



Safety Bay Primary School

Respect, Responsibility, Reflection, Relationships, Resilience

From the Principal

Newsletter 13
9 September 2015

Principal's Word

Last Thursday the school provided a Learning Journey for the students to lead their parents through. As I ventured around the school, I spoke to numerous people, who were very pleased for the opportunity. The staff also spoke in glowing terms of having so many parents turning up to see what the children have been doing throughout the year. I have regularly spoken regarding working together to get the best out of the child. Last Thursday enabled many parents or carers to demonstrate how highly they regard education in relation to their children.

As Principal, it was so satisfying seeing so many smiling happy faces of the students who had informed their families of the exciting things they had been doing. One parent wrote and commented,

"To be able to come into the classroom and see how much work they have been doing and how far they have progressed this year was really amazing to see as a parent."

Thanks you to all the parents and carers who came and supported their children. I look forward to continuing this event into the future (making sure we have enough sausages next time).

Community Day

Last year at this time, in partnership with the Department for Child Protection we hosted a Community Day. This year's theme is "PLAY YOUR PART- Be someone who listens to children". The event will run on Friday 11th September from 2.00pm – 4.00pm on the "flagpole oval" in the school grounds. There will be a number of events such as a bouncy castle, ice-cream van, fire brigade and even Peppa Pig. The event is for all Year 2 children and Year 2 children from other schools will be in attendance.

Parents of Year 2 children are warmly welcomed on Friday, to collect their child/children from their classrooms and participate in the event from 2.00pm. They must sign their child out at the office as they will **NOT** be released to wander on their own, until after the 3.00pm siren. Parking will be at a premium so we ask for patience and consideration.

Art Exhibition

This has been an outstanding success thanks to the P&C. I hope most parents were able to get to the Art Centre to see the students' work displayed on the walls. Every child from Kindy to Year 6 completed a piece of art on a canvas, presenting it in different forms. The idea was to promote art and to celebrate the students from our school. Each piece was then sold to the parent as a way of raising funds toward the school. Thank you again to those involved.

NAIDOC Day Celebration

Yesterday saw a number of activities provided to the children in our school to celebrate NAIDOC Day. NAIDOC stands for National Aborigines and Islander Observance Committee and a week of celebration is held from the first Sunday to the second Sunday in July. Each year a theme is chosen for the week of celebration and this year is: "We all stand on Sacred Ground: Learn, Respect and Celebrate." This highlights Aboriginal and Torres Strait Islander people's strong spiritual and cultural connection to land and sea.

Our AEIO, Francesca Maumill, working in conjunction with the NAIDOC committee including Wayne Devine, Terri James, Naomi Greaves, Hayli Vaz and Sharon Young, arranged for presentations to Years 1 to 4 and a poster competition celebrating the theme of NAIDOC. The staff received a planning document that provided useful resources, stories and ideas, which they could use in their classrooms.

Quote: While we may not be able to control all that happens to us, we can control what happens inside us.

Wayne McKay
Principal

IMPORTANT DATES

- Thurs 10th Sept**
 - Year 5 Parliament House visit
 - P&C Meeting 1.30pm in staffroom
- Fri 11th Sept**
 - Assembly P8 & P7 (Group B)
 - Year 6 Parliament House visit
- Tues 15th Sept**
 - Years 1-3 Faction Athletics Carnival
- Thurs 17th Sept**
 - Years 4-7 Faction Athletics Carnival
- Mon 21st Sept**
 - Pre-Primary Zoo Excursion
- Fri 25th Sept**
 - Assembly W1&W2 (Group A)
 - Year 4 Fremantle Prison Excursion
 - Year 3 Kings Park Excursion

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9264 4771



**MERIT CERTIFICATES
ASSEMBLY 28th AUGUST**



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

W8	Meesha	Ashali
W5	Tallulah	Matilda
W1	Giovanni	Joshua
W2	Layla	Miles
S3	Cheyenne	Luke
P10	Allirah	Merrick
P9	Kaihyn	Carla
S4	Xander Luke	Tobias
C16	Josh	Taylor
C17	Gabrielle	Angelina
C18	Tia	Dylan
C21	Shianne	David
LOTE	Kade S4 Naomi C18	Maddie C17 James C21
MUSIC	Emily C21	Dylan P10

OUR SCHOOL WEBSITE IS NOW MOBILE FRIENDLY!

