



Safety Bay Primary School

Respect, Responsibility, Reflection, Relationships, Resilience

From the Principal

**Newsletter 15
21 October 2015**

Principal's Word

Welcome back to term 4. Effective schools plan for the future. To help us plan for 2016, I have included some requirements we are requesting from you, our school community. It is important that we have as much information as soon as possible so we can provide the best education for our students (your children). This information will help with our decision-making in regards to school structures and programs, as well as what is working well and areas that may need to be improved. I would appreciate your support in providing the necessary information.

Families Leaving

I would ask parents and carers to make the office staff aware of your plans for next year. If you are moving overseas, interstate or to another part of WA, we ask you to inform us as soon as possible so we can ensure we can be prepared for 2016. Thank you for your contribution to the Safety Bay school community and we wish you and your children all the best of luck for the future.

Parent Survey

This week you will be receiving a letter home informing you about a parent survey we are conducting. This survey will help us plan and make decisions for the future of Safety Bay Primary School. This survey can be completed on-line for the next two weeks and the letter will provide you with a link and the information you need to complete the survey successfully. If you do not have access to a computer, please speak to the office staff and we will endeavour to provide you with an opportunity to complete it at school. If we are to continue to improve the education and well-being of our students, it is imperative as many parents and carers complete the survey. Thank you in anticipation of your support.

Class Requests for 2016

We are almost ready to place children in their classes for 2016. When teachers place children into classes, they carefully consider a range of factors that may affect students and their learning. When placements are finalised we believe that they will meet the needs of each individual student.

Please put any requests for class placement in writing as soon as possible. These requests should be made based on sound educational grounds. Please remember that a request for a specific teacher is not appropriate.

Final class lists for students from Pre-Primary to Year 6 will be displayed on the windows of the administration block from 12.00noon on Friday 29th of January.

Damage to School Oval

During the recent holidays, the school oval received a major overhaul to improve its condition. It was Verti mowed and top dressed to try and improve water retention and grass coverage. On Monday evening, 12th October, a white Toyota Hilux was seen "hooning" around on it. This was seen by two different individuals between about 8.30 and 9pm. The same vehicle was seen on Tuesday doing the same thing. This has occurred several times this year and is the reason for the poor condition of the oval in certain sections. We are in the process of investigating a deterrent to prevent further such occurrences

Thanks to the support of the education department, the damage has been attended to and hopefully it will return to good condition shortly. Unfortunately, the children will not be able to have full access to the oval completely for at least four weeks. If anyone has any information in regards to the person (or persons) responsible for the damage, please contact the school or the police.

Wayne McKay
Principal

**IMPORTANT
DATES**

Fri 23rd Oct
- Assembly C14
Group A

Thurs 29th Oct
- Music "Count Us
In" 9.30am

Thurs 5th Nov
- P&C Meeting
1.30pm in the
staffroom.

Fri 6th Nov
- Assembly W3 &
W4 Group B
- Funky Friday

Weds 11th Nov
- Years 1—6
Interschool
Athletics Carnival

**SMS
Communication
For Absences
SMS Mobile
Number
0437 418 753**

**Safety Bay Primary
School Dental
Therapy Centre
9527 6767**



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

**School Security
1800 177 777**





MERIT CERTIFICATES—GROUP A ASSEMBLY 25 SEPTEMBER

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

W8	Mitchell	Xander
W5	Jorja Heidi-Jay	Samuel
W1	Ashton	Jhett
W2	Reece	Will
S3	Charlotte	Matthew
P10	Levi	Patrick

C17	Shea	Georgina
C18	Ethan	Brayden
C21	Trevor	Emilie
MUSIC	Caylee C21	
PHYS ED	Tatiana C18	Nyomi C18

WE'RE HERE TO HELP AND THANK YOU FOR YOURS

Your school office admin staff, Sam, Kim and Di are here to help you with any queries you may have relating to student enrolments, voluntary contributions, excursions, camp payments and lost and found property. We encourage parents to phone 9528 3680 between 8am to 4pm. Outside of these hours our school website at www.safetybay.ps.wa.edu.au is a valuable source of information and we urge you to contact Education Security on 1800 177 777 to report any suspicious behaviour you may see on school grounds.

Are you mobile savvy...perhaps even just a little? It's easy to put our school website on your phone home screen. Simply access www.safetybay.ps.wa.edu.au on your mobile device then select the icon at the bottom of your screen and click 'Add to Home Screen'. Simple! From then on we're only one 'click' away.

