



# Dalyellup Primary School Newsletter

## Edition 9

---

*Edition 9 15 June 2023*

---

### Inside this issue

- **Important Dates**
- **Principal's Report**
- **PBS Focus**
- **Kindness Award**
- **Parking at School**
- **Gates opening / closing times**
- **Student contact details**
- **Wednesday Runners Club**
- **Contact Us**
- **Attendance**
- **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
- Volunteers
- Emotional Health
- High 5 Strategies
- Dalzellup College 2024 enrolments

## Important Dates - Term 2



- **Friday 23 June** - Interschool Cross Country - more details to come.
- **Friday 30 June** - Students last day for Term 2 - Students **DO** attend.
- **Monday 17 July** - Students return to school for Term 3

## Principal's Report



### **ECE Landscape Project**

We have recently engaged Four Landscape Studio to develop a design for the ECE outside play area (the grassed area between Pre-Primary / Kindy and Rooms 1 and 2). As this is going to be a major development that will serve our school for many years to come, we felt it is very important to engage consultants who specialise in educational landscape design. We began the first stage of this project on Tuesday where our ECE team (Kindy to Year 1) met with landscape architect Andrew Thomas. Andrew asked the team to think about teaching and learning pedagogy and how this can be transferred to an outside environment. Andrew now has a lot of information he will take with him to begin developing a concept and design. This is a project we are very keen to push ahead with in a timely manner. I am looking forward to sharing more with you in due course.

### **Parent Information Session**

A big thank you to Sarah Anderson who ran another engaging and informative session on tips for helping your children with organisation and expectations at home. We love Sarah's enthusiasm and eagerness to share ideas with the community. Sarah has established a Facebook presence where families can share great ideas. To request to join this group go to 'Mums managing mayhem'.

Thank you, Sarah!

### **Cross Country**

Last Thursday's Faction Cross Country was a great event. The weather was perfect for running and it was great to see the students support and encourage each other. Mrs Novak (PE Teacher) did a terrific job in organising and running the day. In addition to this, Mrs Novak planned a morning fitness program that prepared the students for the challenges of cross country. As such, the majority of competitors pushed themselves to complete the course at a steady and strong pace.

The faction results were.

1st - Oxley

2nd - Norton

3rd - Dampier

4th - Hartog

First and second place medallions were presented at yesterday's assembly. Well done to these students.

### **Soapbox Speech Competition**

The Year 3 – 6 Enrichment students presented their Soapbox speeches last Thursday 8 June (Year 3 / 4) and Friday 9 June (Year 5 / 6). Two from each year level have been selected to present their speeches at the interschool competitions (Wednesday 14 June - Year 3 / 4, Thursday 15 June - Year 5 / 6) at the Lyric Theatre. A big thank you to Ms Walsh who worked hard to prepare the students for this competition. And, to the students, who put in many hours at school and at home to present great speeches that presented a range of issues in today's world. Well done, kids!

The following Dalyellup PS students, along with their topics, will represent Dalyellup PS at the Interschool Soapbox Competition, being held at the Lyric Theatre.

**Year 3:**

Hannah B – Is Your Convenience Worth our Planet?

Sofia S – I Don't Care

**Year 4:**

Jax G– Out with The Sprout

Beth H– Bow to the Wings of the Black and White

**Year 5:**

Isla H – Failure is Necessary

Jenisa D – Who Are You?

**Year 6:**

Spencer P – Yawn!

Ella D – Home Truths

**Canteen Volunteers – Thank you!**

Thank you to the following people who have volunteered in the canteen over the past fortnight (2 June to 15 June). Without you, our canteen cannot open.

Kay Hancey     Kylie De Vries     Bruce Watts     Taryn Hancey     Desiree Kire     Simon Jenkins

If you can find the time, the canteen always welcomes volunteers. I hope you can help.

**PRIME Drinks**

***Not suitable for children under 15 years of age. Should only be used under medical or dietic supervision.***

This is what is on the label of a Prime drink bottle. Yet, we have noticed some children at school bringing Prime bottles to school. Clearly, this is a drink that is not suitable for primary school aged students, therefore we ask that these bottles are not provided to your child as a drink while at school.

**Student Progress Reports**

Your child's report will go home with them on Wednesday 28 June. Should there be anything you wish to discuss with your child's teacher, please do not hesitate to contact them directly.

## **NAIDOC Week**

We will be holding our NAIDOC Week celebrations in Week 2, Term 3. Ms Martin and Mrs Turner have a full week planned, commencing with an open ceremony on Monday 24 July. The ceremony will be based on the 2023 theme 'Our Elders'. Throughout the week there will be a BBQ, damper making, art workshops and a closing ceremony on Friday 28 July.

