Principal's Word

Yes I have returned from my leave and it has been so nice to have been welcomed back in such a positive manner. I have spoken to several parents and many of the students and it seems everything not only continued to run very smoothly, but the school has had great success in a number of areas. I want to thank Sandra Casey for stepping up and leading the school in my absence. She has demonstrated she is more than capable of leading a school of her own and I’m sure she will be doing so in the near future.

I wish to mention to parents that as from 2015 before and after school care will be happening at Safety Bay Primary. The program will be provided by “OSH Club”, a family owned business that has over 20 years’ experience. Their staff are highly qualified, experienced professionals and have centres located around Australia. The flyer provides all the necessary information you need and a Parent Information session will be held later this term….stay tuned.

Interschool Carnival
Congratulations to all the students who participated on the day of the RASSA ‘A’ Division Interschool Athletics Carnival, which Safety Bay won. A fantastic result for our school and it was also very pleasing to hear about how they presented themselves. Not only was their behaviour and sportsmanship outstanding but a number of other schools commented on how brilliant they all looked with their school hats, so thank you to parents for your support. Thanks to the staff that helped, not only on the day, but with the training in the lead up. A special thanks and congratulations to Mrs Sonya White for her preparation and organisation of the event, you did a great job.

Walkathon
Tomorrow is the annual school Walkathon that is organised by the P&C. The theme for this year is ‘Black and White’ so please support the school and your child by allowing them to wear those colours for the event. The times for the walk are:

- 9.15am-9.45am Kindy and Pre Primary (5 laps of the oval)
- 10.00am-10.40am Years 1, 2 and 3 (10 laps of the oval)
- 11.15am-12.00noon Years 4 and 5 (Up to 15 laps) and Years 6 and 7 (Up to 20 laps)

Rain is forecast so we will need to see how things progress. There will be spot prizes plus other prizes will be awarded after November 26th when money is collected. Good luck everyone!

Kindy Café
So far this has been very successful for those who have attended. There are to be several more available for parents of Kindergarten students for 2015. The next session for parents of children in Stingrays and Dolphins will commence at 9.20am on Friday 7th November. There are to be several more sessions on Literacy and Numeracy over the coming weeks and we hope to see you there.

Year 6 Transition
On Friday our Year 6 students will be attending Safety Bay Senior High school for the first of their Transition days. The second Day will be on the following Friday 14th November. Both days are very important for the students to get an understanding of what lies ahead in regards to commencing high school in 2015. The students need to meet at Safety Bay Senior High School on Friday morning and will be at school for the full day (8.30am to 2.40pm). The Year 6 Orientation day is scheduled for Thursday 4th December.

Year 7 Camp
Safety Bay Year 7 students will head off to Bridgetown on Monday for their school camp. Although this is a fantastic opportunity and will be a great experience, it is also a privilege as they will be representing Safety Bay Primary School. Most of our Year 7s have demonstrated excellent behaviour and attitude to date, following the 5 R’s and our “Golden Rule” of “Treat others as you would like to be treated”. Mr Ribeiro will be taking the students along with Mr Negre, Mrs Ruffles, Mrs Muirhead and Mr Leeson.

P&C Meeting
Just a reminder for any parent interested there is to be a P&C Meeting held tomorrow at 1.30pm in the staff room at school. All parents are welcome.

Quote: You have to go wholeheartedly into anything in order to achieve anything worth having.

Wayne Mckay
Principal
Statements of voluntary contributions and charges for 2014 have been mailed home to families.

As we move toward the new Student-Centred Funding Model for 2015, locally raised funds such as voluntary contributions play an important part in supplementing funds received from state and commonwealth governments. If you have yet to pay 2014 voluntary contributions we encourage you to do so. These funds will be able to be used toward the costs of teaching and learning programs into 2015.

Payments may be made by cash or eftpos at the administration office or by direct deposit to the school’s bank account by electronic bank transfer.

Account Name: Safety Bay Primary School
Bank: NAB
BSB: 086 918
Account No: 02949 1771
Reference: STUDENT NAME

Please email details of your deposit to the registrar, Diana Tindale at diana.tindale@education.wa.edu.au to help us allocate your payment.

