



Dalyellup Primary School Newsletter

Edition 1, 27/02/2025

Inside this issue

- **Important Dates**
- **Principal's Report**
- **P&C News**
- **Attendance**
- **2025 Voluntary Contributions & Charge**
- **Breakfast Club**
- **Volunteers in Schools**
- **Induct Contractors & Volunteers in Health & Safety**
- **Parking at School**
- **Gates opening / closing times**
- **Student contact details**
- **Contact us**
- **Faction totals**

- **Noongar Seasons**
- **PBS Focus**
- **Our Mental Health is Important**
- **Road Safety**
- **Positive Parenting**

Important Dates



Monday 3 March - Labour Day - Students **DO NOT** attend

Wednesday 5 March - Room 2 Assembly - Starts at 9:00am

Monday 10 March - Friday 21 March - NAPLAN Year 3 & Year 5

Monday 10 March - P&C Meeting - Starts at 6:30pm - All are welcome

Tuesday 25 March - Faction Swimming Carnival Year 4 - Year 6 - Nominated participants only

Wednesday 26 March - Room 6 Assembly - 9:00am

Wednesday 26 March - Student Leaders Fundraiser - More information to come

Friday 4 April - Interschool Swimming Carnival - Selected participants only

Tuesday 8 April - ANZAC Ceremony - Starts at 9:00am

Wednesday 9 April - Room 11 and Room 13 Assembly - Starts at 9:00am

Thursday 10 April - Friday 11 April - Year 6 Mornington Adventure Camp - Consent forms due back by Friday 4 April

Friday 11 April - Students last day of school - Students **DO** attend

Principal's Report

Term 1, Week 4 Newsletter 2025

Message From Mr Romeo

Welcome to the 2025 school year. Apart from the heat, we have had a smooth first couple of days with the students returning with a positive attitude and demonstrating our PBS Expectations. I would like to welcome our new students and their families to Dalzellup Primary School and our school community.

I would also like to welcome Mr. Jeremy Kane (Year 4), Ms. Brittany Gellard (Pre Primary) and Mrs. Monica Harber (Year 1/2) as new staff to Dalzellup PS for the 2025 year. I am sure our school community will make new families and our new staff members welcome.

Our newsletters will once again be going home twice a term, one in Week 4 and one in Week 8. Other messages to families will be sent out on Facebook and through our School DOJO. Please make sure that you connect to your children's class DOJO and our school DOJO so that you do not miss any important messages.

Every school in the state is required to have 6 Professional Learning dates as mandated by the WA Education Department. Students do not attend on these days. In discussion with the School Board the following dates were set for 2025. Please take notes of the dates so that you are aware of when they are planned. Our PL Days for 2025, where students do not attend school, are as follows:

Term 1 Week 1

Monday 3 February

Tuesday 4 February

Term 2 Week 5

Friday 30 May

Term 3 Week 6

Monday 25 August

Term 4 Week 7

Monday 24 November

Friday 19 December

Every class will be conducting an open classroom afternoon, to allow you to meet the teacher and hear how the class will operate throughout the year. Please keep an eye out for future communication from your classroom teacher regarding when your child's classroom will be open.

Below you will find a list of the classrooms and staff for our 2025 school year. Please take the time to read over this.

I look forward to seeing what our staff, students and families can achieve together in 2025 to continue the success we have at Dalzell PS.

Regards

Jason Romeo

Our classes and staff for 2025 is as follows:

