



Carramar Chit Chat



Ph: 08 9405 0600

21st May 2019 Issue 8

Email: Carramar.PS@education.wa.edu.au

www.carramarps.wa.edu.au

From the Principal

Dear Parents

The last few weeks have been a very busy time with a lots going on around the school. The Year Six students held a Fun Fair last Friday. What I found most impressive about the day was the way they were so caring and encouraging of the younger children who came to try out their activities. The younger children all had a great time. Well done Year Six.

Swimming and NAPLAN

Currently the Year 1 & 4 students are involved in Swimming and the Year 3 & 5 in NAPLAN. The swimming has run very smoothly and has caused minimal disruption to the school's programs. NAPLAN is well underway and we are in the final days. You may be aware of some reports of technical issues. These difficulties were experienced by a number of schools in WA and other States/Territories. Fortunately, the issues in our school were limited and our children handled the situation very well.

Drama Assembly

This Friday's Assembly will be our first Drama Assembly. Mrs Dobbs, over the last two years, has included Drama into her program and this year started a Drama Club for Year 5 & 6 students. This Assembly will provide these students with an audience to demonstrate what they have learnt and the skills that they have developed. They are all very excited about the upcoming performance and I look forward to this new event.

School Oval

The School's oval is a community facility and it maintained by the Wanneroo Council. The council has advised us that this **Friday 24 May** the City will be undertaking a fertiliser application to the oval. This is necessary due to the excessive wear on the oval. Whilst the fertiliser is being spread the oval will not be able to be utilised by our students, however following the application the oval will be able to be utilised. The contractors have been instructed not operate the equipment during recess and lunch breaks.

Open Night

I would like to remind everyone that on the last Wednesday evening of this term, **Wednesday 3rd July**, the school will be holding an **Open Night and Art exhibition**. This will be an opportunity for families to visit classrooms and see what the children have been doing as well as visit the Art Display. More details about the evening will be sent home later in the term but please put this date into your diary.

Cross Country

This year's Cross Country will be held on Wednesday 12th June. This event is for all students in Years 1 - 6 and a program has been attached with this newsletter. Mr Malatios is looking for volunteers for the day. If you can assist, please email him directly at andrew.malatios@education.wa.edu.au

Mr Lou Zeid

Principal

P & C Fundraising News

2019/2020 Entertainment Books are now available for purchase.

\$70.00 Digital and Hard copies available.

The front office has some hard copies on hand. Cash only.

Please email Glenda on carramarparents.live.com if you have any queries.

MERIT CERTIFICATE WINNERS



Year 1	Jordan, Tahlia, Leo, Kaylee, Ashmitta, Emma, Kyri, Jasper, Hayden, Archie
Year 2	Elizabeth, Asa, Jaxon, Riley, Leah, Ellie, Charlotte, Charlie, Tyla
Year 3	Willow, Mason, Maddison, Ashlee, Imogen, Tobias, Casey, Scarlett
Year 4	Chloe, Skye, Amy, Sophie, Phoebe, Zaine, Indy, Elyzah
Year 5	Bryce, Tayla, Chevy, Lachlan, Noah, Derra, Alyshia, Ava
Year 6	Ryan, Lula, Bailey, Riley, Braiden, Jerrell, Laura, Jaxon, Jackson, Allirah

Joseph Banks
TRIALS
TERM 3

CREATIVE AND PERFORMING ARTS
Wednesday 7 August 2019 at the College in the Endeavour Theatre from 9:30am to 11:30am

TRIATHLON
Monday 12 August 2019 from 7:30am to 10:30am
Swimming: 7:30am at Craigie Leisure Centre at the outside pool. Distance: 200m (5.30 minutes)
Running: 9:00am at the College Oval. Distance: 4x laps of 1600m (9.30 minutes)
Cycling: 9:30am at the College Outdoor Ed Shed. Distance: 2x laps of oval approx 4km (12 minutes)
Parent to accompany and transport the child.

SOCCER
Tuesday 13 August OR Thursday 15 August at the College on the Oval from 3:15pm to 4:30pm

RUGBY
Tuesday 13 August at the College on the Oval from 3:15pm to 4:30pm

For more information please contact
Claire Young on 9303 7400.
An enrolment application must have
been submitted prior to attending.
RSVP by the 26 July 2019.