Please note that unless your child is leaving the school at the end of 2014, credit balances will be rolled over to your child’s account for 2015. Thank you to those families who chose the upfront payment option for activity charges this year. We hope you enjoyed the convenience and advise this opportunity will be available for 2015.

### RASSA INTERSCHOOL ATHLETICS CARNIVAL 2014

A well-earned congratulations needs to go to all our competitors who attended the annual RASSA Interschool Athletics Carnival.

Their enthusiasm and endeavour were evident all day and they achieved an outstanding victory as you can read below.

Safety Bay were in the “A” Division Carnival (“B” and “C” were held the following two days) against the strong schools of Port Kennedy, Waikiki and Rockingham Lakes.

We had 103 participants attend from our school with individuals competing in jumps, team and running events ranging from 80m to 400m.

The team events were Flag race for the Years 1 – 3s and Pass ball and Leader ball for the Year 4 – 7s which were all worth double points and of course are always exciting relays.

Safety Bay had some amazing individual and team competitors and in the end it was a battle for first between Port Kennedy and Safety Bay. The outstanding performances in the team games assisted in a wonderful result for Safety Bay.

The final results were:

1st Safety Bay 410
2nd Port Kennedy 376
3rd Waikiki 326
4th Rockingham Lakes 285

Our individual champion was:

MICHAEL CARTER – CHAMPION YR 4 BOY

A big thankyou to staff who helped out leading up to the carnival and/or on the day. Thank you also to the parents who drove our jumps competitors to the reserve early in the morning and came along to support our children. Another huge thanks to Anthony Boyd who presented ribbons all day at the carnival!

Well done to all.

Mrs White
Physical Education Teacher

### Voluntary Contributions

Statements of voluntary contributions and charges for 2014 have been mailed home to families.

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### YEAR 6 & 7 NEWS

#### IMPORTANT REMINDER

Money for dance lessons and Graduation Dinner are now past due. It would be appreciated if parents could finalise these payments by the end of the week. Please contact Diana Tindale—Registrar, if you wish to discuss payment for these events.

#### YEAR 6 TRANSITION

Year 6 Transition starts this Friday 7th November and continues on the following Friday 14th November. Parents please remember that you need to arrange transport for your child to and from Safety Bay Senior High School on these days.

#### YEAR 7 CAMP

Monday 10th November—Friday 14th November

### CHRISTMAS HAMPER

It’s that time of the year when we start collecting packaged, tinned and jarred foods for people less fortunate than ourselves coming up to Christmas. We will be presenting a hamper to the local Lions Club at our final assembly for 2014. So please bring packaged, tinned and jarred foods up to the office, if you wish to contribute.
Strong relationships are built on healthy communication and understanding.

People communicate all the time, but communicating well – especially with those we are close to – takes thoughtful, ongoing effort. In close relationships it is important to be able to communicate effectively about feelings, needs and wants as well as about ideas and opinions. The most important part of effective communication is listening. Children as well as adults will talk more if they are confident they will be listened to.

- Make the most of opportunities to talk
- Talking about everyday things helps family members feel connected. It builds trust and makes it easier to ask for and offer support. Making time to listen and show your interest encourages family members to talk and helps you understand how they think and feel. Listening actively helps to build relationships and communication skills.

To get children to talk more, notice the times when they do talk. Often this is while doing everyday things like household chores or while playing games together. Use these relaxed times to get a conversation going with them. Similarly, it is important to make sure that the adults in the family have relaxed times to talk together.

- Take extra care when talking about problems
- Communication can get complicated when difficult feelings are involved. For both children and adults, talking about things that are bothering them is often hard. When family members feel supported and safe difficult issues can be addressed more effectively. Tune into feelings and take a caring approach.

Asking how the other family member feels and listening non-defensively allows you to work together to solve problems. Blaming, judging or criticizing will quickly shut down real communication and very often leads to arguments. Listening well to others and explaining your own feelings and views (e.g., “I’m disappointed that...” or “I’m upset that …”) rather than accusing others (“You don’t care...”; or “You’ve upset me...”) helps to defuse arguments and supports effective communication.

- Avoid escalating conflicts
- In any family there are bound to be conflicts and arguments. When conflict is handled constructively it can help to strengthen relationships. However, angry clashes and harsh words can lead to hurt feelings and cause damage to relationships.

