



# Safety Bay Primary School

Respect, Responsibility, Reflection, Relationships, Resilience

## From the Principal

Newsletter 16  
04 November 2015

### Principal's Word

Recently we have had situations occur on school grounds that breach the school's Code of Conduct. Specifically, the Code of Conduct is designed to provide a set of principles to help guide parents toward: developing positive relationships; school expectations on communication; where to direct their complaints and to create a positive, comfortable, non-threatening environment for students, staff and school community.

The Code of Conduct is a general guide for parents on how they can support the school's values by: showing **respect** and concern for others; build and maintain **relationships**; assist their child to develop **resiliency**; enhance their child's ability in the process of **reflection** and demonstrating **responsibility**. I would ask parents to go to the school website to view the [Code of Conduct](#) in full and support the school with these expectations.

### Families Leaving

In the last newsletter I requested for those families leaving the school at the end of the year to make contact with the office staff to enable us to plan 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

The Parent survey closes on Friday so if you haven't already gone online to complete it, please do so. The survey will help us plan and make decisions for the future of Safety Bay Primary School. 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.

### Interschool Athletics Carnival

This will be held next Wednesday 11th November at Hourglass Reserve. Those students in the long and triple jump events will leave school at 7.45am so need to be at school by 7.40am. The rest of the competitors will leave school on the bus at 8.55am, ready for the first event at 9.20am. The Year 1, 2 and 3 students will leave the carnival to return to school before the lunch break. The remaining Year 4 to 6 students in team games will leave school about 12.00noon to compete.

It should be a great day for all the children and we hope to see many parents attend to support Safety Bay Primary School students

**Quote: Failure is the only opportunity to begin again more intelligently. Henry Ford**

Wayne McKay  
Principal

### Important reminder:

Please remember to return all permission slips to the front office with monies due. It's a very busy term and there are lots of activities happening in the school.

Notes that you may have missed are:

- Interm Swimming PP-Y2 due by Friday 6th November
- Year 5 Point Peron Camp balance due by Friday 13th November
- Year 6 Graduation Dinner/ Dance and Adventure World due by Wednesday 2nd December
- Years 1—6 Interschool Athletics Carnival Permission note due to Mrs White ASAP.

If you have missed or lost any of these notes please see the ladies in the office to collect a new copy.

### IMPORTANT DATES

**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

**Tues 17th Nov**  
- Year 6 Camp

**Fri 20th Nov**  
- Assembly W5  
Group A  
- Kindy Café  
Dolphins and  
Stingrays

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For Absences

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Number  
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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](http://www.safetybayps.wa.edu.au)

School Security  
1800 177 777





## MERIT CERTIFICATES—GROUP A ASSEMBLY 23 OCTOBER

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

W8	Daemon	Starr
W5	Harrison	Brodie
W1	Ella	Jake
W2	Ava	Jewel
S3	Alyssia	Keiran
P9	Kailan	Daniel
P10	Brayden	Te-Ariki

S4	Myah Hayley	Martin
C16	Kanza	Leearna
C17	Griffin	Aaliyah
C18	Macaela	Llatyce
C21	Taja	Jayden
LOTE	Jeremiah Nyomi	Tomy



## LIONS CLUB CHRISTMAS HAMPER

It's that time of the year when we start collecting packaged, tinned and jarred foods for people less fortunate than ourselves coming up to Christmas. We will be presenting a hamper to the local Lions Club at our final assembly for 2015. So please bring packaged, tinned and jarred foods up to the office, if you wish to contribute.



## IMPORTANT YEAR 6 DATES TO REMEMBER

### Tuesday 15th December

- Graduation Ceremony, 9.00am at Safety Bay Primary School.
- Graduation Dinner and Dance, 7.00pm to 9.30pm at the Cruising Yacht Club, 2 Val Street, Rockingham.

### Wednesday 16th December

- Graduation Excursion—Adventure World.

## NEW PREFECT PHOTO HAS ARRIVED!



The new Prefect photo along with Student Councillor, 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. Photo orders must be to the office by **Friday 13th November**.

