



Safety Bay Primary School

Newsletter 05 - 07 April 2017

Dear **Subscribers Name**

Welcome to Safety Bay Primary School's fortnightly news - we hope you find it an interesting and informative read.

Below you will find all of the articles from this fortnight's news which you can skim over and click through to read the full article. Safety Bay Primary School is trialling this new format to deliver you all the latest news with the hope that you will find it more relevant to you and easier to read.

We welcome your feedback. You may notice changes along the way as we adjust to the new format.

Thank you for supporting our Wastewise School by choosing to read online.



2017 GRIP Leadership Program

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All sessions included main presentations, interactive activities, discussions, leadership games, entertainment. There were several schools in attendance, in all 280 Student Leaders.

Topic 1: Leading in the Land of Zootopia

The animals in the land of Zootopia prove that leadership is not about using a position, but rather about using individual strengths. This Disney blockbuster demonstrates that both the largest and the less likely animals can each lead effectively by knowing their own strengths and weaknesses. Examining leadership strengths in Zootopia also reveals the importance of strength of character and appreciating the strengths of others.

Topic 2: The Four Expectations of Responsibility

Often students are excited about the role of a leader and give little thought to the responsibility associated. Responsibility in leadership means accepting the duty to contribute to others and follow through on expectations. This session assisted students in developing responsibility by



understanding the importance of role modeling values, upholding the trust of others, responding to needs and developing one's own strengths.

Topic 3: Outside the Box

Student leaders seem to like the concept of being creative, but often default to only replicating the events and activities of previous leaders. This practical workshop taught students how to use a valuable tool for generating new and exciting ideas that meet the necessary balance of being both creative and realistic. Activities during this session enabled students to have discussions with other schools to share experiences and generate ideas together.

Topic 4: Turning Ideas into Action

Often great ideas only ever remain as great ideas! This practical session showed students how to use a reliable process for bringing a great idea to life and following it through to the end.

A huge thank you to the parents who transported the students to and from school on the day; Mrs Bosworth, Mrs Vaz, Mrs James, Mrs Law, Mrs Coulter and Miss Jones. Mrs Law, a member of the School Board attended the whole day with us at the Conference and expressed her delight in the behaviour of all the students and how “crisp” the uniform looked.

Thank you to the students for their exemplary behaviour, not only did they “do the school proud, they did themselves proud’.

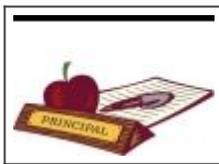


Merit Certificate Recipients

Assembly Friday 23 March

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

W1 Jyse
W2 Annabelle
W3 Rome and Hayley
W4 Kai and Sonny
W5 Allegra and Chloe
W8 Makayla and Jacena
S3 Charlotte and Annebelle
S4 Sam and Isabella
S5 Marie and Ian
S6 Ryan and Sienna
S7 Savannah and Isaac
P7 Scarlett
P8 Bailey
P9 Mitchell
P10 Georgia
C12 Jake
C13 Ebony
C14 Kerera
C15 Meagan
C16 Harry
C17 Maddi
C18 Olivia
C19 Seth
C20 Ella
C21 Chloe
ART Shiloh P8



Principal's Word

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You may have noticed I mentioned two SDDs. The Department of Education allows schools to utilise their SDD when it best suits for professional learning opportunities to be accessed. Teachers have been trialling various strategies with Visible Learning. You may have seen in classrooms the letters WALT (What Are We Learning Today) and WILF (What Am I Looking For) that some teachers are incorporating into their lessons. As a school we are implementing a Visible Learning approach in every classroom across the school. It involves teachers seeing learning through the eyes of students and students seeing teaching as the key to their ongoing learning. When learning is visible the student knows what to do and how to do it and the teacher knows if learning is occurring or not.

The best time for this training is on Monday 19th June. This has been approved by the School Board. Therefore this will be a day NO students will attend school.

Staff Car Park

I gentle reminder requesting parents not to park in the staff car park. I have had to speak to several parents recently asking them to move and not to park in the staff area. I realise that there are no or limited spaces on some occasions, however we do have staff attending meetings and returning to school and some days there are more staff than spaces. I appreciate your support with this matter.

Wednesday Early Close

Thank you to parents and carers with your support in picking children up at 2.30pm on the Wednesday early close. I would ask parents on this day not to take up the teacher's time by discussing the progress or informing them of issues unless it is urgent. Teachers are expected in the library by 2.45pm for Professional Learning. If the matter is urgent please request to see one of the administration team who will put any necessary plans in place.

ANZAC Assembly

Our ANZAC assembly held last Monday was an outstanding success thanks to a number of new initiatives and performances. Our choir and Year 2 students provided quality performances and were very much appreciated. Ron Pease was our guest speaker and spoke about how our school values can be related to the spirit and the values demonstrated by the ANZAC's. Our prefects presented and spoke exceptionally well and are improving with every experience. I wish to make a special mention to Mrs Debra Batey our Defence School Transition Aide, who oversaw the organisation of the assembly. Mrs Batey also arranged for the Catafalque Party and Bugler. These certainly added value to the assembly.