OSHClub News

We have had a great start to Term 2 here at OSHClub Carramar.

Thank you to those families who have donated recycled materials to us, we welcome any contributions to the service as the children love building different creations and inventions. Evan Mc, Ellie E and Leo H made a fabulous space ship using our cardboard boxes last week, well done!

We have also been discussing how we can look after and care for others during school, OSHClub and whilst at home. During our Friendship Friday last week the children were set a challenge.. What random acts of kindness can you do?? We can't wait to hear how the children have continued this at home and school.

For enrolments please complete our online enrolment form at oshclub.com.au.

Sarah Smart

Carramar OSHClub

Program Coordinator

Service Phone number - 0422256119



Year 2 Room 2



Our Compost Bins



As part of our Science and Design and Technology units, we have studied how to look after our environment and today we made our own compost bins which we will be tending to for the rest of the term.



FUN FAIR

After Weeks of planning, collaborating and sourcing materials, the Year 6 students held their Fun Fair. Students from PP to Year 5 were given several entry tokens to use at the fair and set off to find their favourite stall. The popular event was a part of the 'Business and Enterprise' Curriculum.



Fun Fair Persuasive Writing By Year 3 T11

Dear Year Six teachers and students

Thank you for the awesome Fun Fair. We had so much fun. We got many prizes.

I'm sad that the awesome Fun Fair is over. Did you have a great time?

My favourite stall was 'A Ducks Life'. It was great. I can't wait to be in Year 6. It must be awesome!

By Amberlee

Dear Year Six teachers and students

My name is Lewis and I am in Mrs Mile's class.

I thought your Fun Fair was mind blowing.

Your stalls were AMAZING!

When I played the one where you throw the balls in the cup, I won three scratch and sniffs.

One day I want to do the Fun Fair

By Lewis

Dear Year Six teachers and students

My name is Jazmin. I am from T11 Year 3. My teacher told us that a Year 6 teacher said that the Fun Fair can be hard work and that it might have to shut the Fun Fair down, so T11 is going to convince you that you cannot shut it down because younger people are looking forward to being in Year 6. My favourite game was all of them. I didn't play all of the games but just walked around and saw all the kids having fun. All of the games looked fun, so I hope that it never stops.

From Jazmin

Dear Year Six teachers and students

Hi my name is Kate. I am writing to let you know my thoughts on your Fun Fair on Friday 10th May.

I thought your Fun Fair was amazing. All the students had great stalls set up around the spider playground. When our class arrived, we had an opportunity to explore the different types of stalls and then we could spend our raffle tickets, we each had ten. My favourite stalls were the stall with the pond of water and fish inside, as well as the stall where students had to throw a ball into a cardboard with holes and if each ball went into a hole you had fun pouring a cup of water over someone's head.

Another fantastic stall was 'A Duck's Life'. I thought this stall was fun to do and I also like Ping Pong. I got all the balls in.

From Kate

Dear Year Six teachers and students

I loved this year's Fun Fair because the Fun Fair stalls were incredibly fun. I like how nice they were too!

I went to two stalls but played them a lot. If I had more tokens and more time, I would have went on all of the stalls.

I like the SHOOT OUT THE MOST! I went on two stall but went on 'Shoot Out' more. I played shoot out three times! I did forget the other stall's name but it doesn't matter.

I used eight tokens because I loved all the stalls that I went on. I do wish that we had more time and tokens because students want to go on all the stalls.

I got one prize just because I didn't go on that many stall that had prizes.

Please keep the Fun Fair on because it gives something exciting to look forward to! I want to the Fun Fair in Year 6.

By Ryan

Dear Year Six teachers and students

The Year 6 Fun Fair was a blast. I really like Jorgie's stall, they were on fire, and they had awesome prizes. They had creativity, it was mind blowing!

I wish now if I was in Year 6 that I could come up with that good job. I am excited that I will be in Year 6 one day.

Now, the 10th of May, is my favourite day this year. I hope you had a great time, you must have been exhausted. I would be! If you were not exhausted, 'you survived'. Thank you for reading my letter.