LIBRARY WATCH – NEW HOME READERS AND OUR BIGGEST OF THANKS

The school has recently purchased a fantastic new supply of current home reading books and reading assessment kits. The themes are current and colourful and are sure to encourage even the most reluctant of our student readers.

Thank you to a team of ladies for kindly covering the new home readers. The ladies from the canteen, who helped after working in the canteen all morning, and a special big thank you to Susan Roberts and Kelly Clark for sitting for quite a few days, covering all the new books.

Joy Mikulandra has recently taken over the important role of managing our Scholastic Book Club orders. We're sure you appreciate the time commitment such a job entails. These books and reading supplements are much loved by our students, so having a volunteer willing to take this on is greatly valued by our school. Thanks Joy for taking up the challenge.

We acknowledge the many years committed by Sharon Kinest to this role. Sharon has recently left our school to spend more time with family. Our very best wishes to you Sharon!



VACSWIM 2015/16

VacSwim December/January school holiday swimming programs



It is important for every child to learn to swim properly and develop essential water safety skills. VacSwim's December/January school holiday swimming programs are conducted by qualified instructors who teach children the skills to be confident swimmers and safe in the water.

This year there has been a small price increase from \$10.00 per enrolment to \$12.50 per enrolment (family enrolment for three or more children living at the same address is now \$34.50).

For program locations and to enrol visit education.wa.edu.au/swimming.



***I've learned....That no matter how serious your life requires you to be,
everyone needs a friend to act goofy with.***

Children and emotions: how to help

In their early years, children are just beginning to learn about feelings and how to manage them in their relationships with others. From time to time most young children may display behaviours such as aggression, emotional outbursts and inattention. These are usually due to them feeling overwhelmed for some reason. Many adults overestimate the ability of young children to manage their emotions on their own.

Parents and carers can help children manage their emotions by:

1. Being calm

- By demonstrating calmness and staying in control of your own feelings and behaviours you are providing a positive blueprint for children to learn from.
- Understanding and managing your own emotions will help you to be relaxed and calm for the children in your care.
- Learning to recognise when a child 'pushes your buttons' and developing ways to manage these situations will minimise stress and enable positive experiences for everyone.
- Have conversations with others to share experiences and strategies. This also helps to reduce feelings of isolation (ie you are not on your own).

Useful questions to ask yourself:

- How do you know when you are feeling overwhelmed or stressed?
- What pushes your buttons? (that is, what aspects of children's behaviour do you react to?)
- What do you do to help keep yourself calm and manage your own emotions? Does it work?
- What else could you try?

2. Helping children be calm

Observe closely

- Become a skilled observer to increase your understanding of children's behaviour. Use knowledge of how each child takes in information, seeks emotional connection and communicates to help them manage their emotions.

Respond

- Acknowledge, encourage and respond to children's communications.
- Use positive touch where appropriate such as holding, patting or touching gently on the arm or shoulder.
- Show appropriate levels of emotion in your interactions with children.

Provide structure and predictability

- Have age-appropriate routines and limits.

Arrange developmentally appropriate environments

- Avoid competitive experiences for young children (eg by having enough of the same toy available for several children or playing more cooperative games).
- Include relaxation breaks in the day (eg stretching, aerobic exercise, quiet time).

Show empathy and care

- Try to see things from the child's perspective and understand their motives. This helps you to ward off any potential problems and respond quickly and appropriately when challenges do arise.

Useful questions to ask yourself:

- How do you know when a child is feeling overwhelmed or stressed?
- What do you do to help them become calmer? Does it work?
- What else could you try?
- What do they do to become calmer themselves?

3. Helping children learn to manage their emotions on their own

When children know that they can make themselves and others feel better they feel confident, capable and more in control. Parents and carers can help children learn to manage their feelings, resolve conflicts, and respond to the emotions expressed by others by teaching them ways to reduce stress and maintain a calm state. These include teaching children to:

- minimise stress and optimise 'feel good' hormones through breathing techniques, exercise, positive social experiences, diet and rest
- watch and learn from how others how to manage their strong emotions
- problem solve ways of managing situations that prompt strong emotions for them (eg having a calm thought, moving away)
- express their emotions in productive ways such as drawing, acting with toys or with playdough.



**DEPT OF CHILD PROTECTION
COMMUNITY DAY
"PLAY YOUR PART -
Be someone who listens to children".**



P & C NEWS

Welcome back to term 4! I hope everyone had a safe and relaxing holiday.