The planning for the week commenced in Term 1 when Ms Martin and Mrs Turner held a yarning circle after a school assembly. Ten parents / carers attended the yarning circle and spent time exploring a range of ideas. Ms Martin and Mrs Turner reflected on the discussion, had follow-up conversations and have been working hard to plan and make community connections.

Basil Hart (grandfather and Elder) has been commissioned to do artwork for the school. This work includes the six Noongar seasons with the buildings being named after the seasons and "Wandoo" (welcome song) which will be mounted in the undercover area.

## **Pie Orders (P&C Fundraiser)**

Tomorrow, Friday 16 June is the last day for you to get your orders in for Brunswick Bakery P&C funding raising initiative.

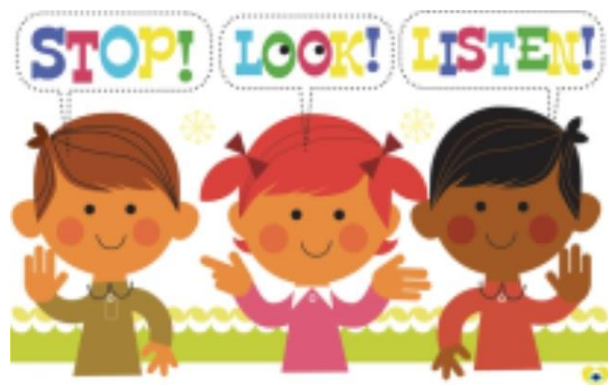
## **Term 3**

Please note, **Term 3 starts for staff and students on Monday 17 July**. We do not have a student free day on this day. Our Term 3 student free day is at the end of the term, Friday 22 September (leading into WA's Kings Birthday long weekend).

Alex Cameron

Principal

## PBS Focus - Be Responsible - Follow Instructions



*1 - Instructions tell us WHAT we need to do and  
HOW we need to do it.*

By listening carefully and following your teacher's instructions you are giving yourself the best chance to succeed.

- Stop what you are doing and look at the speaker
- Listen respectfully
- Be still and quiet until the speaker has finished
- Show that you have heard the instructions (*say okay, nod, smile...*)
- Ask questions if you are unsure
- Do what you have been asked to do straight away

## Attendance



**“Every day counts and there is no ‘safe’ threshold for absences”** – Hancock et al., 2013

There are many factors that influence student achievement, including teacher quality and student engagement.

Attendance is also an important contributor to a student’s academic achievement – all school days matter.

The correlation between absence and achievement is consistently negative and declines in achievement are evident with any level of absence.

## Kindness Award

There was no Kindness Award draw this fortnight. Keep being Kind.

## 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.

## 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)

## Contact Us



### **Dalyellup Primary School**

14 Hartog Road

Dalyellup WA 6230

Phone: 08 9796 5600

Email: [dalyellup.ps@education.wa.edu.au](mailto:dalyellup.ps@education.wa.edu.au)<sup>1</sup>

### **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 = 13,335 points

HARTOG = 12,115 points

NORTON = 13,750 points

OXLEY = 13,761 points

---

<sup>1</sup><mailto:dalyellupps@education.wa.edu.au>

## Prevent Covid Flu and Other Infections

**Stay home if you are sick**

If you have a respiratory illness, avoid close contact with other people until you are well again. Stay home and don't go to work, school or other public places until your symptoms have cleared.

**Keep surfaces clean**

Clean your home and work spaces regularly to help get rid of germs. You can use warm water and detergent or disinfectant. Take care to pay particular attention to frequently touched surfaces such as door handles, desks, benches, phones and children's toys.

**Get vaccinated**

Vaccination ensures you have the most protection available against the effects of viruses such as COVID-19 and influenza. It can help keep friends, family, and other members of our community protected too.

Influenza and COVID-19 are caused by different viruses and so you need different vaccines.

**Influenza vaccine**

Getting the influenza vaccine every year before winter offers you the best protection against influenza infection and its complications. However, it is never too late to get vaccinated.

The influenza vaccine is recommended for everyone 6 months and older.

**COVID-19 vaccinations**

Keep up-to-date with your COVID-19 vaccinations to protect against COVID-19. See your immunisation provider for more details or to get vaccinated.