By Imogen

Fun Fair Persuasive Writing by Year 3 T11

Dear Year Six teachers and students

It is Stella , T11 Year 3. I am writing a letter to tell you things I liked about the Year 6 Fun Fair.

On Friday 10th May 2019, I went to the Year 6 Fun Fair. First we came in from Recess and put our hats on our desks. Our teacher, Mrs Miles, gave us 10 raffle tickets. I had a nice light blue like the sky. Mrs Miles told us to put our initials on.

Then we went to line up at the eating area. I was so excited! Finally we got to the Year 6 Fun Fair. First I went to a game called 'Throw the ball in the cup'. Wait I think it's where you have to throw 3 balls in to lots of cups. I won a scratch and sniff sticker. It smelt like chocolate ice-cream. Mmmm!

After that stall I went to a stall called 'Lucky Number'. It is where there are lots of numbers and there are lucky numbers and unlucky numbers. If you get an unlucky number you get nothing and if you get a lucky number you get a prize. There were squishy stress balls, pipe cleaner pencils and much more cool things. So first I lined up for a draw.

Finally I was up front. My number was.....43. It was an unlucky number. But I would not stop from getting a lucky number, so I lined up again and I got a lucky number! I won a pipe cleaner pencil that was orange.

Then sadly it was time to go. It was so fun! I felt happy because I had a good time.

Be Stella

Dear Year Six teachers and students

My name is Mollie. I came to talk about the Year Six Fun Fair on Friday 10th May. I loved the Fun Fair and you will see why in my next amazing paragraph.

My favourite mind-blowing stall was the one where you had to throw a ball in a cup and if you got it in you would win a sticker, a badge or playdough. I have two reasons why the game was fantastic. My first reason was it only was one ticket. My next reason was you got three balls.

I only visited three stall but they were awesome and I only wanted to visit the three stalls. I only got two prizes but that was OK. Besides I just wanted to look at the stalls.

I hope you like my letter, bye.

From Mollie

Dear Year Six teachers and students

The Fun Fair was so so fun. I am so excited to go into year six so I can do a Fun Fair stall. It must be so fun, that's probably why it's called a Fun Fair.

My favourite was the COW one and the one where you throw the bean bags. Those games were mind-blowing. I could play them forever.

I won lots of prizes like a stress ball, a bouncy ball, a pencil and a chatter box. Please don't get rid of the Fun Fair. It was so much fun. Please don't! If you get rid of it we won't be able to look forward to it.

I was so happy it was so much fun. I was so excited. Please don't get rid of it Year Six Teachers.

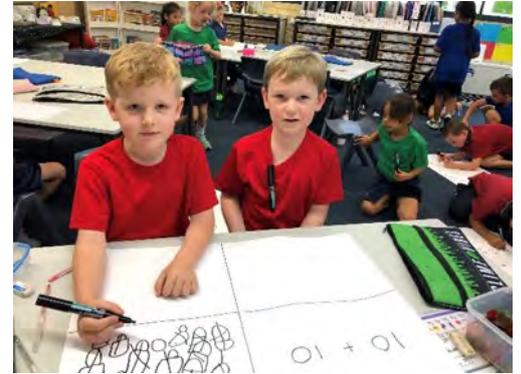
From Kaylee

Year 3 & 5 students are taking part in Hockey clinics for Phys Ed. The clinics are being run by Whitfords Hockey Club over the next 4 weeks.



Year 1 Numeracy

The children have been working on their addition skills. They were asked to complete a 'Think Board' to show their understanding of a given number sentence. The page was split into four parts of which one contained the number sentence. Students were required to draw a picture to match in one section, write a number story in the next and finally find the total and write this in the fourth box. Once completed independently, students were asked to work with a partner. Here are some photos of the lesson.



A note from your community school health nurses which may be helpful for sleep issues.

The importance of sleep

Children need enough sleep each night so they are more settled, happy and ready for school. This enables them to be able to play, learn and concentrate.

Good quality sleep helps children's bodies grow, strengthens the immune system, and reduces the risk of infection and illness. Poor sleep affects a child's ability to learn and grow.