Year		Teacher	EA
Kindy	ECE 3	Debbie Leonard Chris Symington (Wed)	Louise Pearce (MS) Jodie McDougall (MS) Wed
PP	ECE 1	Lia Crosby Aimee Blair (Wed)	Sharon Maloney (MS) Yvonne Glenn (MS) Claire McCulloch (SN)
PP	ECE 2	Petrina Cummins Brittany Gellard (Wed)	Kayla Retzlaff (MS)
Pre-Primary/Year 1	Rm 1	Victoria Greenmount Mon- Wed) Jennifer Stone (Wed -Fri)	Jodie McDougall (MS) Across all Yr1 & 2 Michelle Leaug (SN)
Year 1	Rm 2	Leanne Lawrence	
Year 1/2	Rm 5	Rosemarie Crawford (Tues – Fri) Monica Harber (Mon)	Abi Hunt (SN)
Year 2	Rm 6	Renee Harstlatt (Mon – Wed) Johanna Wessling (Thurs -Fri)	Alex Camarri (SN)
Year 3	Rm 8	Jill Gauder	Jane Winter (SN)
Year 2/3	Rm 9	Michelle Vos (Mon – Wed) Annemaree Doyle (Thur -Fri)	Claire James (SN)
Year 3	Rm 10	Marianne Myers (Tues – Fri) Tracey Cowie (Mon)	Karen Roberts (SN)
Year 4	Rm 11	Sarah Soulos	
Year 4	Rm 12	Jeremy Kane	
Year 4/5	Rm 13	Kasia Szatelnicka	Sandy Lynn
Year 5/6	Rm 18	Kain Quenell	Rebecca Evans
Year 5	Rm 17	Kerry Hunter	Natalie Gibaut
Year 6	Rm 15	Megan Hall	
Year 6	Rm 16	Jude Reilly	Jacki Higgins
PE		Suella Novak	
AIEO		Sandra Spring	
LOTE AUSLAN		Leah Mayberry (Rm 14)	
Library Officer		Heather Lindsay	
LSC		Tracy Cowie (Tues – Fri)	
VA		Rachell Zealand	
PA		Merja Priest	
Design & Tech		Tegan Rowbotham	
School Psychologist		Laura Evans	
School Chaplain		Yolanda Steenkamp	

Dalzell PS P&C News

Dalzell 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



P&C Meeting

Monday 10 March at 6:30pm - All are welcome

Containers for Change

Please see the QR code and Account for Dalyellup Primary School's Container for Change. All eligible items are accepted here at Dalyellup PS.

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 minutes, every bit helps.



Dear Parents / Carers

I write to let you know our P&C Association is struggling to survive. This is a serious concern as the association has done, and continues to do, so many great things for our school. One of the most significant impacts you will immediately notice if the P&C closes is that the canteen will close. The canteen is run by the P&C, with the Canteen Manager's wages being paid for by the P&C. In short, **no P&C, no canteen**. Without the P&C, there will be price increases for activities plus there will a decrease in various activities that are offered by the P & C for the students.

At our AGM on Monday night, John Fenton was re-elected as our President which is wonderful for the P & C and the school, however no one nominated for the Vice President, Secretary or Treasurer. Without these positions we do not have a committee.

As the Principal, I genuinely value the P&C's voice and thoughts as I work alongside them to provide the students an opportunity to partake in events that would not occur if they were left to the school as we do not have the time or resources to continue these going. I strongly believe that the P&C is an essential part of any school life and hope that ours can thrive.

So, what can you do to help the P&C survive? In short, get involved, come along to meetings and, if you can, nominate for office bearing positions (Vice President, Secretary, Treasurer). If these positions cannot be filled at the Extraordinary General Meeting on **Monday, March 10, 2025, at 6:30pm**, the P&C will fold and cease to exist. The P&C constitutionally cannot operate without these positions filled.

I urge all parents and carers to consider how you can help our P&C stay alive. It is your children who will enjoy the benefits of your involvement.

Regards

A handwritten signature in blue ink, appearing to read 'Jason Romeo', is written over a horizontal line.

Jason Romeo

Principal

The P&C Needs YOU!

The Dalyellup Primary School P&C (Parents and Citizens) is a vital part of our school community, made up of parents and caregivers who support Dalyellup Primary School. We work closely with the school to fund programs, events, and initiatives that benefit our students, including running the canteen.

In 2024, the P&C raised over \$20,000, funding initiatives like:

- Subsidised bus transport for excursion
- Canteen upgrades
- 60 new Sports Shirts for winter carnival and inter-school events
- Year 6 graduation and PBS awards.

For 2025, we're planning exciting projects, including working with the school to create a **Nature Playground** and have been allocated \$10,000 by Don Punch if re-elected to go towards Regan's Playground. However, to make these plans a reality, **we need a Vice-President, Treasurer, and Secretary**. Without these roles, the P&C may be forced to close, impacting funding, events, and the canteen. For more information about these roles please contact us at info@dpspandc.org.au

Join us at our Extraordinary General Meeting on **Monday, March 10, 2025, at 6:30pm** in the DPS Staffroom. Bring your ideas, enjoy a glass of wine and nibbles, and help us make 2025 a great year for our school!

