



Safety Bay

Primary School
Independent Public School

Safety Bay Primary School Newsletter 19 - 1st November

Dear **Subscribers Name**

This fortnight's news from Safety Bay Bay Primary School is now available to view [online](#).

[Term 4 Planner](#)



Principal's Word Safety Bay Families,

It was a big week at Safety Bay Primary School this week, celebrating the school's 75th birthday on Wednesday, the mini-fete on Thursday along with many other learning activities occurring across the school.

You could feel the excitement in the air this morning with our first whole-school Transition Day which begun with the W5 & W 8 assembly. Talking to students throughout the day it was clear that the idea was a great success and has students excited about returning in 2018.

Some quotes...

'I've already made two new friends'

'I'm excited about getting to play on the oval'

'I love my new teacher, she is so nice and we did lots of fun activities'

Our 75th birthday celebration enabled us to share with the students, a small selection of key moments of the school's history including some interesting stories and anecdotes from some long term staff members. A big thanks must go out to Kristen and Craig Turner for producing this magnificent photo and marking the occasion for future generations to see and talk about. We will endeavour to make this photo available for all students and families in a digital form before the end of the year.



The last two weeks of school will be busy, with swimming lessons for students from Pre-Primary to Year 3 and many events for Year 6 students before they begin their High School adventure. Thursday 14th of December is the last day of school for students and staff. The office will not be open on Friday 15th of December and will reopen Wednesday 24th January 2018.

We will send out a brief newsletter at the end of the last week of term with dates and information for 2018.

I'd like to take this opportunity to thank you for welcoming me into your community and I look forward to being back for the start of the 2018 school year.

Phil Springett
Principal



Merit Certificate Recipients

Assembly - Friday 1st November

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

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W1 - Angus

W2 - Ava

W3 - Rome and Hayley

W4 - Kai and Tyson

W5 - Emma and Lily

W8 - Hannah and Dylan

S3 - Alexander

S4 - Sam

S6 - Matthew and Oliver

S7 - Sam

P7 - Hudson

P8 - Lennox

P9 - Brodie

P10 - Aaron

C12 - Siena and Jexonfil

C13 - Nicholas

C15 - Cooper

C16 - Emily

C17 - Denam

C18 - Keira

C19 - Zander

C20 - Paris

LOTE - Blaike C19

Phys Ed - Samantha C20 & Harriet C20



Year 6 Bridgetown Camp

Last week our Year 6 students travelled to Bridgetown for their school camp. The students took part in many fun and educational activities which we hope will inspire them as they head into their secondary education. Please enjoy a few of the photos from the camp.

Year 6 Bridgetown Camp



KidsMatter

Coping skills for children

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Coping skills for children

As they grow and develop, all children encounter situations where they feel worried, nervous and sometimes even scared. Starting school involves a big change for your child as they settle into a new environment and begin forming relationships with peers and school staff. Even if your child's transition to school goes smoothly, it is likely that they will encounter some ups and downs throughout their primary school years.

Helping your child to learn coping skills as they start school will allow them to develop and practise skills that will enable them to cope with future changes and challenges. This will help to strengthen your child's mental health and wellbeing now and into the future.

What are coping skills?

Coping skills are what we think and what we do to help us get through difficult situations. Your child will begin to learn and use different coping skills from the time they are born. You can build on the skills they are already using, as well as assist them to learn new ones. This may include asking for help, talking with friends, problem solving and taking time out when they need a break. You may also explore how you can help your child manage strong emotions, promote helpful thinking and assist them to break down tasks into smaller, manageable chunks. Following your child's lead will help you work out what approach will be best for them. For some children, talking about a problem too much may lead to an increase in anxiety.

Helping children cope

There are lots of ways you can help your child to cope during challenging or worrying situations. You might like to:

Listen and talk to your child. Help them to identify their concerns or worries and acknowledge how they are feeling. For example, you could say, "it sounds like you are worried about who you will play with at school tomorrow."

