



Safety Bay

Primary School
Independent Public School

Safety Bay Primary School Newsletter 02 - 23rd February

Dear **Subscribers Name**

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



Principal's Word Families of Safety Bay

Time is flying along this term with the first day of the year a distant memory. It was great to see so many students in orange today highlighting another of our 'You Can Do IT' dispositions that students are working on developing.

Since the beginning of term I've been spending Monday and Tuesday mornings in the year one classrooms, helping with rotation activities in literacy and numeracy. Every week I'm impressed by the persistence and endeavour shown by students who are learning to improve their reading and writing and understand some new numeracy concepts. It is also lots of fun.

This afternoon one of our members of staff, Sharon Young will be a part of the *Commonwealth Games Queen's Baton Relay* along Arcadia drive. This is scheduled to happen just after 4.30pm. It is a great acknowledgment of her work in the community in the space of mental health.

Playground Update

If you have been through the school recently you would have noticed works underway for our new playground, donated by the P&C. We have had some hold ups, but are hoping for installation of the equipment to begin next week.

Sounds Garden Update

This morning at assembly we had a sneak peak of some of our Sound Garden creations which both look and sound amazing. As we near completion of the project there will be a need for some community assistance. If you have an hour or two available at 10.00am on Friday 2nd March, our designer needs two or three volunteers to help him with the buffing of some structures. Let us know via the office or P&C Facebook page.

Regards

Phil Springett
Principal



Merit Certificate Recipients
Assembly - Friday 23rd February



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

W1 - Meesha

W2 - Toby

W3 - Ella-Jaye and Theodore

W4 - James and Harriet

W5 - Aiden and Alice

W8 - Ethan

S3 - Jaelyn and Makayla

S4 - Mason

S5 - Allegra and John

S6 - Macy and Braxton

S7 - Alex

P7 - Ryan

P8 - Morgie

P9 - Madison

P10 - Matthew

C12 - Jack

C15 - Bella

C17 - Kerera

C18 - Chloe

C19 - Imogen

C21 - Trent

Phys Ed - Toby (W2)

LOTE - Tyler (S7)

Science - Luke (S4)