Attendance

EVERY DAY COUNTS

 Absent average 1 day every 2 weeks
= **1 year** of school missed.

 Absent average 1 day per week
= **2 years** of school missed.

 Absent average 2 days per week
= **4 years** of school missed.

Don't let your kids miss out.

Department of Education
Southwest Education Region
(08) 9791 0300

"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 student's academic achievement - all school days matter.

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

2025 Voluntary Contributions & Charges



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

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

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.

The 2025 Voluntary Contributions and Charges Information sheet is as below:



DALYELLUP PRIMARY SCHOOL
2025 Voluntary Contributions & Charges

Dalyellup Primary School Board has endorsed the schedule of Voluntary Contributions and Charges for 2025 in accordance with the School Education Regulations 2000 as part of the School Education Act 1999. The following information is provided to school charges and contributions structure clear for parents and will allow you to calculate and plan for all the costs that may be incurred during the school year.

Financial support by parents/carers has always played a significant role in providing resources that extend the school's capacity to add value to the learning experiences of students.

Voluntary Contributions

Dalyellup Primary School is requesting a Voluntary Contribution of **\$60.00 per student from Kindergarten to Year 6** towards the cost of all materials, services and facilities used by K-6 students in their learning journey. This equates to approximately \$1.50 per student, for each week of the school year. These contributions will make a significant difference to the quality of educational programs delivered to your children. We appreciate your ongoing financial support.

Charges & Extra Cost Optional Components

A breakdown of estimated maximum cost for your child's participation in a range of encouraged, but optional, extra-curricular activities. Parents/carers only pay if students take part. These costs will be collected throughout the year as the activities arise.

Voluntary Approved Request

Dalyellup Primary School P & C Voluntary Contributions for 2025 has been set at **\$20.00 per family**, which helps provide much needed amenities for the school. If you would like input into where fundraising monies are spent, please consider becoming a member and attend meetings held twice a term.

P & C Membership is **\$1.00 per person** and payable at the Annual General Meeting in 2025.

Payment Options

All students will be issued with a statement in Term 1 of 2025 outlining Voluntary Contributions and Charges.

Payment may be made by the following methods:

- Preferred payment method is Direct Debit.
BSB: 066 040 Account No.: 9980 4154 Reference: Student Surname, Initial and Year level
- Pay in person at the school office by cash or EFTPOS
- Credit card/EFTPOS payments can be made by telephone (9796 5600) during school office hours.
- Or provide cash in an envelope to the school office with your child's name, clearly written with the comment 2025 Voluntary Contributions and P&C Contributions.
- When ordering your 2025 Personal Requirements via West School Supplies.

Flexible payment options can be arranged with instalments set up throughout the year. Parents/carers are welcome to discuss payment plans with the Manager Corporate Services or Principal.

School Refund Policy

School activities (e.g. excursions/incursions, activities/camps) are undertaken by the school on a self-supporting cost basis. If you have paid for an activity and your child is unable to attend, please notify the school as soon as possible. If the school has incurred a cost/s for an activity on behalf of a student it will not be included in the refund, this usually relates to bus fare.

Responsible | Respectful | Safe | Personal Best



2025 Voluntary Contributions Components

Kindergarten	
General Resources	\$12.00
Technology & Enterprise	\$ 8.00
Arts	\$15.00
Classroom activities	\$20.00
Library books	\$ 5.00
Total per student	\$60.00
Voluntary Approved Request	
P & C Contributions per family	\$20.00

Pre Primary to Year 6	
English	\$10.00
Humanities & Social Sciences	\$ 5.00
Mathematics	\$10.00
Science	\$10.00
Technology & Enterprise	\$10.00
The Arts	\$10.00
Library books	\$ 5.00
Total per student	\$60.00
Voluntary Approved Request	
P & C Contributions per family	\$20.00

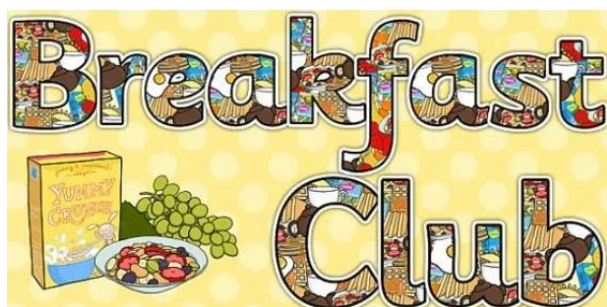
2025 Charges & Extra Cost Optional Components
(estimated maximum cost)

