



Carramar Chit Chat



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18th June 2019 Issue 10

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From the Principal

Dear Parents

Open Night

An 'Open Night' will be held on Wednesday 3rd July. The purpose of the evening is to provide your child with the opportunity to share what they have been doing and accomplished this Semester. This year, the evening will commence at 5.30 pm with parents being able to view the Art Exhibition in the Performing Arts Area. Our instrumental students will be performing throughout the Exhibition. This will include a performance by the choir.

The classrooms will be open from 6.00pm - 7.30pm to allow parents with more than one child time to move from room to room. The Specialist Teachers will be in attendance to provide information about their programs. The Health and Physical Education Specialists will be located in the Library and the Languages Specialists will be located in the wet area of the Middle Block. Your children are eager to share their learning experiences with you. We look forward to seeing you there. More information will be communicated through Connect shortly.

On the evening, the P&C will be providing a Sausage Sizzle. A pre order form will be sent out so that they can prepare and have the sausages ready for 5.30 PM.

Semester One Reports

As with last year, all student Semester 1 Reports will be distributed via **CONNECT**. The reports will be made available on **Thursday 4th July**. All parents at Carramar Primary who have a recorded email address with the school will have access to connect for each of their children.

If you do not have connect access or do not remember your Username / Password please contact the ladies in the front office who will gladly provide you with your secure login details.

Crosswalk Issues

Our crosswalk attendant, Mrs Moon, has informed us of her concerns regarding some very unsafe driver behaviour. This behaviour is placing our students and parents who use the cross walk at risk and has been reported to the police. We would ask that parents assist us in addressing this issue. Should you witness any unsafe drivers please take note of their vehicle registration and give it to Mrs Moon so that she can forward it to the appropriate authority, the police.

Cold and Flu Advice

We all need to assist in preventing the transmission of common respiratory (colds/flu) infections that occur. Every effort should be made to minimise the spread of infection by ensuring that children stay at home in the early stages of illness as they are likely to be more infectious and transmit the virus/bacteria to others, via coughing, sneezing and, contaminating surfaces that they touch. The following links provide further information and are from the Healthy WA website.

[Common- cold Healthy WA](#)

[Flu- influenza . Healthy WA](#)

School Cross Country

Tomorrow is the school's Cross Country event. It would be great to see all the children having a go. We know that for some children this may not be an event they enjoy. However, having a go and being part of a whole school event has its own rewards and builds resilience. We are all faced with situations that challenge us. Learning to face these in a supportive and safe environment will make future challenges easier to face.

Lou Zeid

Principal

MERIT CERTIFICATE WINNERS



Year 1	Jenna, Layla, Thomas, Sneh, Isla, Jasmin, Maddison, Oliver, Max, Joseph
Year 2	Chloe, Freya, James, Stanley, Jacob
Year 3	Sienna, Kane, Kaylee, Amberlee, Sahil, Ruby, Devyn, Thomas
Year 4	Annabella, Rachel, Tyler, Charlotte, Molly, Ruby, Cameron
Year 5	Dominique, Charlotte, Cedric, Jasmine, Maria, Jacob
Year 6	Joey, Rhiannon, Jessica, Mya, Charlie, Dean, Amy

COSTUMES - We are building up our collection of costumes and props to support the Drama program for Year 5 and 6 students. If any families have anything at home that they no longer need, Mrs Dobbs would greatly appreciate any donations please. Dressing up really helps to encourage students to get into character which enhances their performance.

Carramar Primary School
P&C Disco

Theme: **Favourite colour**

Date: 28th June 2019

*\$5 Entry at the door
(includes fruit, chips & water)*

Kindy & PP (3:30-4:14pm lights on)

1,2,3 (4:30-5:15pm)

4,5,6 (5:30-6:30pm)

Please pick up promptly so we can be ready for the next disco. Children are NOT allowed to leave without a parent/guardian.

Electronic devices are NOT permitted

Kindy 2020

Applications close 26th July 2019

Applications are now open for children born between 1st July 2015 and 30th June 2016.

Forms are available on our website and at the front office

You will need to supply the following documents when submitting your application;

- ◆ Birth certificate or Passport
- ◆ Immunisation records
- ◆ 2 x current utility bills as proof of address. i.e. Water, Electricity, Gas, Council rates.
- ◆ Visa details if applicable
- ◆ Family Court orders if applicable.

Phys Ed News

It's been a busy month in the Health and Physical Education with the preparation of our School Cross Country and the training of our Interschool Cross Country team. Mr Malatios has been ensuring the students are ready by running with the students through the course during Phys Ed lessons. Both Mr McLennan and Mr Malatios are proud of the effort the Cross Country students are putting in at training. We wish the team luck in this week's interschool event.