Comfort your child. There may be times when your child does not want to talk and just having a parent nearby engaging in a shared activity or giving them a cuddle is helpful. Reassure your child when they are feeling worried or unsure. For example, you could say, "it is a big playground but there is an area for just the little kids to play."

Demonstrate and model ways that you cope with situations. For example, you could say, "I am going to take five deep breaths to help myself relax."

Prepare your child for changes. Talk positively with your child about school, show them their new surroundings and do activities together that relate to starting school, such as reading stories about change.

Encourage help-seeking by teaching your child when to ask for help. For example, your child could ask a teacher for help to open their lunch box.

Problem-solve the situation with your child through a step-by-step process. Encourage your child by talking positively about their attempts to cope.

Managing strong emotions

When faced with a difficult or challenging situation your child may feel angry, worried or perhaps distressed. It can be hard for them to think clearly at these times, and it makes communication and cooperation difficult. If your child is experiencing a strong emotion, it's

important to acknowledge it and be nearby to support your child. You may also consider teaching your child strategies to calm themselves. There will be different strategies that help each child to feel calmer, and some children need more time and structure than others. Follow your child's lead to find out what helps them to feel relaxed.

Some suggestions include:

- counting to ten
- taking five deep breaths
- jumping on the trampoline
- going to a quiet place
- playing with toys.

Promote helpful ways of thinking

Another way you can help your child to cope is by helping them to begin to understand that how we think affects the way we feel and how we behave. This means that how we think also affects how we cope with a challenging situation. You can begin to teach your child that sometimes we have 'helpful' thoughts that make us feel and act in positive ways. Some examples of helpful thoughts include:

- "I drew a really good picture at school today."
- "This is hard to do, but it will get easier the more times I try it."
- "I can try my best."
- "I can always ask my teacher if I need help."

You can also begin to teach your child that at other times we have 'unhelpful' thoughts that can lead us to feeling negative or bad about ourselves or a situation and can stop us from doing what we want to do. Some examples of unhelpful thoughts include:

- "I can't do this."
- "No one will like me."
- "I won't be able to do it without Mum."
- "I'm stupid."
- "It's too hard, I will never be able to do it."

Example: Cassandra and Soo-Meng

When arriving at school, Cassandra waved to her friend Soo-Meng across the playground. Soo-Meng did not wave back to Cassandra.

- An unhelpful thought Cassandra might have had in this situation is: "Soo-Meng doesn't like me anymore." (Thought)
- Having this thought is likely to make Cassandra feel sad and unhappy. (Emotion)
- Cassandra may then avoid Soo-Meng if she thinks she doesn't like her anymore. (Behaviour)

Examples of more helpful thoughts for Cassandra might be "Soo-Meng didn't see me wave" or "Soo-Meng is just busy playing". This will help her to feel okay about herself and her friendships. Cassandra may then approach Soo-Meng to play with her later.

Children need to understand that it's not wrong to have unhelpful thoughts as everybody has them, but that learning to recognise unhelpful thoughts and finding more helpful ways of thinking is a way to better manage their feelings. Young children need adult support to find more helpful ways to think, but as they get older they can slowly start to learn to do more for themselves.

You might have already found some ways to help your child to see things from a different or more helpful perspective. You might say things like:

- "It doesn't mean she doesn't like you anymore. Do you think there are other ways we could think about that?"
- "Yes, it does look a bit tricky but how about just giving it a try?"

- “You were brave when you had your last injection; let’s be brave like a lion again and it will be over in no time.”
- “It doesn’t have to be perfect. Just have a go.”

How to support your child’s helpful thinking

- Acknowledge and validate how they are feeling (eg “it sounds like you’re feeling worried because you won’t know anyone at school”). Dismissing what children are feeling (eg “don’t think like that”) can lead them to believe they are wrong to think or feel that way and stop them from expressing their feelings with you the next time a problem arises.
- Help your child to look at the situation from a more helpful perspective. Thoughts such as “I can be brave” or “I can only try my best” can help to replace negative thoughts.
- Remind your child of a time they coped with something similar in the past (eg “Remember when you started preschool you felt worried, but then you got to know everyone and you felt okay”).
- Model helpful thinking. Children learn a lot from watching family members use helpful thinking to cope with challenging situations. Thinking out loud can help to teach your child how to come up with helpful thoughts (eg “I’m feeling nervous about meeting the other parents too but I can just be friendly and say hello”).