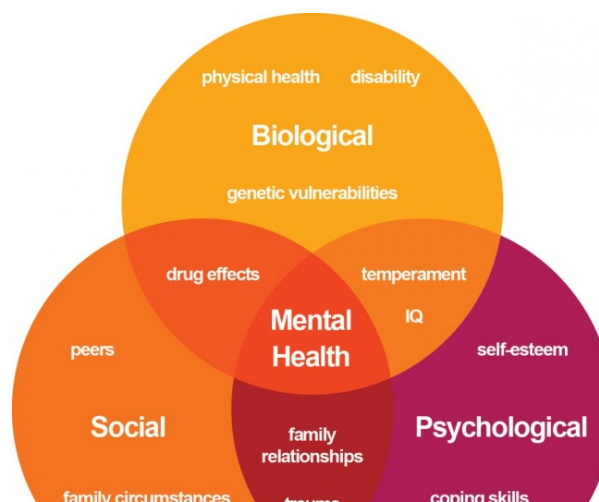
KidsMatter

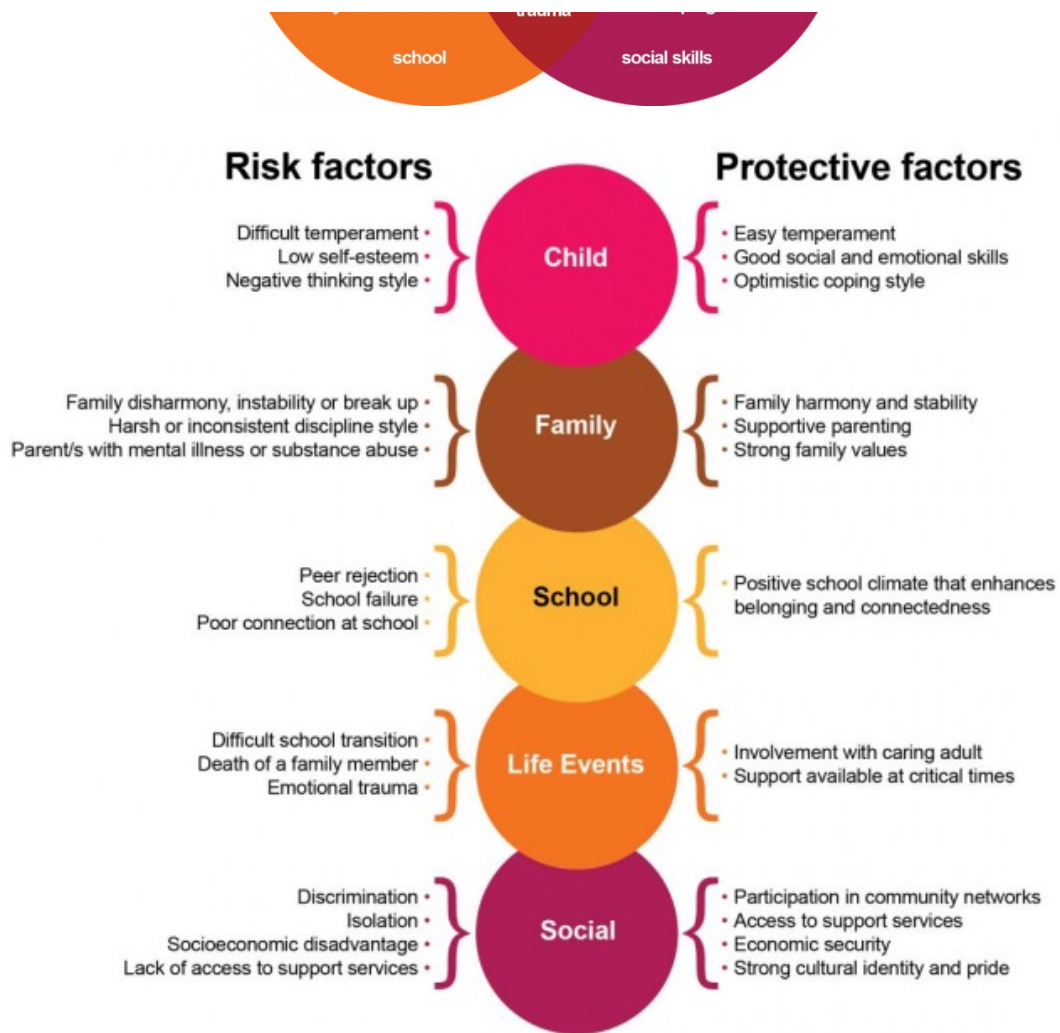
What causes children's mental health difficulties?

Understanding what causes children's mental health difficulties is complex.

Unlike some medical conditions that have a direct cause (eg the flu is caused by a virus), mental health difficulties are considered to be caused by multiple factors that interact in different ways depending on the individual child, family and social circumstances.

The diagram below shows some of the biological, psychological and social factors that influence children's mental health. Any one of these factors can have either a positive or negative influence on a child's mental health. For example, self-esteem may be high or low, family circumstances may be positive or difficult, and both may vary at different times.





Risk and protective factors for children's mental health

One way to understand mental health in children is through risk and protective factors. A number of specific factors have been identified through research that increase the risk of children experiencing poor mental health. Other factors have been identified as having a protective effect. Protective factors act to strengthen children's mental health and wellbeing, making them less likely to develop mental health difficulties. They help to balance out the risk of developing mental health difficulties and build resilience; the ability to cope with life's difficulties.

The diagram above shows some key examples of risk and protective factors that influence children's mental health. It is important to note that just because a child is exposed to mental health risk factors, it does not mean he or she will experience mental health difficulties. However, when multiple risk factors are present this likelihood is significantly increased. The relationship between risk and protective factors is complex. However, it is known that reducing risk factors and building protective factors in children has a positive effect on their mental health and wellbeing. KidsMatter

Primary works to strengthen children's protective factors during their primary school years to improve their mental health and wellbeing.