We were lucky enough to secure the SEDA Basketball students to visit the school and train some of our classes in the sport of basketball. It was a pleasant surprise to find that one of our past students, Ashleigh Rowley, was one of the coaches training our students and she was equally happy to pass her knowledge on and to say "hi" to a few of her past teachers. The Year 2's were particularly amazed at the skill level of one of the players who was able to juggle three basketballs!



Wet weather always creates a few challenges in the winter months. Where possible we ensure the children are still active indoors or we pick some clear patches to head to the oval. This week Room 5 participated in a music and fundamental movement class creating letters out of their bodies when the music stopped. Mrs Archer's class participated in an indoor fitness circuit which included some boxing stations. The students enjoyed the sessions, some even requesting more rain!



Music Notes

Music Assembly



It was wonderful to see our Music students have an opportunity to perform on stage in front of our school community. Some of our Year 6 Music students stepped up to the occasion and ran the assembly, sharing music from The Great Composers. Our instrumental students played pieces from Bach, Mozart, Beethoven, Haydn and Rossini. We also got to hear the Senior Choir sing *A Musical Medley* that they have been working on for their Crown Performance next term. The Junior Choir had their first performance with a medley. Well done to all our performers.



CROWN TICKETS AVAILABLE



Tickets are now available for purchase through Ticketmaster for the Schools Make Music WAGSMS Concert Series at Crown Burswood.

Our Year 6 Drama Students and Senior Choir students are busy rehearsing for a show stopping performance on the evening.

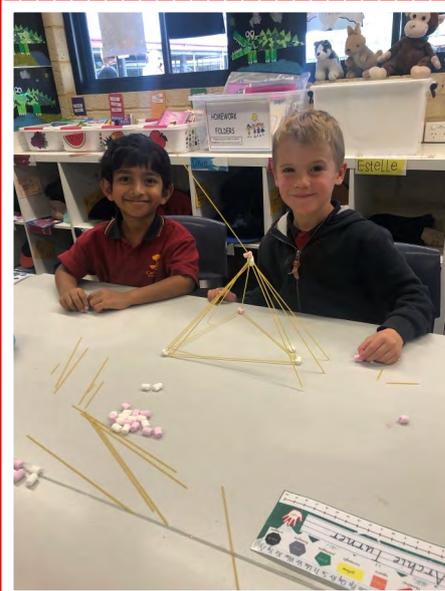
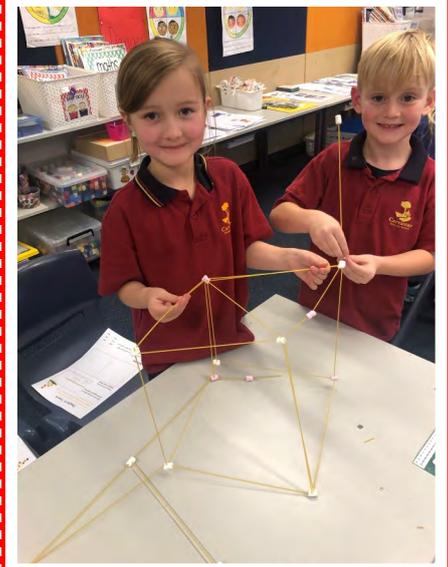
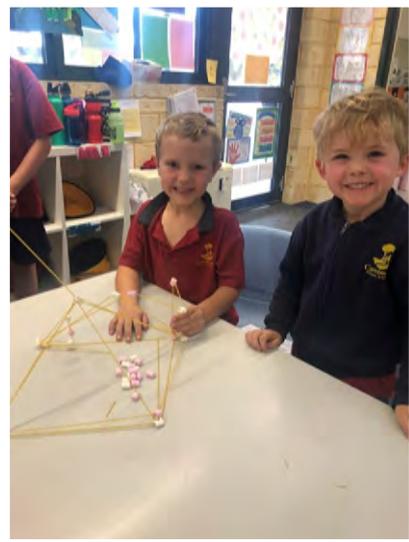
Tuesday 6th Aug ust at 7 pm.



Carramar Creations

Last week of term, Choir and Instrumental students will perform at the Art Exhibition on Wednesday 3rd July at 6 pm.

Room 5 have been learning about how materials change when they are heated, cooled, bent and stretched. Here are some photos of them experimenting with spaghetti.





