



# Carramar Chit Chat



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Dear Parents

## Colourthon

Next Friday on November 15<sup>th</sup> after lunch, the P&C will be holding its first Colourthon. The Colourthon replaces the traditional Lapathon. The P&C are seeking your support as this event is the P&C major fundraiser of the year. This is an exciting event and we hope families will embrace the opportunity to come along and watch or join in. The Colourthon is open to all students from Kindy to Year 6. Parents and siblings are also welcome to participate. The entry fee for the Colourthon is \$10pp. All students must register and pay \$10 via the QKR! App. Any adults and siblings wishing to participate must register at the school office and pay \$10 cash. Envelopes and entry forms are available at the office.

Families who wish to, also have the opportunity to raise extra money for the school by rallying friends and family to sponsor them per lap as has been previously done with the Lapathon. The student who raises the most in each class wins a prize!

On the day of the Colourthon, students should come to school dressed for the Colourthon wearing a white T-shirt and old shoes. They will need to bring something to protect their eyes and a water bottle. Sunscreen will be provided, as hats are not needed. Those students who do not register for the event will be provided with an alternative program and supervised by staff.

The P&C have worked very hard to organise this event and your support will ensure that this event is successful and fun for everyone involved. The funds raised will also go to ensuring that the P&C can continue to provide additional resources for your children, such as Matheleics, Reading Eggs, and Book Awards to name a few.

## Planning for 2020

As mentioned previously, our school funding each year is based on student enrolments. Over the past few years with the lower intake of Kindergarten students our overall student numbers have been declining. Based on current student enrolments and anticipated budget there will be some split grades in 2020. At this point in time we are expecting a Pre-Primary/Year 1, Year 2/3 and Year 4/5. Split grades are not uncommon and over the years we have had them at Carramar. While at the beginning of the year some parents can be apprehensive, the feedback is that the children enjoy the experience and quality of the curriculum is not impacted.

When constructing our classes, consideration is given to every child's academic, social and behavioural needs. This will be no different for split year levels. I would remind parents again that should you feel there is some information you wish to share concerning your child that will assist us with their class placement for 2020, I would ask that you forward this in writing by **3 PM Monday 18<sup>th</sup> November**. Your request should be placed in an envelope addressed to the Principal and marked 'Private and Confidential'. The school does not guarantee a parent request will be met but I can assure you that the information will be considered in the class placement process. Please be aware that the school does not consider requests for specific teachers or concerning split year levels. The school's organisational structure is focussed on ensuring that all staff are supported and a quality educational program is delivered in every classroom.

## World Teachers' Day

Thank you to all the parents and students who sent in a postcard acknowledging and thanking their teachers on World Teachers' Day. The messages were greatly appreciated by the staff and it was wonderful to read all the lovely comments.

On behalf of the staff I would also like to thank and acknowledge the P&C for providing a lovely morning tea. Here at Carramar we have wonderful staff, who always have the best interest of their students at heart.

Lou Zeid, Principal

# Merit Award Winners



|        |   |
|--------|---|
| Year 1 | Riley, Hunter, Teagan, Willow   |
| Year 2 | Rheanna, Emily, Owen, Aleira., Seth, Alexander, Kai, Elliott            |
| Year 3 | Jaxson, Charley, Hicks, Sienna, Hayden, Teanna, Ruby                    |
| Year 4 | Delsi, Riddhi, Jessica, Hiya, Phoebe. Zara. Lincoln, Rhys, Oliver       |
| Year 5 | Noah, Daisy, Mac, Pahemata-May, Brooke, Beau                            |
| Year 6 | Macey, William, Jamie, Lux, Kian, Taj, James, Justin, Ethan, Sarah, Tia |

## Mayors Christmas Appeal 2019

Donations are being accepted in the front office.

Examples include;

**Christmas puddings/cakes**

**Fruit mince pies**

**Cakes, cake mixes and biscuits**

**Nuts, crackers and chips**

**Pasta and sauce**

**Tinned foods - sweet and savoury**

**Jams and spreads**

**Tea, coffee and sugar**

**Cereals**

**Rice and noodles**

**Chocolates and lollies**

**Muesli bars**

**Christmas bonbons**

**Toys (New only)**

**Gift vouchers**



**Attend Today, Achieve Tomorrow**

*At Carramar attendance is a high priority!*

Did you know?

