



Carramar Chit Chat



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From the Principal

Dear Families

The final few days of our school year are upon us and our focus is on finishing off the year well, finalising arrangements for our end of year activities and making preparations for the new school year.

Today, we saw a colourful array of Summer Socks as our students joined in the fun to support our Year 5s fundraiser for their Year 6 Camp in 2021. Thank you for your support.

Last Friday, we were reminded of the wonderful generosity of Carramar families by the support you gave to our inaugural Twilight Markets. The event was an outstanding success. Sincere thanks to all members of the P & C for their wonderful efforts in making this event happen – a credit to everyone involved. I believe stall holders have already tabled their interest in being involved in the next one. Thanks to everyone for your wonderful support!

End of Year Events

Next week our end of year events will begin, starting with our **Kindergarten 'End-of Year' Concert and Picnic** in the ECE Area on Monday (A Group) and Tuesday (B Group). Information regarding arrangements has been sent home with the children. I believe there may be a visit from a jolly person in a red suit and one of their trusty helpers.

Our **Book Award Assembly** will be held on **Friday 11th December**. Presentations of **Academic and Endeavour Awards** will be made to students from **Year 1-5** and our choir and instrumentalists will also be performing. We will commence **at 9.00am** for students from **Year 1-3**, and **10.00am** for students from **Year 4-5**. Parents of Award Winners will be contacted over the coming days as attendance of award recipients is a necessity. Due to ongoing restrictions, we would greatly appreciate if only these parents attended.

Our Year 6 classes have been busy preparing for their **Graduation Ceremony** on **Monday 14th December, commencing at 6.00pm**. It is wonderful that we have the opportunity to acknowledge our graduates and recognise some individual achievements. Unfortunately, due to restrictions we have also had to limit attendance at this event. I have no doubt these students have created many memories during their primary school years, and am sure you join with me in wishing them all good luck, as they prepare to embark on to the next stage of their schooling.

Our **Pre-Primary Concert** will take place on **Tuesday 15th December**. Information regarding arrangements has been sent home with the children. Once again there are restrictions on the number of adults able to attend. Thank you for your support in ensuring our end of year activities occur with everyone keeping safe and healthy.

Teachers have been busy finalising **Semester 2 Reports**. These will be sent out via **CONNECT** on **Wednesday, 16th December**. Please contact the office if you require assistance to receive your child's report.

In closing I would like to encourage all members of our **school community** to support us as we ensure our wonderful school is kept **safe and secure**. Unfortunately, the school suffered some vandalism on the weekend. This was most disappointing. If you have concerns about any behaviour you observe occurring near or on the school grounds, I urge you to call the Police on 13 44 44 or School Security on 1800 177 777. Thank you for your support.

We are all looking forward to a wonderful final few days of the 2020 school year and I hope to see you at the various end of year events.

Maree James, Principal

Merit Certificates

Year 1	Alyssa, Johnson, Steven-James, Hudson, Reece, Isabelle, Hayley, Chloe, Lucas
Year 2	Isla, Bethany, Jack, Tegan, Maddison, Aria, James
Year 3	Alexis, Summer, Blake, Emily, Finley, Brayden, Connor, Makenzie, Amin, Archer, Eva, Lucy
Year 4	Stella, Hunter, Jazmin, Scarlett, Imogen, Matilda
Year 5	Cianna, Chloe, Kayla, Sophie, Levi
Year 6	Cameron, Flynn, Tayla, Ava, Hanna, Tristan, Zac, Sarah, Ben, Liam



Book Fair 2020

As usual our Book Fair was a huge success this year. We raised **over \$900** to spend on books for the library. Many thanks to Mrs Jordan, Mrs Dickson and Mrs Bullock for all of your help. I couldn't have done it without you.

Miss Gordon

Lost property

Please take the time to look through the lost property. All remaining items will either be donated or disposed of at the end of term.



Ciao Carramar with Signorina D'Onofrio

Education Perfect Online Italian Competition

Year 4-6 students participated in the Education Perfect online Italian competition and competed against schools in Australia and around the world. Students were required to answer questions in Italian using reading, writing or listening modes. It was great to see students encourage and support each other throughout the competition. Carramar PS put in a tremendous effort and came 3rd out of 41 schools in the WA Italian category. Che forte! At last week's Faction assembly, the participants who earned the highest amount of points for their school were presented with Gold, Silver, Bronze and Credit certificates. Bravissimi studenti!



P&C News



The P&C Volunteers have been very busy these last couple of weeks.

First of all, congratulations and well done to the winners of the Lapathon Fundraiser. Well deserved for all of your hard work.

Thank you to Aleea from Hands On Group Fitness for running our final Ladies Fitness Night. All who attended would agree that without Aleea's energy and enthusiasm we wouldn't have had so many smiles and laughs through the sweat.

LADIES: keep reading for final Ladies Night details.