Recommended sleep each night:

- 3-5yrs 11-13 hours
- 5-8yrs 10-11hours
- 9-11yrs 9-11hours

Establish a routine with your child so they know what to expect when it is time for bed.

- ◇ Turn off computers, tablets and TV 1 hour before bedtime
- ◇ This should be a quiet time where your child can unwind and relax.
- ◇ Read a book with your child
- ◇ When it is bed time ensure the room is dimly lit and quiet
- ◇ It is recommended that no electronic devices be in a child's room
- ◇ It is also good to establish a rule where all electronic devices are left in the family room. This removes temptation from the child. If they wake up, they are unable to play on their devices.

These strategies help create an environment that will encourage good quality sleep.

A good night's sleep will help your child to focus at school, have better behaviour, and enjoy playing and learning.

References from, and for further information on sleep visit raisingchildren.net.au



Room 1

With Mrs Pilgrim

Penguins In the Snow.

Working with shapes to create artwork.



insights

Helping children make and keep friends

by Michael Grose



Enjoying healthy relationships has a tremendous impact on your child's wellbeing and their overall success at school. Many children who experience behavioural problems at school have difficulty interacting with their peers.

Coach your child in positive social skills

Children who develop healthy friendships generally have a definite set of social skills that help make them easy to like, easy to relate to and easy to play with. If your child is struggling to make friends consider coaching them using this three-pronged approach:

Be open: Some children close themselves off to forming new friendships, preferring to stick to one or two friends. Encourage your child to be open to forming friendships with a wide variety of children in and outside school and in doing so encircling themselves with many friendship groups

Be inclusive: Encourage your child to include a wide number of children in their games and activities rather than restricting the possibility of joining in to certain children. Healthy friendship groups are open and inclusive of others, while unhealthy relationships, such as cliques are restrictive, one-sided and full of gossip and criticism

Be aware: Encourage social awareness in your child. For instance, a socially-aware child would be discrete when giving out birthday party invitations at school, being protective and sensitive to the feeling of those not invited. This level of social awareness doesn't necessarily come naturally to all children, but it can be reinforced by parents and teachers

Encourage friendships with both genders

The primary school age is an ideal time for children to form friendships with both genders. This is particularly valid if your child has siblings of their own gender, or don't have siblings. It's through these early relationships that we gain the confidence to mix with different genders in later life. Forming friends helps to break down the mystique that can form, when a child has little contact with the 'other' gender.

Understand the impact of gender on friendships

Research shows that boys' friendships groups are more inclusive and less changeable than friendships enjoyed by girls, particularly those in the eight to twelve year age group. Be prepared to support your daughter through the hurt of friendship breakdowns and remind her that new friendships are just around the corner. Help her reflect on her own place in a friendship breakdown, and be open to restoring a relationship once emotions are in check.

Remember, friends of a feather flock together

If you think that your child doesn't have as many friends as a sibling or other children their own age, don't be too alarmed. On average, children usually have only two or three significant friendships at any one time. It's the quality rather than the quantity of friendships that counts. If you are concerned that your child lacks friends at school encourage him to take up a variety of extra-curricular activities. It's easier to strike up a friendship with someone when you have something in common.

Above all else encourage your child to be friendly by talking to others, showing an interest in what other children do, offering help when needed and being willing to enter a new game or social situation. Consider teaching your child, if necessary, alternatives to fighting and arguing when there is disagreement and conflict within groups.

As your school has a membership with Parenting Ideas, you can attend the upcoming webinar - Teach girls to build each other up - at no cost!

About the webinar

Join Parenting educator Collett Smart in this special webinar that will show you how to help girls create positive peer relationships and provide practical advice and ideas to help them navigate tricky situations including toxic friendships, cliques and bullying.

When

Wednesday 29 May 2019 at 8:00 PM AEST.

Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership. Use the voucher code below to register.

How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teach-girls-to-build-each-other-up>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **FRIENDSHIPS** and click 'Apply Coupon'. Your discount of \$37 will be applied to the order. This voucher is valid until 29 June 2019
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account
7. Click 'Place Order'



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.