



Safety Bay Primary School

Respect, Responsibility, Reflection, Relationships, Resilience

From the Principal

Newsletter 17
02 November 2016

Principal's Word

Last week a number of classes attended excursions. The Year 3s went to Kings Park and Pre-Primaries visited the zoo. The feedback provided by the staff who attended was highly positive, with all children demonstrating outstanding behaviour to all involved. I mention this because with my own children I always got a real buzz when I was told that they had shown such positive behaviour. I am very pleased with how our teachers work with the children, especially preparing them for out of school events.

Families Leaving

I mentioned classes for 2017 in the last newsletter indicating that if you are intending to leave the school, to notify the office staff of your plans. 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 2017. 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.

Interschool Athletics Carnival

This will be held next Wednesday 9th November at Hourglass Reserve, Cooloongup. Those students in the long and triple jump events will be meeting Mr McLaren at Hourglass Reserve at 8.00am. 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 12noon 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.

Transition

Transition to high school for all Year 6 students will take place on Tuesday 15th November. All Year 6 students attend regardless of what high school they will be attending in 2017 as this day allows the students to gain an understanding of what lies ahead in regards to commencing high school in 2017. The students will meet at Safety Bay Senior High School on Tuesday morning and will be at school for the whole day 8.30am – 2.40pm. The Year 6 Orientation day for all state high schools is scheduled for Friday 2nd December.

Quote: Look for something positive each day, even if some days you need to look a little harder.

Wayne McKay
Principal

2016 PP - YEAR 3 IN - TERM SWIMMING LESSONS



Payment for swimming lessons must be finalised by this **Friday 4th November 2016**. Please be aware that your child will not attend the first day of swimming if payment and permission note are received after the due date. This is to allow allocation of swimming stage class groups by pool staff.



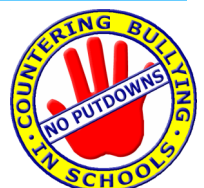
If you have misplaced your child/rens permission note, please visit the school [website](#) and download a replacement copy.

Thank you for your understanding.

School Security
1800 177 777

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



IMPORTANT DATES

Thursday 3rd November	Music—"Count Us In" 9.30am P&C Meeting 1.30pm in the staff room
Friday 4th November	C18—Whole School Assembly
Wednesday 9th November	Years 1—6 Interschool Athletics Carnival
Tuesday 15th November	Year 7 Transition for Year 6 students
Friday 18th November	C12—Whole School Assembly

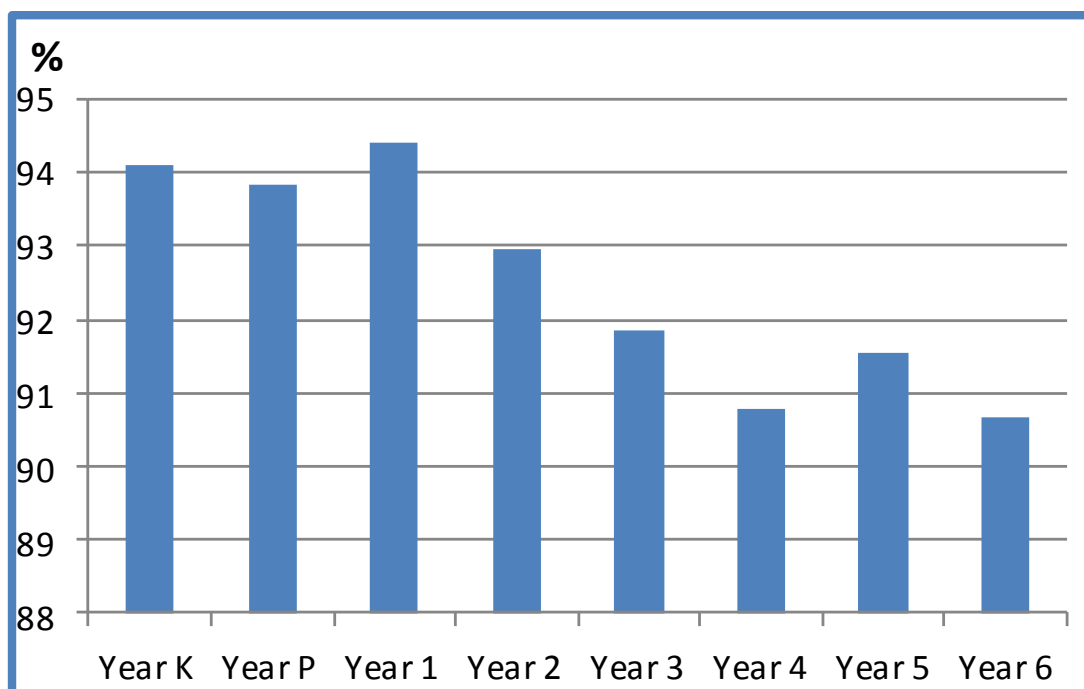
MERIT CERTIFICATES—ASSEMBLY 23RD SEPTEMBER

