



# Safety Bay Primary School

Respect, Responsibility, Reflection, Relationships, Resilience

## From the Principal

Newsletter 07  
21 May 2014

### Principal's Word

Mrs Allen and I attended a presentation regarding the Nationally Consistent Collection of Data on School Students with Disability. All schools will be a part of the Australia wide project about students with disability and/or learning difficulties. We will be asked to provide information about the number of children in our school with learning needs. Our school name and the names of students will be confidential. Information about the different types of needs and the programs and resources the school uses to overcome barriers and support children with special educational needs will be collected.

If you would like to learn more about the project, you can visit this website

[www.deerwr.gov.au/students-disability](http://www.deerwr.gov.au/students-disability).

We think it's important for everyone to take part in this project so it helps Government and the Department of Education to better provide for all students in Western Australia. We hope you think so too.

### Common Concern

Once again the Head Lice issue has been brought to our attention. If you receive notification that your child has Head Lice we would ask that you follow a process to eradicate them. They need to be treated immediately with either a product from the chemist or using conditioner. The eggs need to be combed out and the process repeated after ten (10) days. I have also been informed from a reliable source that after treatment, the use of a hair straightener can also kill the eggs. It is also advisable to check your child's hair weekly to keep the lice at bay.

### Illness

We are getting a number of students who are being sent to school who are ill. When questioned, many of them say they informed their parents they weren't feeling well but were still sent to school. If your child is not well, please keep them home. Generally a day in bed will see them recovered quickly and back the next day. Thanks for your support.

### P&C Meeting

There will be a P&C meeting in the staff room this week. New parents to the school may not be aware that P&C meetings are to be held during school time from 1.30pm on Thursdays in Weeks 4 and 8 of each term. The meeting will finish just before 3pm so parents can collect their children. All parents are welcome to attend but please be prompt so we can work through the agenda.

### Kindy and Pre-Primary Enrolments for 2015

We are currently taking Kindergarten and Pre-Primary enrolments for 2015. Please remember that even if your child is currently enrolled in our Kindergarten program this year it is necessary to make an application to attend Pre-Primary at Safety Bay Primary School in 2015.

**Please come into the office and complete the enrolment process before the end of Term 2.**

This will help us to effectively and efficiently plan programs for the 2015 school year. As Pre-Primary is now compulsory it is no longer necessary to complete an application for Year 1. This means that if you are currently enrolled in our Pre-Primary program you are automatically enrolled in our Year 1 program for 2015.

### World of Maths

The final session for this fantastic program takes place this Friday. The Assembly which was originally listed down as taking place has been moved to next week, May 30. If your child is in any of the following classes you must have paid before Friday for them to be able to attend.

C12 Ms McCulloch; C13 Mr Ribeiro; C14 Mrs Ruffels; C15 Mr Brennan; C16 Ms Cooke; C17 Mrs Robinson and C19 Miss Holtom.

Quote: **Positive thoughts are the keys to starting the engine of success.**

Wayne McKay  
Principal

PLEASE BE AWARE THAT THE P7 ASSEMBLY ON FRIDAY 23RD MAY HAS BEEN MOVED TO THE FOLLOWING FRIDAY, 30TH MAY DUE TO TIMING CONFLICTS WITH WORLD OF MATHS.

### IMPORTANT DATES

**Thurs 22nd May**  
P&C Meeting  
Staff room at  
1.30pm

**Fri 23rd May**  
World of Maths  
C17, C19, C16,  
C12, C14, C13

**Fri 30 May**  
Assembly P7  
Group B

Eagles/Fever Cup  
Home—Safety Bay

**Mon 2nd June**  
WA Day Public  
Holiday

**Fri 6th June**  
Assembly S5 & S6  
Group A  
Eagles/Fever Cup  
Home—Safety Bay

### SMS Communication

SMS Mobile Number  
0437 418753



2 Waimea Road, SAFETY BAY WA 6169  
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Website: [www.safetybayps.wa.edu.au](http://www.safetybayps.wa.edu.au)

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This fortnight the KidsMatter Team had the pleasure of presenting a computer and a bike to students at our school. These students were required to write a letter to explain why they would like the computer or bike. The winner of the computer was Aida (C14) and Toby (C14) won of the bike. Congratulations!



Anxiety seems to be something that we are seeing within the school at different levels. Here is some information that may assist you identify if your child may have an issue.

