Dalyellup Primary School Newsletter Edition 4

Edition 4 23 March 2023

Inside this issue

- **Important Dates**
- **Principal's Report**
- **Harmony Day Fun**
- **Cystic Fibrosis Free Dress Day**
- **PBS Junior Primary School Focus**
- **Yallo Play Cafe End of Term Party**
- **Kindness Award**
- **Parking at School**
- **Daughters & Dads Cricket Program**
- **Gates opening / closing times**
- **Student contact details**
- **Wednesday Runners Club**
- **Contact Us**
- **Faction Totals**
- **RAT Tests available at school**

- **Noongar Seasons**
- **2023 Voluntary Contributions & Charges**
- **Creating Resilient Kids**
- **Our Mental Health is important**
- **Road Safety**
- **Packed with Goodness**
- **Positive Parenting**
- **Community Noticeboard**
- **P&C News**
- **Emotional Health**
- **High 5 Strategies**

Important Dates - Term 1

- ***Friday 24 March*** - Year 4 -6 Interschool Swimming Carnival
- ***Monday 27 March*** - P&C Pizza Day - **orders are closed** and in with Bakers Delight
- ***Monday 27 March*** - Cystic Fibrosis Fundraiser - Free Dress Day - Wear RED or ROSES - Gold coin donation to wear free dress
- ***Monday 27 March*** - P&C Meeting 6:30pm in the staffroom - ALL are welcome
- ***Thursday 30 March*** - Dads Only - Dalyellup Alehouse - 4.30pm - 6.00pm - Beer, Bar Snacks & Banter

- ***Thursday 6 April*** - Students last day for Term 1
- ***Friday 7 April*** - Good Friday - Students **DO NOT** attend school
- ***Monday 24 April*** - Term 2 Commences - Students **DO** attend school
- ***Tuesday 25 April*** - Anzac Day Pub Hol - Students **DO NOT** attend school

Principal's Report

Anyone can become angry – that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way, that is not easy.

(Aristotle – Greek Philosopher and Teacher)

The above statement from Aristotle is a thought provoking statement and is used in Swinburne University's work in Emotional Intelligence. We're now in our second year of working with Swinburne University and implementing the Aristotle-ei (Emotional Intelligence) program. 2022 behaviour data saw a significant shift with a 40% - 60% reduction in minor behaviour slips and, at the more serious end, zero suspensions issued. Whilst this positive trend can be attributed to a combination of things, there is no doubt the Emotional Intelligence curriculum being taught is making a significant difference. We see this in the interactions between students, empathy for others and, understanding and expression of emotions. I hope you are seeing the same of our students when in the community.

Next term we will be having another parent / carer information session on Emotional Intelligence. Stay tuned!

Swimming Carnival

We had a very successful Faction Swimming Carnival last Monday 13 March at the Southwest Aquatic Centre. Mrs Novak did a wonderful job in organising a busy carnival with a range of events.

1st – Oxley 2nd – Hartog 3rd – Norton 4th Dampier

Our championship results for the day were;

Year 4 Champions - Beth H Arden W

Year 4 Runner-up – Miranda S Bryce K / Isa M / Breckyn F

Year 5 Champions - Isla H Maaz A

Year 5 Runner-up – Samara S Ollie W

Year 6 Champions - Layla P Jed CS

Year 6 Runner-up – Zane D Taylah J

Best wishes to our interschool team who will be competing at the SW Aquatic Centre tomorrow. When you represent our school with pride.

Harmony Day - Community Dance

Australians come from all over the world. Indigenous Australians have been here for tens of thousands of years. In the last two centuries people have come from every continent to make Australia their home.

Today there are more than 22 million people living in Australia who all contribute different ideas, religions, languages and customs to our country. The diversity of people who live in Australia makes it an interesting and wonderful place to live.

(WA Harmony Week Website)

Tuesday was Harmony Day. Music Teacher, Mrs Priest prepared and rehearsed all Year 1 – 6 classes in a community dance that we all joined together to perform on Tuesday afternoon. Head Students, Ella and Jed introduced Harmony Day with some interesting facts. For example, did you know;

- Nearly half (49 per cent) of Australians were born overseas or have at least one parent who was.
- We identify with over 300 ancestries.
- Since 1945, more than 7.5 million people have migrated to Australia. 85 per cent of Australians agree multiculturalism has been good for Australia. Apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi.
- More than 70 Indigenous languages are spoken in Australia.