It's like phone app only easier. You can save calendar events directly into your mobile phone. Easy!

Click on the link below for a quick instructional video on how to always have the school's website just the touch of a finger away.

<https://vimeo.com/78140760>



ROAD SAFETY

Students are vulnerable road users when they walk and cycle to and from school because they have little protection from cars in the event of crashes.

Road trauma is the leading cause of death and the second most frequent cause of hospitalisation for children aged under 14.

For more information on how to keep your child safe on our roads please visit the [SDERA](http://www.sdera.com.au) website.

SUPPORT OUR SCHOOL

The 2015/2016 Entertainment Book is now available to purchase. Please support our school. We receive \$13 from every purchase.

www.safetybayps.wa.edu.au



P & C NEWS

Reminder that the students' paintings from the Art Exhibition can be purchased for \$10 from the classroom teacher until this Friday 11th September. At this week's assembly the People's Choice Awards will be handed out. Once again thank you to everyone for supporting the P&C's first ever Art Exhibition!

It feels like spring is finally here so time to buy those summer uniforms. The Uniform shop is open 8.30am-1.00pm Monday to Thursday. Uniforms can also be purchased online:

www.ouronlinecanteen.com.au

Skorts are \$23, dresses \$42, sports shorts \$18 and cargo shorts \$23.



The P&C is holding a beach themed disco on Friday 4th December as our last FUN fundraising event of 2015.

Tomorrow, Thursday 10th September at 1.30pm is the P&C meeting in the staff room. Everyone is invited to attend so please come along!

**P&C MEETING TOMORROW
THURSDAY 10TH SEPTEMBER
1.30PM
IN THE STAFF ROOM
ALL WELCOME!**

FOUND!

FOUND 27/08/2015: One pair of junior girls Size 9 sneakers (basketball type), sequined, with "Frozen" character on the side. Found on Rae Road. For return, call or text mobile 0407 202 223.



As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school. We're now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem. Please send in your Woolworths Earn & Learn Sticker Sheets and any loose Earn & Learn stickers you may have as soon as possible. Remember to check your handbag, the car glove box or they maybe stuck on the fridge. Every little bit helps. Thanks again for all your support!

Mental health basics: Suggestions for families

Things can happen in children's lives that make the risk of developing mental health problems more likely. It is usually not possible to eliminate all the risk factors that affect your children, but there are things you can do to reduce the impact of stress and help them build strengths for effective coping. The following suggestions identify the sorts of things you can do to support children's resilience in the face of challenging circumstances.

How you can help

- Spend time with children by having fun playing games, going to the park or going somewhere together as a family.
- Try to maintain routines as much as possible. Routines and consistency help children feel secure.
- Build and maintain supportive relationships with family, friends and early childhood staff. Talk with them about how they can best support you and your child during hard times. Tell staff about any concerning behaviour you are noticing at home.
- Try to help children to understand and manage their feelings; this can help them develop coping skills.
- Help children learn to cope with loss and change by providing support and reassurance, honesty and clarity. Help them also to understand that loss and stress are a normal part of life.

Acknowledge children's feelings and try to understand and respect them, especially when they are going through a difficult time. Offer support and reassurance by asking questions and letting them talk about their feelings.

Try to support children in building their internal protective factors (eg good communication and problem-solving and social skills) by acknowledging and encouraging their skills when guiding their behaviour.

Listen to children's concerns

Having a caring adult to turn to when they are troubled, someone who will listen, understand without judging, and help them solve problems, is a critical protective factor for children's mental health. Listening to children and understanding their concerns lets them know they are important to you. Remember, however, that children may not always be able to explain how they feel. By observing their behaviour and gently inquiring about it you can often get a clearer picture of how they are feeling.