If you find that anger is getting in the way of being able to see the other person’s point of view, take time out to calm down (e.g., go for a walk, or do some active relaxation such as deep breathing) before trying to deal with the issue. Making angry accusations about the other person will very likely escalate the conflict. Own your own feelings (e.g., “I’m really disappointed and angry about this mess”) rather than attacking others (e.g., “You’re always so selfish”).

- Repair damage and rebuild relationships
- In any family, as in any close relationship, feelings will get hurt. You may say things in the heat of the moment that you don’t mean or wish you hadn’t said. Being ready to apologise, to listen to how the other person feels and to show you appreciate their position is a critical skill for building strong and supportive family relationships.

Getting help for difficulties

- Relationship education
- While family relationships can be a great source of strength and support, they can also create stress and frustration. Learning skills for effective communication can help individuals, couples and families to improve the ways they communicate. A number of services provide relationship education for individuals and couples.

P & C NEWS

Thank you for your support of the Dress Up Disco. The kids and parents all looked great. Together we raised over $1000 and more importantly had a great night! Special thank you to Jonathan Peace and family for the decorations.

We look forward to another great day on Thursday for the Walkathon. There is still time to pledge your sponsorship. We are looking forward to seeing some great black and white dress ups.

Canteen is in need of some volunteers for Wednesday and Thursdays for the rest of the term, for the morning preparation (9.00am-10:30am) or the whole day (9.00am-1.00pm)

P&C meeting at 1:30pm this Thursday, in the staff room.

Rose Plater
P & C President

SCHOOL BANKING NEWS

Commonwealth Account Open Day

Wednesday 10th December

2.00pm—3.30pm

Held in the undercover area. Please bring a driver’s licence or child’s birth certificate as proof of ID.

And don’t forget every deposit you child makes until the 12th December enters your child into the draw to win a fantastic prize.

Raffle will be drawn at the Whole School Assembly on 12th December.

IMPORTANT INFORMATION

- Last chance to check Winter lost property, if it is not claimed it will be donated to the uniform shop.
- 2015 Booklist requirements will be going home today and will be available to download from the website by the end of the week. Completed booklists need to be returned to the school by the FRIDAY 21ST NOVEMBER for collection by Tools for Schools or alternatively online at www.myschoolbooklist.com.au
- Swimming permission notes for PP—Yr 3 will be sent home by the end of this week. Permission note and payment need to be finalised by TUESDAY 18TH NOVEMBER. Please be aware that if your permission note and payment are not received by the due date your child will not attend the first day of swimming lessons!
The Evelyn Robinson Memorial award is held every year and is Safety Bay Primary’s way of acknowledging a member of the community for Outstanding Contribution. A student, parent or teacher can be nominated. Evelyn Robinson was our first school “secretary” and was involved with Safety Bay Primary for over 20 years. Each year since 1993 we have acknowledged her contribution to our school with this award.

I wish to nominate _____________________________________________
For “Outstanding Contribution to Safety Bay Primary School”
My reasons are that he/she_____________________________________

Signed_________________________ Ph # __________________

Nominations for this award will close on 28 November 2014. Please bring any completed nominations to the office.
Rockingham City Trials 2015
Saturday 15th & 22nd Nov 2014
Lark Hill Sportsplex-Pavilion 3

Photography by Michael Parr

1st Team & Reserves Trials will be held on 6th Dec 2014 from 10:00am – 12:00pm

MiniRoos Registrations will be 31st January and 1st February from 9am-1pm.
Any queries please contact RCFC Secretary Erica on 0448 778 467.

LEATH MARSHALL SPEECH THERAPY

SCHOOL READINESS GROUPS

Will your child be ready for kindy next year? Ready to transition to Pre-Primary, Year 1 or 2?

If not, small group therapy can help your child make gains in....

- Independence skills
- Social skills
- Speech and language skills
- Early literacy skills

Please call us for more information:-
Melanie Farley, Practice Manager: 0437 469 919
Leath Marshall, Speech Pathologist: 0417 961 315

Preparation can make a big difference to your child’s skill base, confidence, self-esteem and school success

Unit 3, 2 Benjamin Way, Rockingham 6168
(leathmarshall@hotmail.com)

DSS Autism and Better Start Provider

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