Another Harmony Day event we had today was a talk by Noongar Elder, Val Ugle, to our Year 6 students. Val spoke about racism and how there is no place in our school or society for racism. Val challenged our Year 6's to not engage in, or accept, racism in any form. Her message of inclusivity, the importance of family and that we are one, was passionate and sincere. Thank you, Val!

P&C Meeting – Monday 27 March

We're hoping for another strong attendance at Monday night's P&C meeting. The meeting will be held in the staffroom and commence at 6:30pm. Hope to see you there!

Alex Cameron

Principal

Harmony Day Fun

What fabulous fun the Harmony Day activity on the oval last Tuesday afternoon was! Students had a wonderful time and it was fantastic to see some parents/carers join in too.

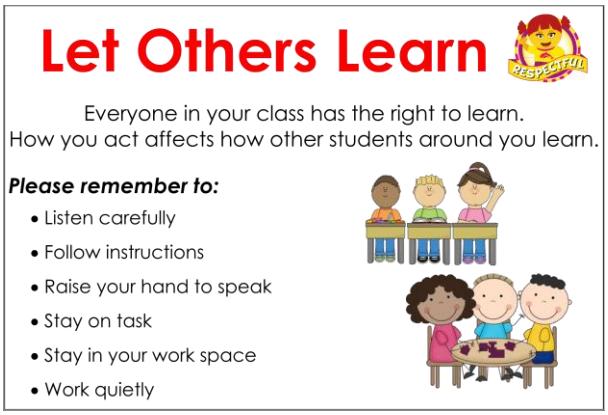
Cystic Fibrosis Free Dress Day

When: Monday 27 March

What: Wear Red / Rose print

In memory of Ann Lloyd, a much loved staff member, we have decided that this term's free dress day fundraiser will support Cystic Fibrosis. This was a cause close to Ann's heart. We ask you to come to school next Monday 27 of March, dressed in red or roses and bring with a gold coin donation. Looking forward to seeing a sea of red on Monday.

PBS Focus - Junior Primary Student Focus



Here are some of the things we are discussing with our Junior Primary Students to help them understand that it is important that they let everyone around them make the most of their learning time.

Yallo Play Cafe - End of Term Party

Kindness Award

Dalyellup Primary School would like to acknowledge the many kind students and staff at the school. Teachers and students have been given the opportunity to nominate people they see or feel being kind to others. The person receives a certificate, and all names are entered into a draw to have their photo taken at the "Kind" wall and a canteen voucher donated by the P&C.

This weeks' Kindness Award Winner is Imogen T**.** Imogen received the Kindness Award for wishing Ms Rowbotham a great day. Well done Imogen!

Parking at School

The "Kiss & Drop" zone is not for parking and leaving your vehicles. This is a very convenient space for parents/carers to use if dropping their students at school on the way to work, appointments etc. So please **DO NOT** park and leave your vehicle in these bays. There is a car park very close to these bays that generally has spaces for parking.

We understand that parking is limited at Dalyellup PS, like all schools. But all numbered bays on Hartog Road are allocated to STAFF ONLY. We are sure that you understand that teachers and staff need to be in classrooms ready and waiting for students to arrive, so please do not hold them up by parking in these areas.

Daughters and Dads Cricket Program

Term 4 - more information will come through towards the end of Term 3, early Term 4 to see if the numbers interested warrant the program going forward.

The Daughters and Dads Cricket Program is a great initiative to engage and improve the relationships between fathers and their daughters using cricket as a vehicle.

Please click on the link below to register your interest for the program to go ahead:

https://forms.office.com/r/piA5XuifGA

Gates opening / closing times

8:15am - Gates being opened

8:45am - Gates being locked

2:30pm - Gates being opened

3:15pm - Gates being locked for the end of the day

NB: Classrooms do not open until 8:35am. Students cannot be on the school grounds unsupervised before this time. Students are not permitted to play on the playgrounds before school. Playing after school is permitted if supervised by an adult.

Student Contact Details

It is vitally important that we have the correct contact information for our students for emergency situations.