Helpful thinking is about promoting positive coping skills and encouraging children to feel good about themselves. This will help your child to feel more confident in new situations.

<u>Jalak’s goal</u>	To speak in front of the class at preschool
Step 1	Practise in front of his favourite teddy
Step 2	Practise in front of Mum and Dad
Step 3	Practise in front of the whole family (parents, siblings and cousins)
Step 4	Practise with a small group at preschool
Step 5	Participate in show and tell in front of the preschool class

Jalak was slowly able to face his fear of speaking in front of the class with lots of practice in small steps and the help of his early childhood educator. Jalak felt very proud that he was able to achieve success.

The following tips will help you develop a plan for coping:

- Ensure that the first step is achievable for your child. This will build their confidence and help them to feel good about themselves.
- When your child feels comfortable with the first step, encourage them to start the next step. If your child is resisting, you may need to return to your plan and break it down into smaller steps.
- It is not uncommon for children to need to return to an earlier step or need extra time and practice at one of the steps before feeling ready to move forward.
- Remember to proceed at a pace that is comfortable for your child.
- Think of ways you can encourage and recognise your child’s effort and hard work in facing their fears.



Safety Bay Dental Clinic

Safety Bay Dental Clinic will be closed from the 18th December 2017 to 26th January 2018.

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Bungaree Dental Therapy will be open for emergency dental therapy treatment from 18th December to 22nd December and can be contacted on 9527 5658.

Alternatively, emergency dental treatment will be available at:

The Mount Henry Dental Therapy Centre
43 Mt Henry Road, Salter Point.
Phone - 93130555

Between the hours of 8.15am and 4.30pm, Monday to Friday (excluding public holidays).

Please note: The School Dental Service does not provide after-hours emergency treatment. Please contact your local private dentist or if eligible, the after-hours emergency service on 9325 3452.



Safe Swimming

As summer approaches, we want students and families to enjoy our beautiful waterways; remembering to swim between the flags when at the beach and stay safe around the water.

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Royal Life Saving's recently released *National Drowning Report* shows that 280 people drowned in Australian waterways in 2015-16. This is a five per cent increase from the previous year. Each drowning death is a personal story, affecting families, rescuers and communities.

The Department of Education, Royal Life Saving WA and Surf Life Saving WA wish everyone a safe and fun summer holiday.

To find out more information about how you can be safe over the Christmas break visit:

- [RLSSWA Summer Holidays Drowning Prevention Tips](#)
- [RLSSWA Water Safety on Summer Holidays Tips](#)

With beach weather now here, Surf Life Saving WA is asking you to help your kids find the fun Between The Flags and stay beach safe by downloading their [free Safety Beach game](#) to ensure you know all the tips for staying safe between the flags this summer!

P&C News

On behalf of the P&C I would like to say thank you to all the students, parents and staff at Safety Bay Primary School for all the support the P&C has received in 2017. Without everyone's support, the P&C would not be able to run the successful and wonderful fundraisers that we do. We have raised \$26000 this year which we have put towards the following items: \$400 for dance ribbons & balls \$400 for the bus to One Big Voice at Perth Arena \$500 water tank for Frog Pond \$1000 for ribbons for the Sports Carnival \$1400 for Kindy upgrades \$2582 for the Year 6 bus to camp \$4400 for 4 sets of Robotics \$5000 towards the Sound Garden project \$5000 for improvements to the Year 6 outside area Also, the P&C is funding \$26,495 for a play area being installed January 2018 Lastly...I encourage all parents to become involved with the P&C. It's a wonderful way to get involved with the school community and to meet other parents from our school. Please come along and see what the P&C is all about. The P&C AGM will be on Thursday 22nd February 2018 at 7.00pm in the staff-room. Everyone is invited to attend. I hope everyone has a relaxing and safe six week break! 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.