Provide reassurance

Children often worry that the bad things they experience will happen again or get worse. For example, in a family breakup, when one parent or carer leaves the family, children often become anxious that the remaining parent or carer will also leave them. Similar worries are common when someone dies or is hospitalised. Often these kinds of fears are expressed through behaviours rather than words, such as becoming clingy, or being fearful about sleeping by themselves. Showing you understand children's fears and providing reassurance and support is important for helping them cope. Making sure that children know what to do and

Provide security

Various kinds of stress and change can be very disruptive to family life. Maintaining regular routines, such as bedtimes and mealtimes, reduces disruptive impacts and helps to provide a sense of stability and security for children. Similarly, children are reassured by knowing that a responsible adult is taking care of them and looking after their needs.

Build children's strengths – and allow for vulnerabilities

Providing encouragement and positive feedback for children's developing coping skills helps them to build confidence in their ability to manage difficult situations. Acknowledging and appreciating the help and support that children provide to you during stressful times also helps to build their strengths.

At the same time, it is important to give children permission to not always have to be strong. Children who take on significant caring roles when parents or carers are struggling often hide their vulnerabilities. Their desire to avoid burdening parents and carers can cause additional hardship for these children, who need to know that support is available to them as well.

Talk to school staff

School staff can provide more effective support for children at school when they understand some of the pressures they may be facing in other parts of their lives. It is often very reassuring for children as well as for parents and carers to know that teachers or other school staff understand their difficulties and are ready to provide support. Staff at your child's school may also be able to provide you with support and advice, or help you find support services that can assist you and your children.

Seek additional help

If your child shows signs of emotional or behavioural difficulties, it is important to seek professional help early, so that problems can be addressed before they get worse. Getting support for yourself, through family and friendship networks, your child's school, or mental health or community services, is also very important.

Getting support helps to build your own resilience so you can provide more effective care for your children. For more have a look at our information about [knowing when to get help](#)

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

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

**WISDOM IS THE DIFFERENCE
BETWEEN PULLING YOUR
WEIGHT AND THROWING IT
AROUND.**



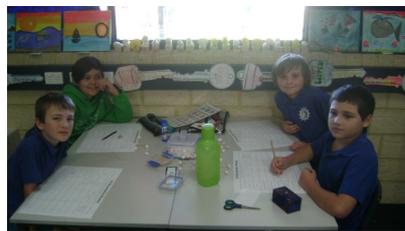
NAIDOC CELEBRATIONS



For this year's NAIDOC celebrations our Year 3's and some classes of Year 2's learned a traditional song and dance from the Torres Strait Islands in music classes. The song we learned is called 'Sesere Eeye' and it is about the wind blowing through the mountains. The year 3's in C12 and S4 got to perform the piece for our NAIDOC day visitor, Wayne Devine.



BOOK WEEK CHARACTER DRESS UP DAY



CHALLENGER

MATHS TABLOIDS



2015 SPRING CARNIVAL

Our annual "Spring" carnival for years 5 and 6 was held on Wednesday 2nd September.

Our Sofcrosse (modified lacrosse) teams travelled to Koorana Primary, Rugby to Lark Hill, Ultimate Frisbee to Warnbro Rec and Basketballers to Mike Barnett Stadium.

Congratulations to all of our students who reportedly had a great day, with very pleasing sportsmanship and behaviour shown by Safety Bay Primary School participants.

There were 11 schools represented at each of the carnivals (13 at basketball) in two divisions. In our black division were: Safety Bay, Charthouse, Waikiki, Port Kennedy and Warnbro (also Singleton and Endeavour at the Basketball).

Our results for the day were:

BASKETBALL: Boys – 3rd ; Girls - WINNERS!

Overall in Black Division: 2nd

Thank you to Miss Holtom and Mrs Ainsworth for training and coaching the teams and to Bronwyn Richards and Melissa Wilson for their assistance on the day. The girls are now eligible to attend the State Cup competition next term!