**More information**

Visit [healthy.wa.gov.au](https://healthy.wa.gov.au)

Government of Western Australia  
Department of Health

**Prevent COVID-19, influenza and other respiratory infections**



**HealthyWA**  
Western Australia's Health

This document can be made available in alternative formats.

Produced by Immunisation Program  
© Department of Health 2023

Copyright to this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the Copyright Act 1968, no part may be reproduced or re-used for any purpose whatsoever without written permission of the State of Western Australia.

[healthy.wa.gov.au](https://healthy.wa.gov.au)

Many infections, especially respiratory diseases, are easily spread from person-to-person through coughing and sneezing or by touching surfaces with germs on them and then touching your mouth or nose.

There are many simple things you can do to avoid getting sick and passing infections, such as COVID-19 and influenza, on to others.

**Wash your hands properly and often**

Keeping your hands clean is the single most effective way to reduce the spread of germs that cause respiratory disease.

Wash your hands with warm water and soap. If you do not have soap or water, use alcohol-based liquids, gels or wipes.

Make sure to pay particular attention to the backs of hands and fingers, fingernails, fingertips, and the webbing between fingers.



**When to wash your hands**

- after you blow your nose, sneeze or cough
- before and after you eat or prepare food
- after you use the toilet or change nappies
- before and after attending to wounds
- before and after taking care of someone who is sick
- when your hands are visibly dirty

**Cover coughs and sneezes**

Viruses are commonly spread through sneezing and coughing. Viruses live in the saliva and mucus in our nose and throat – when we sneeze or cough, we spray these infected droplets into the air.

Remember:

- when coughing or sneezing, use a tissue to cover your nose and mouth
- to put the tissue in the bin afterwards
- if you don't have a tissue, turn away from people and cough or sneeze into your inner elbow
- after coughing or sneezing, wash your hands with soap and water or use an alcohol-based sanitiser.

**Wear a face mask**

Face masks are a simple and effective way to help limit the spread of infections. Face masks can stop viruses spreading in the air when you talk, cough, sneeze and laugh. By wearing a face mask, you can help protect yourself and those around you.

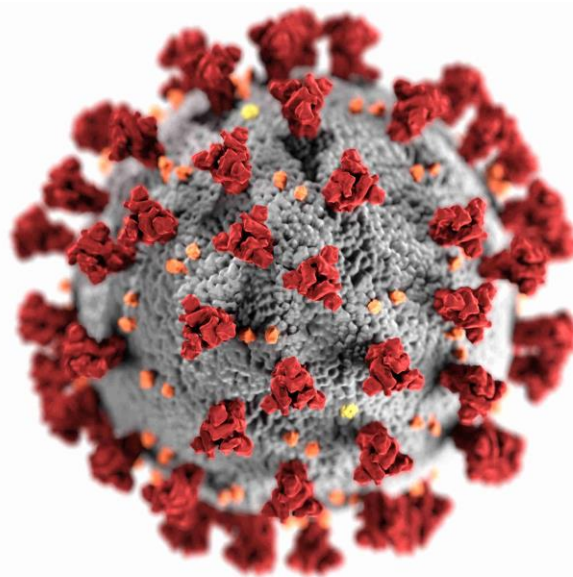


**Keep your distance from others**

A simple way of reducing the chances of being infected or passing on respiratory viruses is to stand or sit a distance away from others when they are coughing or sneezing. You should try to maintain a distance of 1 metre (arm's length) where possible.



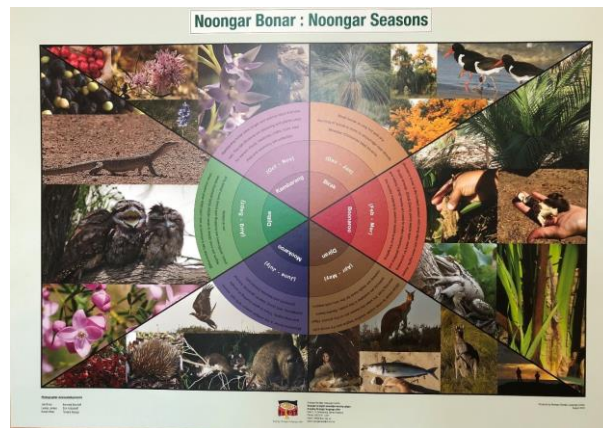
## RAT tests available at School



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 - Mookaroo





Mookaroo bonar is the coldest season with rain, storms and long nights. There is good hunting of yongka (kangaroo), wetj (emu), kaarda (goanna), koomal (possum) and kwenda (bandicoot). Fire is very important during this season, a useful resource for food preparation and production, tool and artefact production, hunting and driving game, and for warmth and signalling. Mookaroo season is when Scarlett banksia plants blossom. It grows as a large shrub to small tree around 5 metres tall. It grows naturally on sandy acidic soils and dislikes clay.

