenting issues and difficult relationship dynamics.

Acknowledging existing family strengths is a good starting point for addressing challenges and building stronger family relationships.

**Our kids matter.**

KidsMatter helps our school nurture  
happy, balanced kids.

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Australian Primary Schools  
Mental Health Initiative  
kidsmatterprimary.edu.au



## Merit Certificate Recipients

### Assembly - Friday 8th September

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 - Cody

W2 - Finau

W3 - George

W4 - Emerson and Layla

W5 - Blake and Lily

W8 - Zeke

S3 - Joseph and Caleb

S4 - Layla and Ty

S5 - Enzo and Erik

S6 - Kayde and Matthew

S7 - Bella

P7 - Alfie

P8 - Alex

P9 - Rueben

P10 - Meesha

C12 - Kayla

C13 - Phoebe

C14 - Ysabella

C15 - James

C16 - Matilda

C17 - Pyper

C18 - Kane

C19 - Blaike

C20 - Maximus

C21 - Jimmy

Phys Ed - Coral C21

LOTE - Riley W2



### Do You Have a Passion for Cabinet Making?

Safety Bay Primary School has amassed a significant number of trophies over the years. If you have (or know anyone who may have) cabinet making skills and be interested in creating a cabinet to house our trophies proudly in the library, we would love to hear from you.

Please contact Diana via the office 9528 3680.

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### Spring Carnival

Our annual "Spring" carnival for year 5 and 6 students was held on Wednesday 30<sup>th</sup> August.

Our annual "Spring" carnival for year 5 and 6 students was held on Wednesday 30<sup>th</sup> August.

All of our teams – two Cricket teams, two Teeball teams and three Rugby teams travelled to Lark Hill for each of the carnivals.

Congratulations to all of our students who reportedly had a great day, with very pleasing sportsmanship and behaviour shown by Safety Bay Primary School participants.

There were six schools represented at each of the Black division carnivals in two divisions. In our division were: Safety Bay, Charthouse, Waikiki, Port Kennedy, Rockingham Beach and Rockingham Lakes.

Our results for the day were:

#### CRICKET:

"A" team: 3<sup>rd</sup>

"B" team: =2<sup>nd</sup>

Overall: =2<sup>nd</sup> (4<sup>th</sup> on percentage)

Thank you to Mrs Hartley for training and coaching the teams.

#### TEEBALL:

Boys: 3<sup>rd</sup>

Girls: 2<sup>nd</sup>

Overall: 3<sup>rd</sup>

Thank you to Mrs McEwan for coaching and a big thank you to Christie Dowsett for coming in at lunch times to train the teams.

#### RUGBY:

Boys: 2<sup>nd</sup>

Girls: 5<sup>th</sup>

Overall in Black Division: 3<sup>rd</sup>

We were also able to take an extra team to play in the red division carnival as they did not have enough teams.

Mixed team in Red division: 3<sup>rd</sup>

Thank you to Mrs Aislabie for training and coaching.

Thank you very much also to the many parents who came along to the carnivals and supported our teams.

**Mrs White**

**Physical Education Teacher**



### **One Big Voice**

On the 18<sup>th</sup> of August our Senior Choir travelled to Perth Arena to participate in the One Big Voice Choir Festival.

On the 18<sup>th</sup> of August our Senior Choir travelled to Perth Arena to participate in the One Big Voice Choir Festival. They joined with 74 other primary school choirs to form a massed choir of almost 4,000 voices. Highlights of the night included our favourite festival song 'Mary of York', the 'Young Talent' concert and songs



featuring the two soloists from our school; Maddi and Abi. It was a highlight of the school year for many and a night to remember. A big thank you goes to our wonderful P&C for their help with paying the cost of the bus to the Arena and for helping to pay for our fabulous new choir shirts. Thank you also to Tamara Toghill for making hair ribbons for the girls' hair. Our choir looked fantastic and of course they sounded fantastic too!

Here are some of the things our students had to say about the festival:

*It was an amazing experience and I am so glad our school got to go. Ruby*

*It was the best night – I will never forget it. Tori*

*All the practicing was worth it because we all sounded amazing on the night. Brogan*

*I had so much fun hanging out with all my friends and singing awesome songs. Corey*

*I loved singing with all the other schools and I can't wait 'til next year. Olivia F*

Sally Quealy  
Music Specialist





### Parent Help Required!

It's that time of year again and our two annual athletics carnivals are quickly approaching.

It's that time of year again and our two annual athletics carnivals are quickly approaching. The year 1-3 athletics carnival will be on Tuesday 12th September and year 4-6 athletics carnival Thursday 14th September and we definitely need **MANY** parents to help out for our rotational system to be successful. If you are willing and able to help out at one or both of the carnivals can you please see **Mrs White** or contact the school office on 9528 3680.

Your help is very much appreciated thank you!

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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

**P&C Meeting** The P&C meeting was held on Wednesday night at 6pm. We voted in our new Vice President Deidre Atkinson-Byrne who will also be taking on the role as PR person for the P&C. We discussed meeting times and ideas to try to generate interest in the P&C. The P&C would love some ideas and feedback from the parents of the school on what we can change to encourage parents to attend the meetings. If you have any ideas please email your ideas to [sbpspandc@hotmail.com](mailto:sbpspandc@hotmail.com) The next meeting will be on Wednesday, November 8th at 7pm in the staffroom. Everyone is welcome to attend so please come along. **Sports Carnivals Sausage Sizzle** At the sports carnival the P&C will be selling sausages, hamburgers, pikelets, cupcakes, doughnuts, water and cool drink for the parents. There will be a coffee van beside the sausage sizzle selling hot drinks. Thanks 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** **P&C Meetings** P&C meetings are held twice a term in weeks 4 and 8.  
**Please refer to the term planner for meeting times.**

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