Description	K	1p	2	3	4	5	6
In term Swimming		\$100	\$100	\$100	\$100	\$100	\$100
Incursions	\$25	\$50	\$50	\$50	\$50	\$50	\$50
Excursions	\$25	\$50	\$50	\$50	\$50	\$70	\$80
Sports Carnival (Faction, Interschool, Swimming, etc.)				\$100	\$100	\$100	\$100
Classroom Activities		\$50	\$50	\$50	\$50	\$50	\$50
Student Workbooks		\$50	\$50	\$50	\$50	\$50	\$50
PEAC					\$60	\$60	\$80
Instrumental Music (Year 5 & 6)						\$110	\$110
Year 6 Day Camp activities							\$400
Year 6 Graduation Shirt							\$70
Year 6 Graduation Lunch							\$80
Year 3-6, iPad 1 to 1 program:							
IPad				\$600	\$600	\$600	\$600
Apple Care extended warranty				\$140	\$140	\$140	\$140
Hard Cover Protective Case				\$100	\$100	\$100	\$100
School Photos							Cost dependent on package chosen by parents
Book Club / Book Fair							Optional purchase by parents
Fundraising / Charity Collections							Gold coin donation and/or parent's discretion

Personal Requirements List

- The cost for items on this list will vary from year level to year level and includes items such as stationery, etc. which can be purchased from our nominated school supplier, West School Supplies, or any supplier. Some items may need to be replenished throughout the year.
- You can also pay your Voluntary Contributions & P&C Contributions for 2025 through West School Supplies when you order your child's Personal Requirements.

Breakfast Club



Dalyellup PS will be running a 'Breakfast Club' on Monday and Tuesday mornings.

From 8:15am there will be Weetbix, toast and fruit available outside the staff room.

Anyone is welcome to come along.

A collection box will be available if you would like to make a small donation to 'Foodbank' as they are providing the food for us.

Dalyellup Instruction Framework – DIF

Over the past three years, our **staff have worked together** to understand the key components of an effective lesson and this is the result.


A whole school instructional framework **helps ensure that our teaching is consistent** and aligned across all year levels. By following this framework, we can deliver clear, focused lessons that support students in building their knowledge and skills step-by-step.

This structured approach **supports our teachers in delivering lessons** that are clear, focused and effective and it **helps students to build knowledge and skills in a logical, step-by-step manner**.

Dalyellup Instructional Framework


Review
 Revisiting previously learned material to activate prior knowledge and set the stage for the current lesson.

Considerations
 When reviewing previous lessons or content, ensure that the cognitive load is managed appropriately. **Avoid overwhelming students with too much information to avoid cognitive overload.**



Learning Intention
 A clear and specific statement of what students are expected to learn and achieve during the lesson.

Considerations
 Clearly communicate the learning objectives or intentions at the beginning of each lesson. **Make sure they are specific, concise, and achievable.**



Explicit Teaching
 Provide direct instruction, breaking down complex concepts into understandable components.


Considerations
 During explicit teaching, break down complex concepts into smaller, manageable chunks. Use visual aids, diagrams, or multimedia to support explanations. **Avoid overloading students with too much new information at once.**



<p>Modelled Practice The initial practice phase where the teacher demonstrates tasks or concepts.</p> <p>Considerations When modeling a task or concept, use worked examples to demonstrate problem-solving processes. This reduces intrinsic cognitive load by providing a clear template for students to follow.</p>	<p>Guided Practice The stage where students actively practice with support and guidance from the teacher.</p> <p>Considerations Provide scaffolded support during guided practice. Offer step-by-step guidance to help students apply what they've learned. As students gain confidence, gradually reduce support.</p>	<p>Independent Practice The phase where students apply their learning autonomously.</p> <p>Considerations Students apply their knowledge autonomously. Ensure that tasks are appropriately challenging, matching students' abilities to prevent cognitive overload. Students independently have a go, when ready. Or students may stay with the teacher if not ready.</p>
--	--	---

Reflection
 To consolidate learning, assess comprehension, and promote metacognition among students.