### **Anxiety and mental health in children**

Fearful and anxious behaviour is common in children. Most children learn to cope with a range of normal fears and worries. However, extra help may be needed when:

- children feel anxious more than other children of their age and level
- anxiety stops them participating in activities at school or socially
- anxiety interferes with their ability to do things that other children their age do easily
- the fears and worries seem out of proportion to the issues in their life.

When children become anxious more easily, more often and more intensely than other children, they may be diagnosed with an anxiety disorder. The most common anxiety disorders in children of primary school age are Phobias, Generalised Anxiety Disorder and Separation Anxiety. Research estimates that between approximately two and nine per cent of children and adolescents in Australia have anxiety disorders.

Type of Anxiety	What that means
Separation Anxiety	Separation Anxiety relates to fear and distress at being away from the family. There is commonly a fear that something bad will happen to a loved one while they are separated. Fear of separation is considered developmentally appropriate up to two years of age, but it should lessen as children get older. Children with Separation Anxiety may complain about feeling sick. They may make frequent trips to the sick bay at school or sometimes refuse to go to school altogether. School camps and sleepovers are commonly major problems for children with Separation Anxiety.
School Refusal	Can lead to school refusal. When children refuse to go to school as a result of anxiety it is usually accompanied by physical complaints, such as stomach aches or headaches.
Social Phobia	Social Phobia refers to extreme levels of shyness and fears of being seen in a negative light. Children with Social Phobia avoid a range of social interactions such as talking to new people, speaking up in class or performing in public. They are frequently self-conscious and will often have a limited number of friends.
General Anxiety Disorder	Generalised Anxiety Disorder is diagnosed when children have excessive and unrealistic worries about a broad range of possibilities. They may worry about things that might happen, about their own past behaviour, or about how good they are at their schoolwork or how popular they are. They often lack confidence and need a lot of reassurance.

### **How do anxiety disorders develop?**

Humans are primed for survival to respond to situations where there are dangers or threats. Some people, including children, react more quickly or more intensely to such situations where there is danger or threat. The physical symptoms of anxiety (eg increased heart rate, faster breathing) are more easily triggered in children with anxious temperaments.

Having an anxious ('internalising') temperament often means that children react more to threats in the environment. This appears to be partly an inherited characteristic. Children with anxious temperaments are often cautious in their outlook and shy in relating to other people.

Sometimes stressful events trigger problems with anxiety. Children who experience more stressful events over their lifetime than others or who have gone through particularly traumatic events may experience increased anxiety.

Learning may also play a part in the development of an anxiety disorder. Some anxious children may learn that the world is a dangerous place. They may learn that it is easy to get hurt either physically or socially. They may fail to learn positive ways to cope and depend more and more on unhelpful ways of dealing with situations that cause them anxiety.

Sometimes families may contribute to children's natural cautiousness by being over-protective. This can unintentionally encourage children to avoid situations they feel anxious about.

In the next newsletter, we will provide some information on seeking assistance for your child if you believe there is an anxiety issue.

## COMMUNITY HEALTH NEWS

Hi Everyone

### Measles is very highly infectious

- There have been confirmed cases of measles in WA. Some of these people became infected while travelling overseas. Some cases have required hospitalisation.
- 6% of measles cases get pneumonia and this is the main cause of death from measles in children
- The measles vaccine (MMR) is very effective.
- Adults and children should have had 2 doses of MMR vaccine
- If your child has only had one MMR a second MMR should be scheduled as soon as possible.
- Babies get their first MMR vaccine at 12 months (some protection from maternal antibodies before this).

Thanks  
Gabby Bauskis  
Community Health Nurse

## WEST COAST FEVER VISIT

On Wednesday, 14<sup>th</sup> May our school was very fortunate to have Chelsea Pitman, who is a member of the West Coast Fever netball team, visit the school.

Unfortunately she could only be here for a short time, but she was able to run a clinic with a very lucky P7 class and also for our two Year 6/7 Fever Cup teams at lunch time.

The West Coast Fever is WA's team in the Trans-Tasman ANZ Netball Championship Competition (which is netball's version of the AFL, but with New Zealand teams as well).

Chelsea ran a number of skills and drills for the two groups to assist in the development of large ball fundamental movement skills.

Check the next newsletter for the scores of our Eagles and Fever Cup competitions.

Mrs White  
Physical Education Specialist



**URGENT** Do you have an hour or two to spare?  
If so the canteen would appreciate your help in the mornings. Call in and see Lisa or Tegan in the canteen for more details.