- Emergency contact names & phone numbers
- Up to date living arrangements / addresses
- Up to date Court Orders
- Up to date email addresses for the Connect App / Communications App

Please come to the office, phone or email any changes that need to be made or if you simply want to check your child/s contact information.

Wednesday Runners Club

Day: Wednesday

Time: 8:00am – 8:30am

Where: Oval Shade Shelter

- Come along and improve your fitness.
- Each lap of the track is 300 metres.
- Certificate at quarterly goals (25 laps, 50 laps, 75 laps, 100 laps)

How many kilometres can you run in a term?

Parent help appreciated, to mark off laps and/or run with the students.

Contact Us

Dalyellup Primary School

14 Hartog Road

Dalyellup WA 6230

Phone: 08 9796 5600

Email: dalyellup.ps@education.wa.edu.au

Message Absentees:

- 0437 706 486 - send an absentee note through this number by text
- Connect App - if you are having trouble downloading or accessing the Connect App please contact the office. ALL communications for excursions, incursions, events, swimming, Newsletters etc are communicated through the Connect App so it is very important that you can access this.

Faction Totals

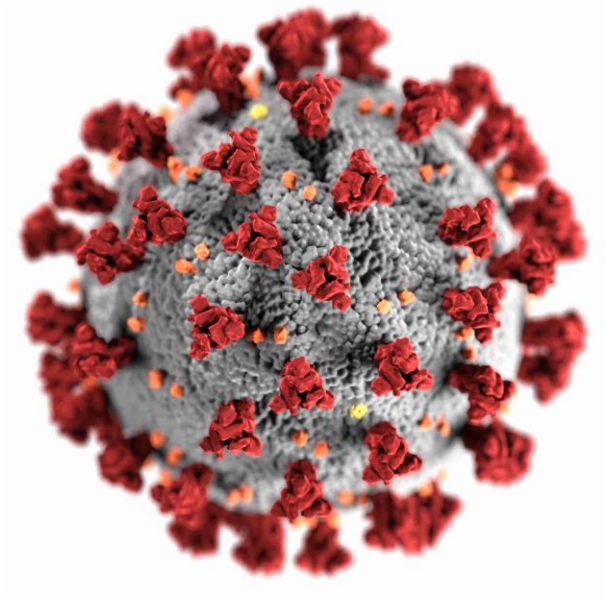
DAMPIER = 5,595

HARTOG = 4,970

NORTON = 5,430

OXLEY = 5,600

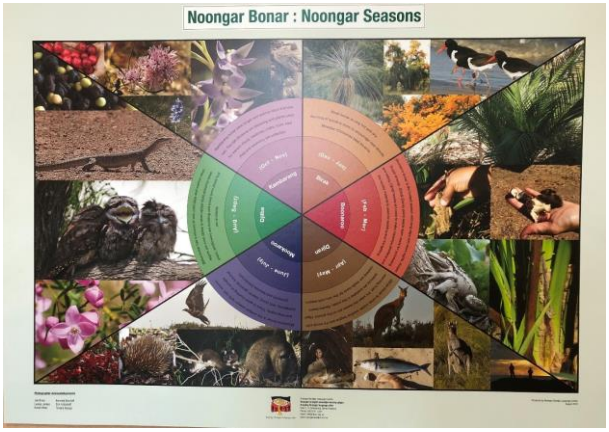
RAT tests available at School



We still have a large supply of RAT tests available in the office. If you require any, please come and see us (even if your child has already had their allocation).

Please note: these can not be collected by students. Adults only.

Noongar Season - Bunuru



Bunuru is the hottest time of the year with little to no rain. Hot easterly winds continue with a cooling sea breeze most afternoons if you're close to the coast. Therefore, traditionally this was, and still is, a great time for living and fishing by the coast, rivers and estuaries. Because of this, freshwater foods and seafood made up major parts of the diet during this time of year.

Bunuru is also a time of the white flowers with lots of white flowering gums in full bloom, including Jarrah, Marri and Ghost Gums.

Another striking flower that is hard to go past is the female Zamia (*Macrozamia riedlei*). Being much larger than that of its male counterpart, the huge cones emerge from the centre of the plant with masses of a cotton wool like substance.

As the hot, dry weather continues the seed upon the cones change from green to bright red, indicating they're ripening and becoming more attractive to animals, particularly the emu, that will eat the toxic fleshy outer.