## 2023 Voluntary Contributions & Charges



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

<https://dalvellupps.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.

#### *Self-management skills*

- Be able to manage strong feelings such as fear and anger and turn these moods into better ones.
- Manage impulses that may be present a risk to their safety and wellbeing.
- Be able to make plans, be organised, self-disciplined and courageous to achieve goals.
- Be able to predict problems and solve problems.
- Have age-appropriate levels of independence.
- Be able to focus on the positive things in negative situations.
- Use thinking that is grounded in fact and reality.
- Find something funny in a setback to help keep things in perspective.

Our Mental Health is important



**Kids Helpline**

<https://kidshelpline.com.au/><sup>2</sup>

**Youth Beyond Blue**

<https://www.beyondblue.org.au><sup>3</sup>

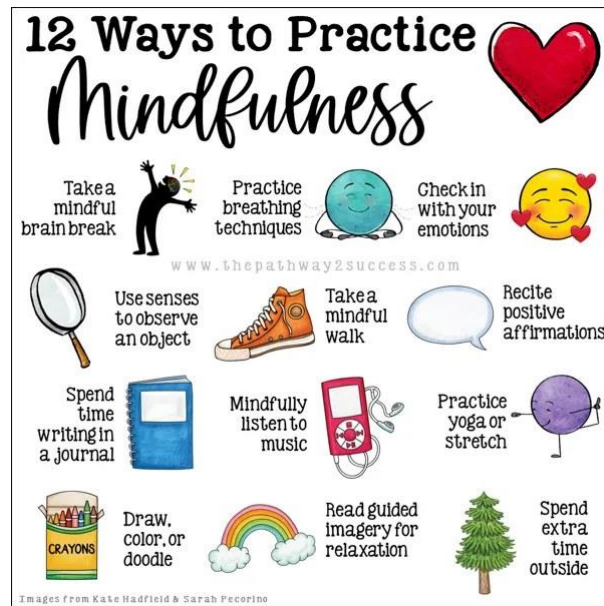
**Lifeline**

131114 or '000' if in danger

---

<sup>2</sup><https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fkidshelpline.com.au%2F&data=05|01|anthea.clifton2%40education.wa.edu.au|08b9c89d30704aefc95808da5b03787a|e08016f9d1fd4cbb83b0b76eb4361627|0|0|637922367706183323|Unknown|TWfpgZsb3d8eyJWljoimc4wLjAwMDAiLCJQljoiv2luMzliLCJBtIi6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=R%2FXOWRiCLOQYj19w1JQzBM9nqphOGOzWRW2iZtMNsDE%3D&reserved=0>

<sup>3</sup><https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.beyondblue.org.au%2F&data=05|01|anthea.clifton2%40education.wa.edu.au|08b9c89d30704aefc95808da5b03787a|e08016f9d1fd4cbb83b0b76eb4361627|0|0|637922367706183323|Unknown|TWfpgZsb3d8eyJWljoimc4wLjAwMDAiLCJQljoiv2luMzliLCJBtIi6lk1haWwiLCJXVCI6Mn0%3D|3000||&sdata=SQ%2Bw7JigGQ7NrA9BFVR7aXYOpacJ95MPUUo5ChezMbs%3D&reserved=0>



## Road Safety



### Car Rules

*Why can't we sit in the back of the van? There's even space to lie down.*

- No-one - children or adults - can ride in the back of a van, 4WD, ute or station wagon. It's the law. There are no seatbelts and if we have a crash, you could get thrown around and hurt.

*Please, let me sit up front. Billy keeps bothering me. I'll put on the seatbelt.*

- No one under the age of 7 is allowed to ride in the front seat. It's the law. If the airbags should open, you could get seriously hurt.
- It's important to enforce car safety rules in your family and in your car. It is also important to make sure others who drive your children know and follow these car safety rules.

*Why do I have to put a seat belt on? We're only going around the corner to the shops.*

- Everyone has to wear a seatbelt - adults and children - it's the law. People who are not buckled in can be thrown out of a car and get hurt.