The School Disco Colour Pop was also a wonderful event. The children all loved being part of such a fun community event. A special thanks to Wanneroo Fresh who generously donated the fruit for the event. The Carramar Primary School P&C hosted the amazing Twilight Markets last Friday. It was a huge success. People were able to get some Christmas shopping done and support local businesses while doing so. The Silent Disco was a huge hit for the children, along with the Face Painting, Sand Dig, Circus Performers and Marshall appearance. The school showcased some incredible performances by the Choir and Jump Jam teams. All in all, a huge success. Thank you to all of the volunteers who worked tirelessly to make this event possible. Your help is always appreciated and what makes these events so successful.

LADIES LADIES LADIES

Friday 11th December will be our final Ladies event for 2020. It will be a Life Drawing Night held at the Carramar Community Centre. \$35 a ticket includes a cheese plate and bubbles on arrival. Book early, as there are limited seats available. Tables of 8 available or come with a friend and join a table. See the flyers for booking details.

Wishing everyone the very best silly season ahead.



T11 Solar Ovens

To complement the Design and Technology process, students in T11 recognised the role of people in the design and implementation of solar ovens in Africa. They used this knowledge to choose and test suitable materials to design their own solar oven. We discussed different parts of a solar oven, and various materials to help reflect heat from the sun and the most suitable material to help trap heat inside their oven. The ultimate aim was to design the best solar oven, record the temperature every ten minutes and cook a smore in their very hot oven. Let the photos speak for themselves!



Kindy students in T1A and T2A were very excited to have a special visit from Molly's Dad , Senior Constable Francis and his colleague Senior Constable Wood. The students got to try on different uniforms, explore the police vehicle and learn about the role of police dogs.



Lapathon Prize Winners

Congratulations to our Lapathon prize winners; Carter, Jhai, Osten, Hannah, Scarlett, Hunter, Mia, Parker, Ethan, Steven, Abbey, Indi Jo, Scarlett, Layla, James, Tanisha, Lucas, Tyla, Jessica, Seth, Millie, Charlotte, Karli, Tyler, India, Eva, Jessica, Stephanie, Indi, Dylan, Bailey, Holly and Lewis.

A special mention goes to Juan Pierre who was our highest fundraiser. Juan Pierre raised \$683.00. What an effort. Sabine Winton MLA awarded him with a voucher for Leap Frogs.



parenting * ideas

INSIGHTS

Managing the mother load



"The mental load means always having to remember."

Emma, a French cartoonist summed up the mental load that most mothers carry in her 2017 viral comic, "You should've asked". In the opening scene a very hassled mother was preparing for a dinner party, while feeding her two young children, dealing with a noisy dog and answering the phone, all while she was hosting a colleague for dinner. As the dinner boils over the stove and onto the floor she looked at her partner imploringly. He unwittingly answered, "*But you should've asked! I would have helped.*"

This scene artfully exemplifies the many invisible layers of responsibility that mothers carry including arranging most household tasks, managing the family home and being on top of the fine detail in every family member's life.

This is not the case in all families, but current research reveals that the great majority of women bear the load when it comes to housework (mums do twice as much as dads), caring for children (again, mums doing twice as much as dads) and carrying the mental load for their family.

There's only so much we can manage. For those of us who are anxious, there will be times our plates will fill, and overflow. While there's no single way to ease the mental load that mothers carry the following ideas will help to make life more manageable:

Stop making life easy for others

Anecdotal evidence suggests that many mums will overdo preparation rather than expect others to step up and help. I have been known in the past to cook and freeze up to a week's worth of meals prior to travelling for work. Not any more though. Magically, my husband and two school-aged children have become very capable in the kitchen as I've stepped back.

Delegate and let go

Delegate some household jobs to your children. Leah Ruppner, professor of sociology at Melbourne University says, "Unless death is impending from poor domestic decisions, step back, support and allow others to learn from their mistakes." Letting go of jobs and allowing kids to do things in their own way is hard for perfectionist personality types, but it's essential if you are going to last the parenting journey. Surprisingly, both guilt and perfectionism ensure that many mums keep their children dependent upon them.

Diarise and check

One way to ease the mental load is to lessen the number of mental notes and details that you carry around. Set up recurring electronic calendar entries for routine tasks and check regularly. This way you have less to remember and a place to find what you need, which is more efficient and mum-friendly way of being organised.

Lower the bar

Many mothers confess that they constantly feel guilt if they don't put their children first. That's a heavy burden to carry. If anxiety is a constant companion, it's essential to lower the bar on your self-expectations. Unfulfilled expectations are proven stressors for mothers so take away tasks, rather than add to your mother load.

In closing

There's little doubt that many mothers carry an overwhelming mental load that adds to their anxiety and stress. I'm not suggesting that you abandon your job entirely but rather to look for ways to make the mental load you carry a little lighter. In doing so, life will become easier to manage. As with all behavioural change its easiest to start small. But whatever you do, if you're straining under the mother load make a start at releasing and sharing the load.

Parents can learn more about minimising anxiety as a mum in Dr. Jodi Richardson's book *Anxious Mums: How mums can turn their anxiety into strength* published by Penguin Random House.



Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit www.drjodirichardson.com.au