Quote: "Live for the moment-enjoy every experience-be aware of what is happening around you!"

Mr Wayne McKay
Principal



Parent Survey
How are we doing?
Where are we shining?
Where could we do better?

What is the survey about?

The survey asks your perspective on your child's school and what you think is important for the school to consider in better supporting children's mental health and wellbeing.

Why Am I being asked to complete this survey?

KidsMatter Primary encourages schools to reflect on how they are doing things - what they are doing well already and also what they can improve to promote children's mental health and wellbeing. It has been recognised that including the voice of staff, students, parents and carers assists the school with planning.

The answers provided by parents and carers are completely anonymous and it will not be possible to identify you or your child from your answers. Safety Bay Primary school is committed to providing the best support and opportunities for our students and their families. The information gathered from these surveys will better enable us to help you.

Scan me on a QRCode App on your smart phone or device.



Or go to

<http://www.kidsmatter.edu.au/primary/parentsurvey>

Any questions please see Miss Holtom in C12 or email

tamyn-leigh.holtom@education.wa.edu.au



KidsMatter
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.

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.

Mindful learning environments

- Teachers and early childhood educators can influence student wellbeing and learning by understanding, embodying and embedding principles of mindfulness into their learning environments.
- Teachers and early childhood educators who are encouraged to develop mindful awareness in their own life will positively influence their whole community.

Parent Cafe Spot

Sometimes we need a place to just sit and have a chat and meet other parents.

We have decided to open up the conference room near the staff room for parents to come and have a cuppa before picking up their children on a Wednesday. This will be a place that you can meet other parents and support each other. There will be members of staff available on the day to chat to as well.

Day: Wednesdays

Time: 1.45pm—2.30pm

Place: Conference room between Dental Clinic and Staffroom

Come and have a cuppa and meet some new people.

Our kids matter.
KidsMatter helps our school nurture
happy, balanced kids.

KidsMatter
Australian Primary Schools
Mental Health Initiative
kidsmatterprimary.edu.au



Indonesian News

Indonesian In School Performance

Cerita Dari Hutan

Indonesian In School Performance

Cerita Dari Hutan

On Wednesday 22nd March our Indonesian language students from Years 3 to 6 had the opportunity to participate in the "Jungle Book" puppet show. The theme of the show revolved around the current issues of deforestation in Indonesia which is a common story in most of Asia and the cause of animal extinction. Our students displayed good behaviour and sat through the play participating and responding in Indonesian which was delightful. They were engaged and asked questions which indicated that our students felt a commitment as global citizens. The puppeteers used both English and Indonesian to enhance better understanding and it was a joy to watch our happy students enjoy it all.

Indonesia is considered as one of the top emerging economies and is the fourth most populated country of our world. One of the aims of language learning is to improve business and job prospects for our children and we have chosen well to teach Indonesian as a second language at Safety Bay Primary School.

It was very encouraging and generous gesture from our Principal Mr McKay and the P&C to considerably subsidise the cost for parents. As a result most students attended the puppet show and were enthusiastic about their learning.



Ibu Da Cruz & Ibu Ahluwalia
Indonesian Language Teachers



Term Planners

Term 1 Planner

Term 2 Planner

Year 2 and 3 News

Community News

NOTICES FROM OUR COMMUNITY: Safety Bay Primary School does not endorse nor assume any responsibility for the information provided. **FREE PARENTING SEMINARS** Parents with children between the ages of 3 and 8 are invited to attend the Triple P Seminar Series. You will learn practical,

positive and effective ways to deal with common behavioural problems and ways to help your child achieve their best at school and in the future. Parents are encouraged to attend all 3 seminars:

1. The Power of Positive Parenting 2. Raising Confident Competent Children 3. Raising Resilient Children

The next FREE 3 week series will be held:

When: 16, 23, 30 May 2017

9.00 am – 10.30 am Location: Baldivis

Gardens PS

Nadine Promenade, Baldivis RSVP:

Bookings are essential and

places are limited.

Please contact Baldivis Gardens Primary School on 9523

7000 to book your place.

School Photo Album

Last week Mr Borich came into C19 to talk to the students about fire safety in and around the home. Two of our students (Marley Chong and Samantha Goswell) were lucky enough to try on some of the fire safety gear.

P&C News

Uniform Shop As you are aware we recently changed uniform providers on Monday 3 April – Tudor Uniforms will not only provide our uniforms, but will also operate the uniform shop for us on-site. The change is expected to make the purchase of uniforms easier, but not more expensive overall. For any questions please email the P&C on the address below. Upcoming Events TERM 2, May 26th – Obstacle Challenge!! Have you created your child's online account?! 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 Thank you!