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



W1	Imogen	S7	Melissa
W2	Cheyann	P7	Justin
W3	Ashley	P8	Demi
W3	Caleb & Noah	P9	Ella
W4	Bella	P10	Billy
W4	Erik	C12	Andrew
W5	Alicia	C13	Lindsay
W5	Rylan	C14	Peata
W8	Daniel	C15	Kiralee
S3	Carla	C16	Sam
S3	Matthew	C17	Jaxon
S4	Archie	C18	Lilly
S4	Lennox	C19	Natasha
S5	Reece	C20	Griffin
S6	Max	C21	Alex
S6	Noah	ART	Tay-Kesha

YEAR GROUP % ATTENDANCE—19TH OCTOBER TO 1ST NOVEMBER



W6 PELICANS



The Pelican Kindergarten children had a chance at being Palaeontologists when they got a surprise letter from a museum telling them that there was a chance that there could be dinosaur bones in their sandpit. Imagine their surprise when they discovered some dinosaur bones!

Proud to be a Waterwise School



Take shorter showers

About 22% of total household water is used in the shower alone, so cutting shower times is one of the easiest ways to save. Aim for a four minute shower.



**P&C MEETING—THURSDAY 3RD NOVEMBER 1.30PM
IN STAFF ROOM.
ALL WELCOME!!!**



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 Graduation Assembly on Wednesday 30th November 2016. So please bring packaged, tinned and jarred foods up to the office, if you wish to contribute.



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 23 November 2016. Please bring any completed nominations to the office.

PARENTS WITH CHILDREN ENTERING YEAR 7 IN 2018

GIFTED AND TALENTED SECONDARY SELECTIVE ENTRANCE PROGRAMS

Give your child the challenges they need to thrive

Gifted and Talented Secondary Selective Entrance Programs:
Applications for Year 7 in 2018 Now Open

Applications for Gifted and Talented Secondary Selective Entrance Programs are now open. For children with exceptional academic ability and creative talent, these academic, arts and languages programs are designed to challenge them to achieve at the highest level.

If your child is going into Year 6 in 2017, applications are now open for entry into Year 7 in 2018. Limited places may also be available for children going into Years 9, 10 and 11 in 2018.

Applications must be made online via the link below.

Applications close on Monday 6 February 2017. Late applications will not be accepted.

For more information and to apply visit www.education.wa.edu.au/giftedandtalented. Parents can visit the website for more information or contact the Gifted and Talented Selection Unit on 9264 4307 or gtsu@education.wa.edu.au

betterhealthprogram

healthy active happy kids

Do you have children 7 to 13 years old? Are you worried about their weight?

The Better Health Program runs for 10 weeks during school term at various locations across Perth. Sessions are run twice a week for two hours after school.

FREE fun program for kids to become fitter, healthier & happier

Registrations for the next school term are now open. To find out more phone:

Call **1300 822 953**

SMS 0409 745 645 for a call back or visit

betterhealthprogram.org



Government of Western Australia
Department of Health

betterhealth
company



If you laugh a lot,

when you get older your wrinkles will be in the right places.

Getting help for Mental Health issues.

What does it mean to seek help?

Children can experience all kinds of difficulties as they grow and develop. Sometimes, families may need extra help and support to deal with the kinds of things that they are experiencing. Help-seeking can be described as communicating a problem to obtain support, advice or help. People may have different ideas about finding help; for some, it may include making phone calls, for others it may be talking to health professionals. However people might go about it, communication is an important part of getting help. Sometimes, however, parents or carers might find it hard to seek help and support when their child is experiencing difficulties. This may mean that some people do not ask for help from friends, family or services even though they may benefit from it.

Seeking help does not always mean seeing a professional, a close and trusted friend can be a great source of support for some families.

Why is seeking help important?

Seeking help involves talking about a child's mental health difficulties with health professionals or other relevant support services, such as general practitioners (GPs), to access support and advice. It is important to seek help as it facilitates the improvement of children's mental health while supporting families and early childhood service staff who spend most time with the child.

When children are experiencing mental health difficulties, the earlier families can access help and support, the better. Problems that are not addressed can get bigger and harder to manage and can continue to affect children as they grow up.

Seeking help benefits children, families and early childhood staff. Seeking help provides families and early childhood staff with the confidence to work towards a common goal, for example families and staff working together as a team to find the right service for a child's difficulties. It also helps families to share their difficulties with friends, staff or health professionals and discover the options available to them. Seeking help may create a greater awareness among family members and help them to understand the difficulties children are experiencing. Seeking help benefits children by providing them with the best support possible to help them deal with their difficulties.