Considerations
 After the lesson, facilitate reflection and metacognition. Encourage students to think about what they have learned, why they did what they have done, how they can use it...








Parent and Child Volunteers in Schools


Shaping the future

Checks for parent volunteers in schools

We are grateful for and value our parent volunteers – here's how you can help keep our children safe when doing unpaid work at your child's school.

Before you volunteer at your child's school, you need to **complete a Parent and child volunteer declaration form**. You will be asked to complete the form annually if you want to continue volunteering.

 <p>You are volunteering</p>	<p>When you:</p> <ul style="list-style-type: none"> • help out in a classroom or attend a day excursion • present an award or speak at an assembly • are on canteen duty or helping in the uniform shop • assist at a sports carnival • conduct P&C duties.
 <p>You are not volunteering</p>	<p>When you:</p> <ul style="list-style-type: none"> • pick up and drop off your child • watch an event, like an assembly or sports carnival • attend a parent and teacher interview • visit the uniform shop.
 <p>You cannot volunteer</p>	<p>When you:</p> <ul style="list-style-type: none"> • have a current Interim Negative Notice or Negative Notice • have submitted the form and are issued an Interim Negative Notice or Negative Notice – you must alert the principal.
<p>In addition to the declaration form, you need a Working with Children (WWC) Check</p>	
 <p>You need a WWC Check</p>	<p>When you:</p> <ul style="list-style-type: none"> • volunteer for an overnight camp • billet students in your home • provide one-on-one mentoring to a student.

A current WWC Check is required by all other family members and friends (over 18 years of age) who want to volunteer.





If you are not sure if you need a WWC Check or to complete the Parent and child volunteer declaration form, please speak with the school office staff.





We are grateful for and value our volunteers – here's how you can help keep kids safe when you're doing unpaid work at a school.

Before you volunteer at a school, we will ask you to complete a **Parent and child volunteer declaration form**. You will be asked to complete the form annually if you want to continue volunteering. Child volunteers are volunteers under 18 years of age.

 <p>You are volunteering</p>	<p>When you:</p> <ul style="list-style-type: none"> • complete an unpaid practicum or work placement as part of your educational or vocational course of study • coach or umpire sports • mentor students • help out in a classroom.
 <p>You are not volunteering</p>	<p>When you:</p> <ul style="list-style-type: none"> • are enrolled at a school and doing unpaid child-related work with other children at the same school • watch an event, like an assembly or sports carnival
 <p>You cannot volunteer</p>	<p>When you:</p> <ul style="list-style-type: none"> • have a current Interim Negative Notice or Negative Notice • have submitted the form and are issued an Interim Negative Notice or Negative Notice – you must alert the principal.
<p>In addition to the declaration form, you need a Working with Children (WWC) Check</p>	
 <p>You need a WWC Check</p>	<p>When you:</p> <ul style="list-style-type: none"> • do any paid child-related work at a school • volunteer after you turn 18 years of age.

If you are not sure if you need a WWC Check or to complete the Parent and child volunteer declaration form, please speak with the school office staff.

We thank all our parents who generously volunteer their time and energy to support our school community. There are some changes to the Working with Children Check policy, to ensure the safety of children when we have volunteers in the school.

If you would like to volunteer at our school, you will need to sign a 'Parent and child volunteer declaration form'. You cannot volunteer if you have a current Working with Children Negative Notice or Interim Negative Notice.

These changes affect parents who are engaged in volunteer work. For example, you are considered a volunteer when you assist with activities such as reading sessions, day excursions, canteen duties, helping at a sports carnival or carrying out P&C duties.

You are not a volunteer when:

- picking up and dropping off your child
- observing events like school assemblies
- attending parent and teacher interviews

If your circumstances change, and you are issued with a Negative Notice or Interim Negative Notice after completing the 'Parent and child volunteer declaration form', you must advise the principal.

A current Working with Children Check is required by all other family members and friends over 18 of age who want to volunteer.

It is a collective responsibility to ensure the safety of our children. We appreciate your ongoing support and dedication to our school community.

Induct Contractors & Volunteers in Health & Safety

Work health and safety induction
for contractors at Dalvellup
Primary School



Work health and safety induction
for volunteers and therapists at
Dalvellup Primary School



The *Work Health and Safety Act 2020* (WA) identifies contractors and volunteers as 'workers'. As a representative of the Department of Education, who is in charge of a worksite or school, we have a duty to ensure the safety of all workers on our site.