ULTIMATE FRISBEE: "A" – 3rd ; "B" – 2nd

Overall in Black Division: 2nd

Thank you to Mrs Johnsen and Mrs Henegan for training and coaching the teams.

RUGBY: Out of 18 teams: "A" – 5th ; "B" - 15th

Overall in Black Division: 4th

Thank you to Miss Souren, Mrs Aislabie and Mrs Grove for training and coaching.

SOFCROSSE: Out of 8 teams: "A" – 3rd ; "B" – 8th !

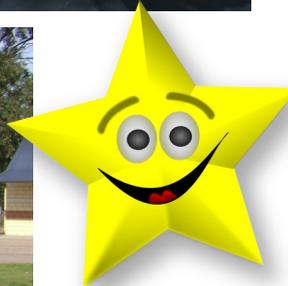
Overall in Black Division: 3rd

Thank you to Mr White for coaching one of the teams.

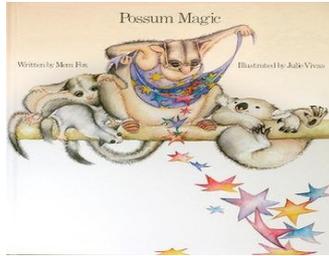
Thank you very much also to the many parents who came along to the carnivals and supported our teams.

Mrs White

Physical Education Teacher



Possum Magic Party



On Friday August 21st, the students and parents of P7 and P8 were treated to a fabulous day of celebrating Mem Fox's classic Australian book, "Possum Magic".

All classes had their passports and Possum Magic show bags at the ready, and they visited seven cities of Australia, all within the classroom. Each city had a passport stamp to collect, fun activities to do and tasty Australian treats to sample, such as pumpkin scones, pavlova, vegemite sandwiches and minties. Yum!

The students were able to make Aboriginal dot paintings, create possums from paper plates and have a mintie wrapper measuring contest, just to name a few.

A great day was had by all, and it could not have been possible without our fabulous parent helpers that volunteered their time. A big thank you to all of our parents:

Jill Barton, Matt Gill, Brooke King, Carrienne McDougal, Damien McGrath, Joy Mikulandra, Sarah Eaton, Casey Field, Bec Goodrem, Kim Carrington, Brad Turnbull, Jacqui Gooderham, Renee Braddon and Nortje Reemeyer



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Social Media Safety

Free workshop for community members

A parents role is to keep children safe, including online. This introductory workshop will look at various sites and applications of social media to understand the risks, benefits and impact on children.

Thursday, 17th September 2015

6:30pm-9pm

Mandurah Lotteries House

7 Anzac Place

MANDURAH

Refreshments & handouts provided

For bookings please email workshops@clanwa.com.au

At CLAN WA, we understand that every family is unique. We all have different circumstances, experiences, hopes and strengths. We all need a helping hand at times.



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Heat 2: 12pm Sunday 4 October 2015
Secret Harbour Shopping Centre

Heat 3: 12pm Sunday 11 October 2015
Stockland Baldivis Shopping Centre

Final: 1pm Sunday 18 October 2015
Secret Harbour Spring Market Fair

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SCHOOL HOLIDAY

ATHLETICS CLINIC

The clinic is designed to develop athletics skills and techniques for boys and girls aged 8 to 16 years (Little Athletics age groups U9 – U17).

Whether they are beginners or accomplished athletes, our experienced coaches will ensure your children are enjoying their training while aiming for their personal bests.

Where: WA Athletics Stadium
Stephenson Ave, Floreat WA 6014

When: Mon 5th and Tue 6th October 2015

Time: 9:00am to 3:00pm
(Registration commences 8:30am)

Cost: 1 Day \$85
2 Days \$150
Includes T-Shirt

Athletes are able to choose four events to specialize in each day.

EVENTS CHOICES

Sprints/Starts
Hurdles
Middle Distance
Long Jump
Triple Jump
High Jump
Discus
Javelin
Shot Put

For more information or to register please go to:
sprintingfast.com/school-holiday-clinics/

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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



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