Seeking help reduces the risk of children experiencing mental health difficulties, by building resilience and the ability to cope. Staff can understand more about families and find out what they could be doing to support the help-seeking process at the service. Children's experiences at the early childhood service will also be affected by the level of support provided to them and their families. For example, a child may feel more confident to talk about their struggles in the playground if they have been building their confidence in other areas.

How to seek help

There are several important steps that families can follow to make it easier for them to seek help and to make sure that they get the best support possible for their child. There may also be other things that families can do in between each step to make things easier, like making a list of questions to ask the early childhood staff or a doctor, for example. Early childhood staff can contribute significantly to this process by giving families high-quality resources and information, and encouragement and reassurance when needed.

- Work out what you think the problem is.
- Talk to a trusted friend or support person you already know.
- Decide whether you need extra support or help.
- Talk to people who may know where you can go to seek help (eg an early childhood service, the family doctor or high-quality websites).
- Follow up any suggestions or referrals.

Parents and carers might find they go backwards and forwards through these steps while seeking help. This is part of the process of finding suitable support when needed.

Common challenges associated with seeking help

Sometimes families don't feel confident, or think that they know enough about their child's difficulties to seek help for them. When this happens families will try to carry on with life on their own, which may make it harder for them to cope on a daily basis.

There can be many reasons why people find it hard to seek help. Some of the main reasons include:

- A lack of knowledge about children's mental health difficulties. This might mean that people believe difficulties will get better by themselves or that parents or carers do not recognise their child's difficulties.
- Worries or concerns about how mental health problems are viewed within the community. This might mean parents and carers feel reluctant to seek help or are worried about the recommendations that might be made. Families might also feel they should be strong enough to support their child through difficulties on their own.
- Disappointment with previous help might make parents and carers reluctant to try again.
- Family and environmental influences. This can include the cost of help, both in time and money, lack of support and other family stresses.

The following things can help to overcome these barriers:

- Seeking informal support from family or friends.
- Speaking to school staff.
- Networking with other people or families that might be in a similar situation (eg meeting other families).
- Finding out if the early childhood service knows of any helpful resources in the community (eg health professionals, parenting services).

Seeking help for children's mental health difficulties can sometimes feel like a difficult task. However you do not have to manage it alone. Families can work together with early childhood services and schools to ensure that the best supports are put in place to support children. Working together supports mental health and wellbeing in children. Families can also support themselves by making connections and building social support. Getting information about parenting may also help parents and carers feel more confident to best support their child.

REPEATED NEWS

Enrol now for VacSwim summer school holiday swimming lessons

VACSWIM

It is important for every child to learn to swim properly and develop essential water safety skills. VacSwim December/January school holiday swimming lessons are run by instructors who teach children the skills to be confident swimmers and safe in the water. To enrol or find out more visit education.wa.edu.au/swimming⁸.

Enrolments close on **Monday 28 November** for the earlier programs and **Monday 5 December** for the second January program.

COMMUNITY NEWS

NOTICES FROM OUR COMMUNITY:

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

Read Write Now!

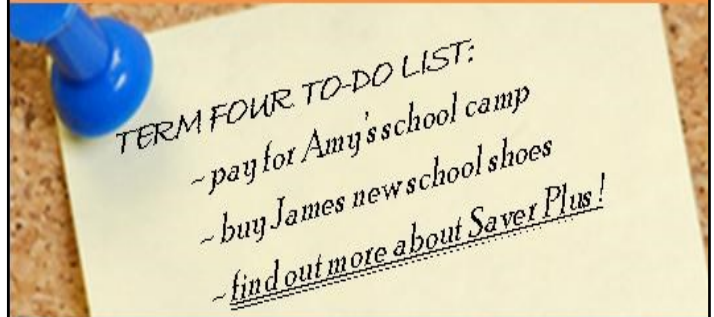
Volunteer tutors helping adults to read

UPskill for Parents and Carers Keep a step ahead of your kids and their schoolwork by brushing-up on your reading, writing and maths. At a time and place to suit, you can get some free and confidential 1:1 help from a volunteer tutor in Rockingham. Call **Read Write Now** on **1800 018 802**. More info - www.read-write-now.org



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- a Health Care or Pensioner Concession Card
- a child at school or starting next year
- some regular income from work.

Contact Jacquie Brooker, your local Saver Plus Worker:

08 9265 5585 or 0418 663 585

jacqueline.brooker@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is funded by ANZ and the Australian Government.



metafit.
BODYWEIGHT TRAINING
**JOIN THE FAT-BURN
REVOLUTION**

Body on Point Fitness is running a group fitness class on the oval (near playground) this term. Come down and get fit while the kids play.

When **Thursdays 3.20pm**

Cost **\$10**

Contact **Fiona 0411 701455 for more information.**

Thank you to our sponsors.
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