Over the holidays, I reflected on the events the P&C have held this year and I want to say a huge thank you, thank you, thank you to the whole school community. Every event has been very successful so thank you everyone for getting behind the P&C and supporting our events!

This term the P&C has only one event planned on **Friday 4th December...A BEACH DISCO!** Write this date in your diary as you won't want to miss it.

And finally, our P&C meeting is on Thursday 5th November at 1.30pm in the staffroom...it's an awesome way to get involved with the school and everyone is invited to attend.

Thank you.

Jill Erikssen
P&C President



SAFETY BAY STUDENT LEADER PHOTOS



Student Councillor, Prefect, Faction and Dance Captain photos can be viewed in the office window. The photos can be ordered from the office at a cost of \$14.00 per photo. Please see ladies in the office for an order envelope.

NATIONAL BANDANNA DAY

Wear your bandanna on **Friday 30th October** to support young people living with cancer. Bandannas can be purchased from the office or canteen for \$4.00



Gifted & Talented Program
Nominations to enter the Gifted & Talented Program at Comet Bay College are now open by accessing www.det.wa.edu.au/giftedandtalented

Students and parents of students in Year 5 are encouraged to attend an **Information Evening** relating to entry into the Selective Academic, Language and Arts Programs

Thursday 29 October 2015 from 6.00 - 7.15pm
Representatives from the Department of Education will deliver a presentation to be followed by a question and answer session.

Comet Bay College - Auditorium
Allatoona Avenue, Secret Harbour WA 6173
RSVP: Tuesday 27th October 2015
Telephone: 9553 8101/9553 8102
www.cometbaycollege.wa.edu.au

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



safety family AND EXPO 2015

SATURDAY 14 NOVEMBER 1pm to 4pm

Free fun and informative afternoon
Churchill Park, Rockingham Foreshore

- Water and Cyber Safety Tips
- Official Launch of Rockingham SmartWatch
- KidSafe Car Seat Display
- Skin Cancer Checks
- CPR Demonstrations
- Pit Crew Tyre Changing
- Safety 'freebies' to give away!

Free children's activities and interactive displays

- Amusements
- Constable Care
- Climbing Wall
- Interactive Bus
- Fire Truck
- Police Car
- St John's Education Ambulance
- Photo Booth

For further information, contact Community Safety on 9528 0333 or customer@rockingham.wa.gov.au

This is an Alcohol Free event.

Community Safety Starts with You



2015 Total Chess South Coast Baptist Junior Tournament Friday 30 October 2015



www.totalchess.com.au

PLEASE SCAN OR VISIT (totalchesstournaments.weebly.com) TO FAMILIARIZE YOURSELF WITH TOURNAMENT RULES & ETIQUETTE BEFORE ATTENDING TOURNAMENT



- Venue:** South Coast Baptist College, Secondary Building
30 Gnangara Drive, Waikiki
- Divisions:** Two Divisions: Primary and Secondary
- Format:** All divisions – 7 round swiss, 10 minutes flagfall, each player gets 10 mins to make all their moves per game. *All players will play 7 games no matter if they win, lose or draw a game.*
- Schedule:** Friday 30 October 2015 – 3:45pm to 6:15pm followed by trophy presentations
- Entry Fee:** \$20 each, spectators FREE.
- Enter Event:** Enter event before Thursday 29 October 2015. Entries on the day will be accepted until 3:30pm but would really appreciate entering before the playing day.
- Email Entry:** Please email entry to info@totalchess.com.au or hand in filled in slip to Total Chess, not handed into the school.
- Registration:** Register and pay cash on the day before 3:30pm. However if you would like to pay by internet banking prior to the day please use reference SCB followed by child name.
Account Name: Total Chess, BSB: 306 087, Account No: 036 905 0
- Enquires:** Organiser: Dennis Holland Mobile: 0432 935 088 Email: info@totalchess.com.au
- Prizes:** In each division, trophies will be awarded for 1st, 2nd and 3rd places. Merit medals will also be awarded for other performances of merit.
- Photos:** Taking photos is allowed at the chess tournament. If you taking photos of other children, it is your responsibility to ask permission to do so from their parent/guardian.



ENTRY FORM: TOTAL CHESS – SOUTH COAST BAPTIST JNR TOURNAMENT

Name: _____ School: _____

Email: _____ Telephone: _____

Date of Birth ____/____/____ Division you would like to enter: _____

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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

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