2023 Voluntary Contributions & Charges

The 2023 Voluntary Contributions and Charges Information Sheet link is below:

https://dalyellupps.wa.edu.au/wp-content/uploads/2022/11/2023-Voluntary-Contributions-and-Charges.pdf

Statements/Reminder Unpaid Billing items are sent home twice a term for your information.

We currently accept the following payment methods for all Voluntary Contributions and Charges:

- Cash
- EFTPOS
- Credit card: in person or by telephone
- Direct deposit - **BSB: 066 040 Account No: 1990 4154** (Reference: Surname, Initial and Year)

We encourage all parents/carers to please pay any outstanding Voluntary Contributions & Charges to enable us to continue to offer quality educational programs to our students.

Creating Resilient Kids

What are the skills that develop resilience and wellbeing?

It's important for your child to learn the personal and social skills that will help them to become more resilient and cope with problems and difficult situations that may come their way.

Social Mangement Skills

- Be able to read, predict and respond empathically to others' points of view.
- Appreciate others' points of view.
- Not exclude others because of their differences.
- Know where to go to ask for help at home, at school and in the community.
- Believe that relationships matter.

Our Mental Health is important

Kids Helpline

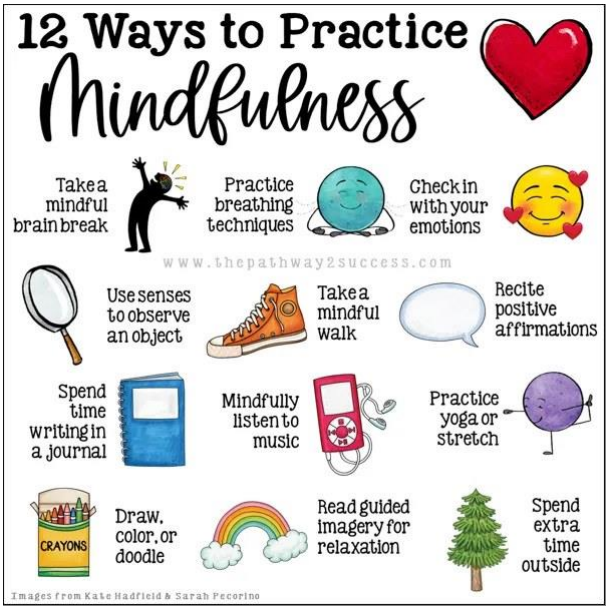
https://kidshelpline.com.au/

Youth Beyond Blue

https://www.beyondblue.org.au

Lifeline

131114 or '000' if in danger



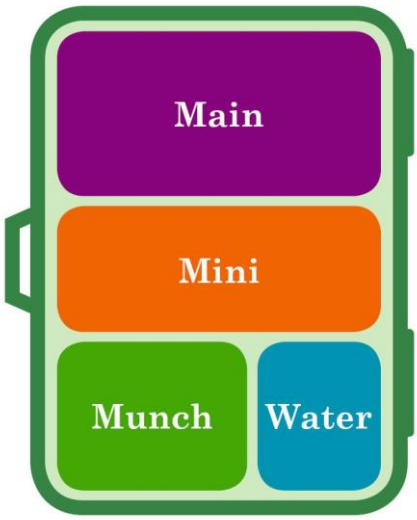
Road Safety

Getting kids in and out of the car.

- When your children get in or out of the car they should always use the 'safety door'. This is the rear side door of the car that is away from the traffic.
- Keep your children in the car until you are ready to watch them get out through the safety door.

- Try to park your car with the safety door next to the kerb or footpath - don't double park.
- Your oldest child should be the first one you put in the car and the last one you get out. Why? They are more mobile and may stray away from your supervision while you get other siblings out of the car.

Packed with Goodness



How do you pack a lunchbox with goodness?

Each day at school try to pack:

- Lunch (main)
- A healthy snack (mini)
- Extra fruit or vegies (munch)
- Water

Try to pack your child's lunchbox with healthy food from the five food groups. This includes wholegrains, protein (such as lean meat, egg, fish or hummus), reduced-fat dairy, vegetables and fruits. Don't forget to pack water. There is no one size fits all model. We encourage you to do your best for your child, and remember to celebrate the small wins.