From Term 1 2024 onwards, contractors, therapists, and volunteers must complete a health and safety induction. They need to complete the induction on the first day they visit the school. From the date of first completion, they will need to complete the induction again in 12 months, and then every following 12 months.

Parking



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 children 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 Dalzellup 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 bays.

Gates opening / closing times



8:15am - Gates being opened.

8:45am - Gates being locked.

2:45pm - 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

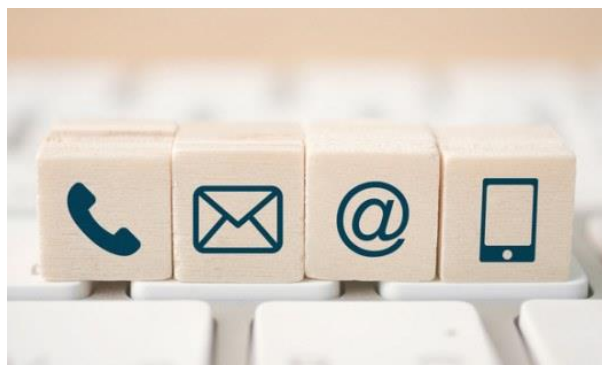


It is vitally important that we have the correct contact information for our students for emergency situations.

- 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 front office, phone **9796 5600** or email dalyellup.ps@education.wa.edu.au¹ any changes that need to be made or if you simply want to check your child/children's contact information.

Contact Us



Dalyellup Primary School

¹<mailto:dalyellup.ps@education.wa.edu.au>

14 Hartog Road

Dalyellup WA 6230

Phone: (08) 9796 5600

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

Faction Totals



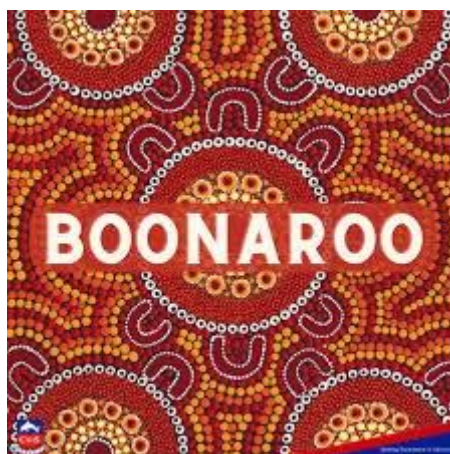
DAMPIER = 5720 points

HARTOG = 5350 points

NORTON = 5350 points

OXLEY = 5720 points

Noongar Seasons





Boonaroo Bonar (February-March)

Boonaroo bonar is the hottest season with long days and short nights. Kooyar (frogs) emerge. Djiridji (Zamia palm) seeds ripen ready for processing and eating, Djiridji leaves are used to make miyamiya (shelters) and the woody material is used for bedding and fire lighting.

The Noongar people have preserved their hunting and gathering traditions. They consider kangaroo meat, or yongka, to be a vital part of their diet. Kangaroo hunting is also a significant part of teaching young people about Noongar culture and ways.

Many Aboriginal cultural sites have been recorded in the southwest forests. These sites are significant to the Noongar people and to the state's cultural heritage.

What happens during Boonaroo bonar?

- **Zamia palm:** Djiridji (Zamia palm) seeds ripen and are ready to eat.
- **Zamia palm leaves:** Used to make shelters called miyamiya.
- **Zamia palm woody material:** Used for bedding and starting fires.

Our Mental Health is Important



Kids Helpline: <https://kidshelpline.com.au/>

Youth Beyond Blue: <https://www.beyondblue.org.au/>

Lifeline: 131 114 or '000' if in danger

Road Safety



Keeping your kids safe in the car

- Children from birth to under 6 months must be seated in a properly fastened and adjusted, rear facing approved child restraint.
- Children from 6 months to under 4 years must be seated in a properly fastened and adjusted, rear facing approved child restraint with an in-built harness.
- Children from 4 years to under 7 years must be seated in a properly fastened and adjusted, forward facing approved child restraint with an in-built harness or an approved booster seat with a lap-sash seatbelt.
- Children 7 years and over must be restrained in an adult seatbelt or booster seat.

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.