*When I ride with Kyle's Mum, she lets us share a seatbelt because there aren't enough belts for all four kids in the back.*

- *There must be one seatbelt for each person. It's our family rule and it's the law. Buckling up two people, even young children, into one seatbelt could make them both get very hurt.*

## Packed with Goodness

*Recipes and information obtained from the Cancer Council - Packed with Goodness Website.*



### Sweet Potato Cheese Muffins

- **Prep:** 10
- **Cook:** 25 mins
- **Serves:** 12

### Method

1. Preheat oven to 200°C (180°C fan forced).
2. Lightly spray muffin tins with oil or line with paper cases.
3. Sift flours into a medium sized bowl, returning husk remaining in the sieve to the bowl.
4. Mix in sweet potato, cheese, capsicum, spring onion and pepper.
5. In a bowl, whisk milk and eggs together.
6. Add to dry ingredients and mix through until just combined.
7. Spoon into prepared muffin pan.
8. Bake for 25 minutes until muffins are firm and a knife inserted into the centre comes out clean.
9. Allow to cool in the tin for a few minutes then turn onto a wire rack.

**Hint** - Muffins freeze well in snap-lock bags but are best eaten on the day they are made.

- **Nutrition information** per serving - Energy 491.8 kJ, Protein 5.1 g, Fat total 1.9 g, Saturated Fat 0.8 g, Carbohydrate 19 g, Sugars 2.1 g, Fibre 1.7g, Sodium 193.7 mg.

## Positive Parenting



### *Teach Personal Accountability*

- I am in charge of my actions.
- I am responsible for my mistakes.
- I can take control of my life (a scary concept for many people)

Personal accountability is a superpower that can help you always be in charge of your life.

## 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
- 5 Steps to Positive Parenting
- Yallo Cafe Program Flyer
- 'Dads Turning into Kids' Flyer
- Better Health Program Flyer
- Bunbury Water Polo Flippa Ball Flyer
- Kidz and Sport program Flyer

- Investing in our Youth - Bringing up Great Babies Flyer
- 2024 Dalyellup College Enrolments
- Library Events June 2023 Flyer
- Yallo Cafe Picnic Flyer

## P&C News



### **Next Meeting**

Monday 24 July 6:30pm - Staff Room

### **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 if 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**



## Volunteers



### **WE NEED MORE VOLUNTEERS!**

Do you know someone who would like to become a mentor or classroom volunteer at our school?  
Contact EdConnect to get set up and start helping our students thrive.

**Just ONE hour a week makes a lifelong impact!**



**EdConnectAustralia.org.au**

Call 1800 668 550  
Follow @EdConnectAustralia  
Email [edconnect@edconnect.org.au](mailto:edconnect@edconnect.org.au)

Dalyellup Primary School would like to say a huge thankyou to all the volunteers that commit to giving their time and energy to support our students. You make a big difference to our day.

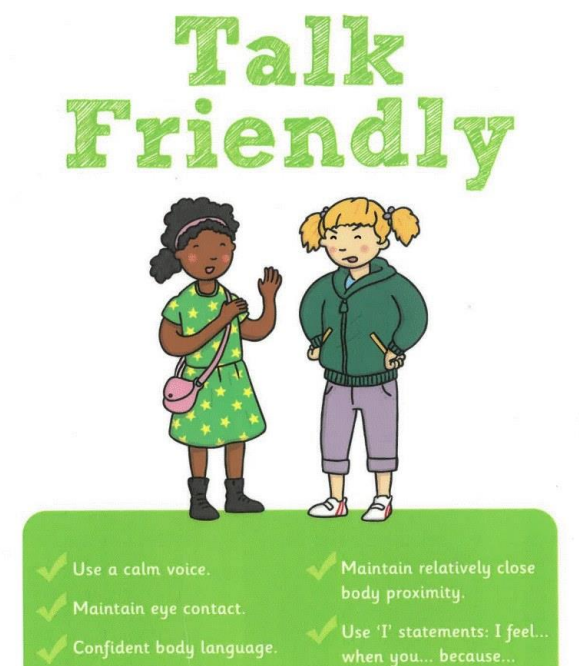
## Emotional Health

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.

2 - Aristotle Posters\_23\_Emotions behaviour wheel copy

## High 5 Strategies - Talk Friendly



## Dalyellup College 2024 Enrolments

### 2024 ENROLMENTS OPEN NOW!

*If your child is starting Year 7 in 2024, you will need to enrol by 21 July 2023.*

*Enrolment packs are now available at the Administration Office. For any extra information please contact the school via phone or email.*

☎ 9797 9200

✉ [dalyellup.college@education.wa.edu.au](mailto:dalyellup.college@education.wa.edu.au)



Enrolments at Dalyellup College for 2024 are now open. Enrolment packs will be available shortly.