Year 6 Maritime Museum Visit

The Year Six students of Carramar Primary School paid a visit to the Fremantle Maritime Museum on the 5th of June and the 10th of June.

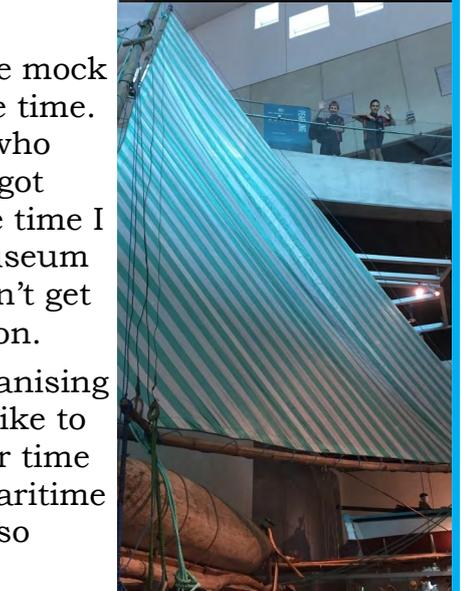
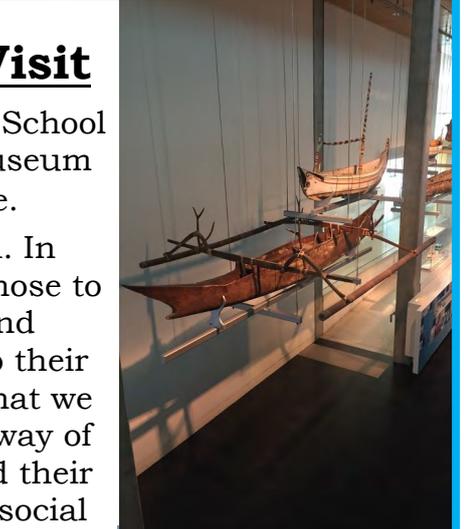
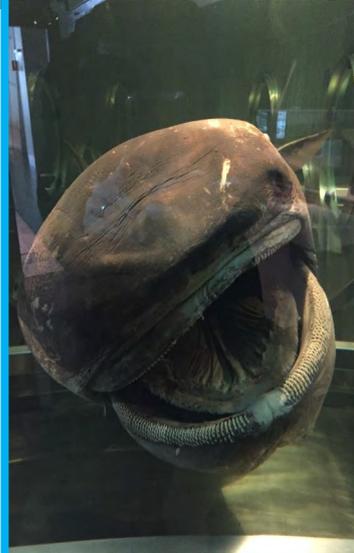
The excursion was all about immigration. In particular, we learnt about why migrants chose to live in Australia, problems they faced and contributions they made after settling in to their new home. The excursion linked in with what we are currently learning about in HASS, the way of life of people who migrated to Australia and their contributions to Australia's economic and social development.

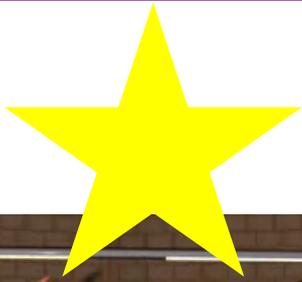
Some highlights from the excursion were the mock marriage, the games, the boats and the free time.

"The marriage was funny as the people who volunteered had no idea what they had got themselves into," said James. "With the free time I liked it as we got to go anywhere in the museum and how we got to look at cool stuff we didn't get to see on the tour," commented Rhiannon.

We would like thank all the teachers for organising the excursion for all of us. We would also like to thank the parent helpers who gave up their time and energy to come supervise us and the Maritime Museum staff for making the sessions so interesting.

Written by
Griffin, Anjali, Allirah and Sol

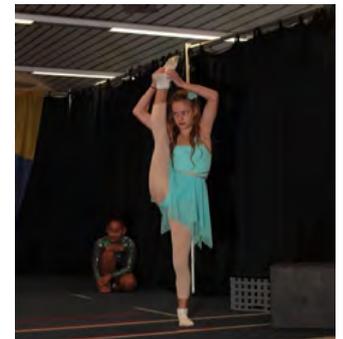




Lights, Camera, Action

Year 5 & 6 Drama Club Assembly.

With Mrs Dobbs



insights

Helping kids tolerate discomfort

by Michael Grose



Few right-minded people want children or young people to experience hardships or difficulty. However growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.

Exercising their discomfort muscles

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team; getting lower than expected marks for an assignment; or going into new, unfamiliar situation such as school camp. These are the sorts of every day situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

Opportunities to practise tolerating discomfort

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

It's not toughing it out

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.



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.