Positive Parenting

How to make your child feel special:

- Learn their love language.
- Write them a love letter.
- Include them in family discussions.
- Get down to their eye level. Actively listen.
- Ask them to teach you something.
- Put down your phone when they are around.

Community Noticeboard

Our Dalyellup Primary School Website has Community News Flyers and information for events happening in and around Dalyellup.

To find these visit our Website and look under 'Parent Links' and 'Community Noticeboard'.

- Athletes Foot School subsidy
- Kidsport Assistance program for parents
- PCYC Aussie Hoops programs flyers x 2
- Capel Shire Events for Term 1 2023
- BSHS Gifted and Talented Program Flyer 2023
- Capel Library Regular events

- Capel Shire Auslan Afternoons
- Capel Shire Multicultural Sundowner
- Capel Shire Dalyellup Youth Collective
- Capel Shire Celebrating Youth
- Yallo Cafe Program Flyer
- Yallo Summer Story Telling in the Park
- Capel Shire April School Holiday Flyer
- Capel Shire Dreamcatchers Photo Frames Flyer
- Capel Shire 'ThinkUKnow' Presentation Flyer

P&C News

Next Meeting

Monday 27 March at 6:30pm in the staffroom

A great big THANK YOU

A big thank you to Kay H for donating a trolley to the Canteen! It is very much appreciated Kay!

Containers for Change

Please see the QR Code and Account for Dalyellup Primary Schools Containers for Change. All eligible items are accepted here at DPS.

Athletes Foot

Did you know???? If you purchase a pair of shoes from the Athletes Foot and mention Dalyellup Primary School, the P&C will be donated $5. A great fundraiser for the P&C. More information on our Website under 'Community Noticeboard'.

Canteen Volunteers

It is an ongoing request for volunteers in the Canteen on Wednesdays, Thursdays and Fridays. Please is you are able to volunteer even for 30 mins, every bit helps.

Dalyellup Primary School P & C Association

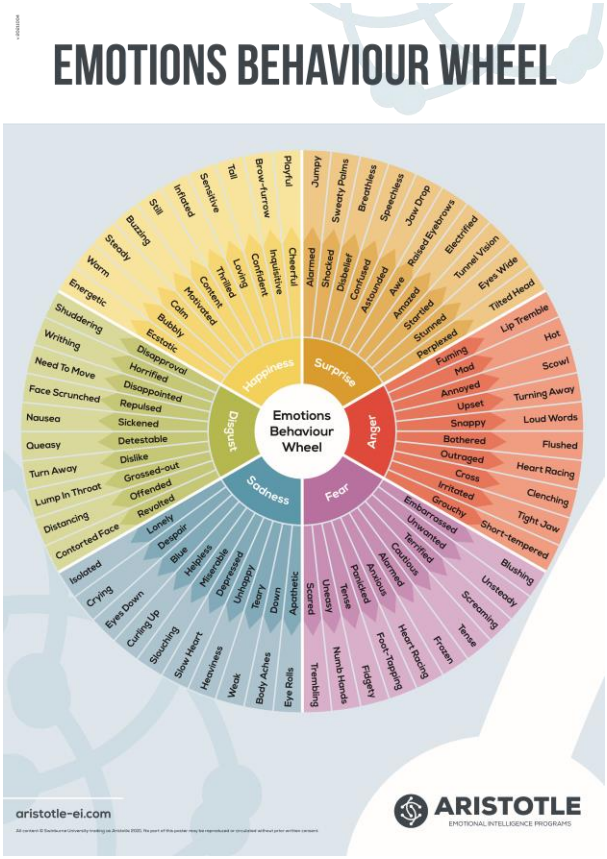
Here's your organisation's member number. Keep it handy - share it with your supporters to raise funds and to track your fundraising efforts.

C10687261

Emotional Health

There are many words to describe the same emotion. The choice of word can also express the degree in which a person is feeling an emotion. For example, the emotion of 'anger' could range from 'annoyance' or 'frustration' to 'infuriated' or 'enraged'. Using the right word in the right context allows us to clearly articulate how we feel, therefore be better understood by others.

The *Emotions Wheel* below is a great way to increase our emotional vocabulary to help us express ourselves.



High 5 Strategies - Ignore