## CYBER SAFE—CYBER SMART

### Free parent and carer Cyber Safe, Cyber Smart seminars

The Department for Child Protection and Family Support, Western Australia Police and Edith Cowan University are providing free parent and carer Cyber Safe - Cyber Smart seminars on 16, 17 and 18 November. Information on the seminars is at [www.childrenwa.org.au](http://www.childrenwa.org.au).

## HEALTHY TEETH

⇒ Clean a child's teeth twice each day with a soft toothbrush and a low fluoride children's toothpaste. Children need help to clean their teeth until they are about six years old.



⇒ Remember snacks don't have to be sweet. Plain popcorn, cheese and crackers, fresh fruit with yoghurt, dip and veggie sticks, corn on the cob, pumpkin scones, fruit salad cups are all tooth friendly snacks.

## MUSIC COUNT US IN!

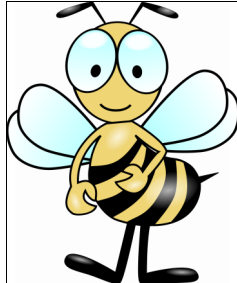
On the Thursday 29<sup>th</sup> of October our school joined with thousands of schools across Australia to sing for 'Music Count Us In'. All the students learned the special song for this year called 'Gold'. We had a live video link up and watched preparations for the big moment, and then our school joined in the big count down so that we could all start singing at the same time. We joined our voices with nearly half a million students across Australia in the event which celebrates music education in schools.



## P9 & P10 INSECTS



Last Wednesday P9 & P10 Year 2 classes invited our parents to come in and help construct an insect from recycled materials. It was a great fun afternoon and the insects created were amazing. Thanks to all of the wonderful parents and family members that took the time to come and share this exciting experience with us.



## WESTCOAST SONGFEST

On the Wednesday 21<sup>st</sup> October our Senior Choir participated in 'Westcoast Songfest' at the Mike Barnett Sports Complex in Rockingham. They took part in a 1 ½ hour concert as a massed choir with eight local schools. The Westcoast Songfest was established to provide a performance opportunity for developing primary school choirs. This year was the first time they have held the event for schools from Rockingham and surrounding areas.

"It's amazing how beautiful hundreds of children's voices sound after only two hours rehearsing together as one group," a spokeswoman said.

"All other rehearsals take place in music rooms beforehand".

Our Senior Choir members gave up many of their lunchtimes to rehearse and practiced at home with their CD's to learn 10 songs. They really made us proud by doing a wonderful job on the day. Special congratulations go to our soloist Alex Brennan who wowed the crowd with his clear and powerful vocal in 'Silent Night', and to Tearly Kamana who joined Alex in the featured vocal group in the same song. Congratulations also to the Safety Bay 'Vocet' (eight piece group) who featured in 'Build a Bridge' and 'Geronimo'. They sounded fantastic.

I would like to thank all parents who supported their children to learn the music. I would also like to thank the parents who were able to come to the concert on the day to support the choirs. I'm sure you will agree they did a great job.

Sally Quealy  
Music Specialist



## STUDENT IN THE SPOTLIGHT



Matty has been enjoying woodworking lessons on a Friday morning. The aim of these lessons is to learn how to use various tools such as a handsaw, hammer, screwdriver, level and a power drill. All projects require a great deal of planning, preparation and measurement. Most materials used are recycled. His first project was a outdoor coffee table and the next project will be a storage chest.

Mr Jones joined the class a few weeks ago with an interesting set of instructions to assemble a whiteboard. Thanks to teamwork and patience, Matty, Mr Thurston and Mr Jones were able to build a whiteboard for C13.

Keep up the great work Matty!



## P & C NEWS



Dear Parents and Students

In addition to enjoying the services of our fabulous Canteen and Uniform Shop in 2015, did you know that you also helped the P&C raise more than \$25 000 for our school and students this year?

Thanks to your generosity the P&C has been able to fund goals, such as a contribution to the year 6 camp buses and Pre-Primary and Kindy nature playground, sports ribbons for the school carnival and sports equipment for each class room. We are also working towards other goals, such as improvements to the undercover area. Thank you so much for your endless support!