- CPS has an Attendance Policy
- Teachers mark the role by 8.50am and an SMS is sent to you at 9.30am if your child is absent
- You must send an explanation to the school and letters are sent home if you do not
- Planning a vacation during the school term is not authorised and a letter must be sent to the Principal
- Under special circumstances, the Principal may authorise a vacation
- Meeting with your child's teacher is important if you are having problems getting your child to school

## Perth Zoo Excursion

On Thursday 24th October all the year one students went to the Perth Zoo. We had a great time observing all the different Australian animals we have been researching about in class. We also learnt about different animals from all around the world. The African Savannah was the most popular section to visit. We also got to meet the new baby giraffe and salt water crocodile. It was a fun and exciting day out. The Year One students would like to thank all the parents who also came along to the excursion.



Estelle said:

The best thing about the zoo was seeing the lion roar at us and dressing up as a Koala. The lady also spoke about the Australian animals.



Rylee said:

My favourite thing was seeing the Meerkats running around because they were fast and they stood on their back legs. I also liked seeing the crocodile laying down and chilling.



# Fly Away

Mixed media clay birds designed and created by some of our talented Year 2 students.



## Year 4 Texture

Embossing and  
Debossing on  
Aluminium Foil



# insights

## Strengthening kids' self-esteem in a digital world

by Martine Oglethorpe



How do we develop and nurture our child's self-esteem in a world where the likes, comments and followers are often seen as the social currency for popularity, confidence and self-worth?

While young people live out much of their social lives online, there are certain elements of this world that can have a negative impact on the social and emotional wellbeing of young people, particularly if that person's self-esteem is already fragile.

The very connected, very visible and public nature of social media ensures that many of the challenges faced by young people previously are now magnified and felt more deeply when played out online. We need to give young people the confidence, skills and perspective to ensure that they can reduce the negative impacts, and instead learn to thrive both online and in real life.

What are some of the things we can do to help nurture that self-esteem and prepare them for the challenges of a very public social media?

### Build their independence and resilience early

Make sure they are confident in their own abilities to problem solve themselves. Let them to do things that may result in failure but allows them to pick themselves up. Let them know that mistakes are OK, as long as we learn something from them.

### Encourage activities and pursuits

Feeling part of a community can be an invaluable element to fostering self-worth. Encourage kids to have interests away from the screens, such as belonging to teams, clubs and groups where their achievements and efforts can be recognised and celebrated.

### Helping others and volunteering

Giving kids the opportunity to help others, such as coaching a junior team, helping out with training or helping people less fortunate are great ways to build self-worth. Developing empathy for others helps kids to realise that the world is a much larger place than their social media feeds.

### Spend time with them

It is easy to spend time with our kids when they are young. We can take them to the park, play games, read them books. As they get older and we are not so cool to hang out with, it becomes trickier. But we need to look for times to spend just being together, whether that's watching a movie they like, playing a game, or grabbing a milkshake

on the way home from sports training. Find things they like to do. Even just sitting on their bed at night and letting them know you are there can be beneficial.

## Family meals and rituals

Having regular moments of connection that are part of their everyday can be **critical in providing stability and security**. Connecting as a family with a nightly meal has been proven to be an effective way to give kids the comfort of knowing they have a place that is familiar and safe and unconditional. Or look for other rituals to provide this security.

## Communicate often about what is happening online

Talk to them about the things you see online, let them know you have an understanding, learn about it and be sure to look at things from their perspective. Use **teachable moments** to highlight when things go wrong and be sure that you remain relevant to their world so that they know you are there should something go wrong.

While we cannot always be there to follow everywhere they go online and be up to date on every single site or app they visit, we can do a lot in terms of instilling good values, building that self-esteem and ensuring that they have a positive sense of self that transfers from the real world to wherever they find themselves online.

**You can attend our upcoming webinar, Strengthening kids' self-esteem in a digital world, at no cost!**

### About the webinar

This webinar will look at how we can best equip our young people to thrive both online and in real life as they grow up immersed in online spaces.

### When

Wednesday 30 October 2019 8:00pm – 9:00pm AEDT.

### Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a membership.

### How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-strengthening-kids-self-esteem-in-a-digital-world>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **DIGITAL** and click 'Apply Coupon' (valid until 30 November 2019). Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'



### Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: [info@martineoglethorpe.com.au](mailto:info@martineoglethorpe.com.au), [themodernparent.net](http://themodernparent.net), [facebook.com/themodernparent](https://facebook.com/themodernparent)