## SAFETY BAY PRIMARY SCHOOL P&C MEETING

**THURSDAY 22ND MAY AT 1.30PM**

**IN THE STAFF ROOM**

**Come along, support and suggest .  
Items on the agenda are various from  
discos to vegetable patches.**

## Merit Certificates Assembly 9th May

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

W8	Lainey	Mckenzie
W5	Kayleigh Jarryde	Sapphire
S5	Charlotte	Patrick
S6	Eden	Sophie
S4	Tyson	Abi
P8	Bridget	Chloe
P9	Jorja	Lachlan
C18	Matty	Saraiah
C16	Hannah	Lochlan
C15	Leighton	Monique
Music	Dineo (S7) Coral (P10)	Naomi (C19)
Phys Ed	Jared (C16)	Liam (C15)



**AS THE WEATHER IS GETTING COOLER IT IS EXTREMELY IMPORTANT THAT YOU REMEMBER TO CLEARLY LABEL ALL CLOTHING AND HATS—ESPECIALLY JUMPERS AND JACKETS.**

## ENTERTAINMENT BOOKS

Help support our fundraising. 2014/2015 Entertainment Books are now available to order through the school. You may pay online via the schools website:

[www.safetybayps.wa.edu.au](http://www.safetybayps.wa.edu.au) or at  
<https://www.entertainmentbook.com.au/orderbooks/851v04>

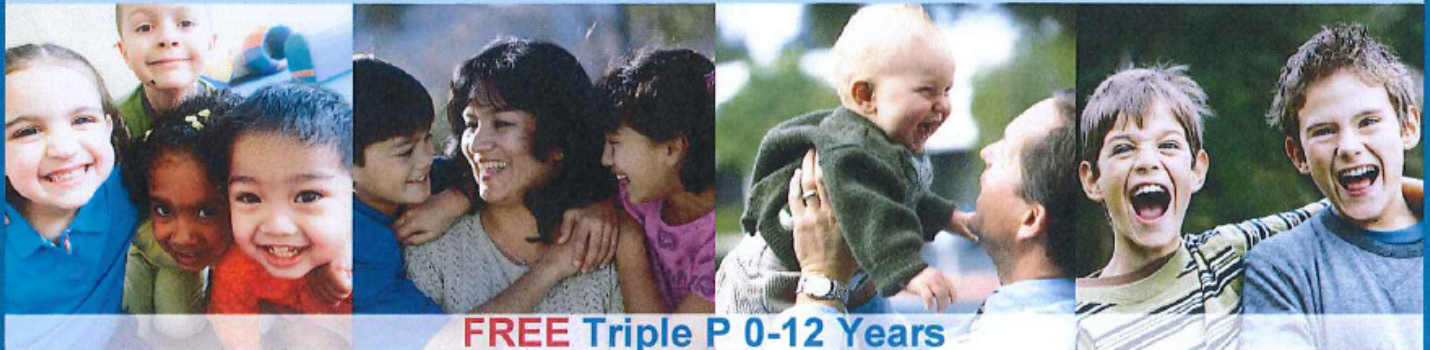
The school will receive \$13.00 for every Entertainment Book sold through the school.



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- Emotional coping strategies
- Effective behaviour strategies
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- Reduce stress
- Improve relationships

**DATES:** Tuesday June 10<sup>th</sup> 2014  
Tuesday June 17<sup>th</sup> 2014 &  
Tuesday June 24<sup>th</sup> 2014

**TIME:** 09:00 – 10:30

**VENUE:** Safety Bay Primary School

**PRESENTERS:**

Charmain Backwell – School Psychologist

Gabby Bauskis – Community Health Nurse

### BOOKINGS AND INFORMATION

Please contact the front office to attend 1, 2 or all 3 of these seminars

[www.triplep.net](http://www.triplep.net)

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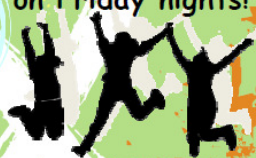
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**PRIMARY AGE YOUTH GROUP**

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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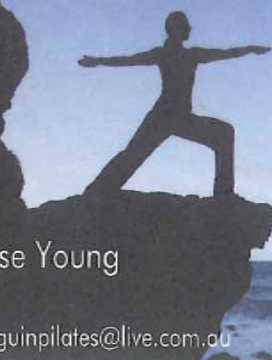


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