For 2015 there are only a few P&C things left to do for us all. Come and have a say at this Thursday's meeting at 1.30pm in the staff room and have heaps of fun at the 'At our beach' school disco on Friday 4th December! We hope to see everyone there. Information about the disco will go home in a few weeks.

You can also follow and comment on all P&C news at, [Safety Bay Primary P&C Noticeboard](#).



**P & C MEETING  
THURSDAY 5TH NOVEMBER  
1.30PM  
IN STAFF ROOM  
EVERYONE WELCOME!**

**You have BRAINS in your HEAD.**

**You have FEET in your SHOES.**

**You can STEAR yourself any**

**DIRECTION you CHOOSE**

**~ Dr. Seuss**

The Evelyn Robinson Memorial award is held every year and is Safety Bay Primary's way of acknowledging a member of the community for Outstanding Contribution. A student, parent or teacher can be nominated. Evelyn Robinson was our first school "secretary" and was involved with Safety Bay Primary for over 20 years. Each year since 1993 we have acknowledged her contribution to our school with this award

# Evelyn Robinson Award

I wish to nominate \_\_\_\_\_

For "Outstanding Contribution to Safety Bay Primary School"

My reasons are that he/she \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signed \_\_\_\_\_ Ph # \_\_\_\_\_

Nominations for this award will close on 27 November 2015. Please bring any completed nominations to the office.

## 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.

**Our kids matter.**

KidsMatter helps our school nurture  
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Australian Primary Schools  
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[kidsmatterprimary.edu.au](http://kidsmatterprimary.edu.au)

Kwinana Industries Primary Schools  
**COASTAL AWARDS**  
*Competition*

All three competitions close  
5pm Friday 27 November 2015.  
Winners only will be notified by  
11th December 2015.

**Poster competition** **Photo competition** **Video competition**

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### Can Saver Plus assist you with school costs?

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Contact Jacqui Brooker, your local Saver Plus Worker:  
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or [jacqueline.brooker@thesmithfamily.com.au](mailto:jacqueline.brooker@thesmithfamily.com.au)

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Kwinana and Rockingham by The Smith Family. The program is funded by ANZ and the Australian Government.

# PEEL WATER POLO

[www.peelwaterpolo.com.au](http://www.peelwaterpolo.com.au)

Flippa Ball (8-12) and Junior Water Polo (13-17)  
Rockingham Aquatic Centre  
Fridays 4:30-5:30pm

30th October 2015 to 18th March 2016  
(breaking over school holidays)  
Cost \$100

### NOTICES FROM OUR COMMUNITY:

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

Become an **IRONKIDS** Champion!



Calling all families, boys and girls aged 7-13 years to compete in the kids only version of the SunSmart IRONMAN 70.3 Mandurah.

All you need is a pair of goggles, a bike and helmet, a pair of sneakers and you're ready to go!

Entry is only \$35 per individual or \$45 for a family team.



Check-In: 6:45am-7:45am  
Eastern Foreshore, Mandurah  
Race Start: 8:00am

Ages	🚗	🚲	🏃
7-10yrs	100m	1.5km	500m
11-13yrs	200m	3km	1km

#IM703Mandurah #MadeForWA

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Every finisher receives a medal, t-shirt and random prize draw entry

Enter online [www.ironmanmandurah.com](http://www.ironmanmandurah.com)



## PARENTING SURVEY

How do you parent?

Researchers at the University of Western Australia are looking for parents with children ages 8 to 12 to complete a short survey with their child. This survey will be looking at how different styles of parenting and are related to children's sense of self.

The survey can be done at home, over the internet and takes about half an hour (15min parents, 15min child).

Participants are given the opportunity to enter a draw to win one of twenty \$50 Coles/Myer vouchers.

To participate go to:

[tinyurl.com/howdoyouparent](http://tinyurl.com/howdoyouparent)

For more information contact

Kate - 0411 811 212

Note: This survey is related to the UWA survey advertised last semester, but they are not linked. You are eligible to participate in the current survey, regardless of whether or not you also participated in the previous survey.

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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](http://www.rockinghamcofc.org.au)




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