2018 Term Planners

[Term 1 Planner](#)

Coming soon....

[Term 2 Planner](#)

[Term 3 Planner](#)



Coles Sports for Schools

Safety Bay Primary School are once again taking part in the Coles Sports for Schools promotion.

Through this program Safety Bay Primary School will be able to receive new sports equipment and all we need you to do is shop for your groceries at Coles . For every \$10 spent at Coles, you will receive one Sports for Schools voucher. Vouchers can be dropped off at collection bins in the school and canteen. Vouchers can be collected up until Friday 15th May.

So come on Safety Bay Primary School!!

Let's get collecting vouchers to receive more sports gear for our school.



Appreciating Parent Input

Thank you to our community minded parents for bringing to our attention the state of charity collection bins situated at the rear of the school.

As this is council land, this concern was reported to the City of Rockingham who promptly instructed their Litter Busters to attend.

We appreciate parents taking the time to contact our front office staff to alert us about matters in the best interests of our students and our school community as a whole. Your input is valued and welcome!



Penguin Pantry News

Thank you to all who have contributed to a great start to the year at the Penguin Pantry. In the first three weeks we have served 753 lunches! – Our



most popular lunch items? – Toasted sandwiches, chicken twisters and hot chicken rolls.

Our pizzas are becoming more and more popular too. Because of the focaccia base our pizzas are categorised green and are an item that I am allowed to offer daily. However, I choose to only offer them once a week because although our pizza is a healthy choice, most other pizzas are not. They are usually high in fat and salt and so I don't want to give the impression that it's ok to eat pizza every day, when in most cases it isn't.

Everyone is doing a great job at remembering to bring their empty lunch order bags up the canteen to collect their pre-ordered ice creams – well done. A lot of people do seem to have forgotten the school rules about sharing food and money. Please remember that we will only sell one ice cream or icy pole per child. If you have a child in pre-primary or kindy you can order an ice cream before school that we will send to their class at lunch time.

Canteen Flyer



School Banking

School banking has commenced for 2018 at Safety Bay Primary School.

If you would like to know more about school banking, join or make a deposit you will find Tamara and Joy outside the Conference Room (situated behind school admin building) every Thursday morning during the school term from

8.00am until 9.00am.

Term 1 School Banking Newsletter

Community News

Safety Bay Primary School does not endorse nor assume any responsibility for the information provided. Learn to Swim at Rockingham Aquatic Centre Starting 17 Feb – 22 March Choose Saturday & Sunday or Monday & Wednesday or Tuesday & Thursday for a 5 week block. 10 x 30 Min lessons \$130 For more information please call the pool on 9591 0835 or email swimschool@rockingham.wa.gov.au Squad Sessions at Rockingham Aquatic Centre Starting 19 Feb – 22 March Come and train with our swim coach Nikki! Monday – Thursday 4pm Junior and 5pm Senior sessions. Adult Squad training sessions Tuesday 5.30-6.30pm 5 Week program. For more information please call the pool on 9591 0835 or email swimschool@rockingham.wa.gov.au

P&C News

The P&C AGM was held last night. It was a great turn out and fantastic seeing so many new faces. Our President for the past three years, Jill Erikssen, stepped down and I'd like to take this opportunity to thank Jill for all her time and hard work. She has been an absolute asset to our school community. Our new Secretary is Jesse Baker and Olga Gillies was voted in as Treasurer. Keep your eyes on the huge 'sand pit' by the library. Something exciting will be taking up residence there over the next week. Our first fundraiser of the year will start in a couple of weeks. Tickets for the Easter Raffle will be going home mid March. The next P&C meeting will be in week 8. Thursday March 22nd at 7pm it would be great to see some new faces again. Regards Skye Perkins 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.

[Term 1 Planner](#)

[Year 2 Sandcastle Building - P10](#)

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