

Carramar Chit Chat

Respectful Responsible Learner Safe

11th May 2021

Issue 6



 **Attendance Matters** Every student. Every day.

Dear families

Thank you to the school community for your ongoing support and working together to ensure the safety of all. Restrictions were eased from 12.01am Saturday 8th May and some transitional restrictions will remain in place until 12.01am Saturday 15th May. We will continue to follow the Departments Operating Guidelines and public health advice: Healthywa.wa.gov.au or wa.gov.au. It is wonderful that our assemblies are back as they were in Term 1. Whilst support in classrooms is governed by social distancing requirements, we will continue to explore opportunities for our parents to be engaged in your child's learning.

OUR DAY

It is most pleasing to see happy smiling faces at the gate, arriving and departing school in a calm and respectful manner. Thank you to all families for your support and encouragement of our students to demonstrate our expectations before and after school. It is also pleasing to see so many children in class and ready to start the day on time.

STRUCTURE OF THE SCHOOL DAY

MORNING	AFTERNOON
8.30am: Gates Open	12.30pm: Lunch
8.40am: First teaching session begins	1.10pm: Final teaching session
8.50am: Gates close	2.30pm: Gates Open
Crunch & Sip	2.45pm: Children depart with parents
10.30am: Morning Recess	2.50pm: Children depart on bikes/foot
10.50am: Second teaching session	3.00pm: Gates Close

ASSESSMENT WEEK

The school may seem a little quieter this week as many of our students will be engaged in assessments.

Our Year 3 and 5 students will be undertaking the nationwide NAPLAN assessments, in the areas of Maths, Reading, Writing, Spelling, Grammar and Punctuation. All assessments will be online, except for Year 3 Writing.

Our Year 2, 4 and 6 students will also be involved in assessments in the areas of Reading and Maths. Thank you to Ms Delcario for her coordination of all these assessments. As with all our assessments, the results add to our information on the effectiveness of our teaching and learning practices, and inform how we are tracking against our targets. We know the children will do the best they can – that is all we ask.

REPORTS

A reminder that we will once again be using **Connect** to deliver **Semester 1 Reports for Kindergarten to Year 6**.

If you are having difficulties with your Connect access, please contact the school. Semester 1 reports will be sent out in the final week of term.

CANTEEN

We say a very big thank you to Sharon Green for all the wonderful work she has done in getting our canteen to be as successful as it currently is. Tasty Tukka has certainly filled many hungry tummies over the past 5 years. At the end of this term, Sharon will take a break from feeding happy Carramar children. She is not sure what her next adventure will be. We are very grateful for all that you have done over the years Sharon, and wish you all the best, whatever you choose. Thank you to Jen, who has kindly agreed to stay on and keep us well fed.



Maree James

Maree James – Principal

Building Today for Tomorrow

 9405 0600 |  carramar.ps@education.wa.edu.au |  www.carramarps.wa.edu.au

MERIT CERTIFICATES

- Year 1** Arhaan, April, Braxton, Richa, Jax, Mackenzie, Louise
- Year 2** Saxon, Steven-James, Caitlin, Emma, Hudson, Emma
- Year 3** Braxton, Matilda, Jenna, Harlie, Amelia, Lukas, Rafferty, Jensen
- Year 4** Zoe, Asha, Sky, Tyler, Freya, Ethan, Arlea, Ross, Makenzie, Elliott
- Year 5** Teanna, Reuben, Elliott, Michael, Ashlee, Reza, Shreya
- Year 6** Grace, Evan, Amy, Louie, William, Sophie



Congratulations Mr Malatios for placing 3rd in his age group (40-44) at the Busselton Half Marathon Ironman event over the weekend.



Building Today for Tomorrow



Early Childhood Chatter

Message from Deb Parker (Deputy Principal - Early Childhood)

Hello everyone,

Our **Carramar School Playgroup** commenced last week. It was wonderful to see all the pre-kindy children on site, engaging in the different activities that our parent volunteers had organised for them. If you have a child attending this school in the future and you would like to bring him/her to our playgroup, you will need to book your spot as follows:

- Follow the ticketing Link: <https://www.eventbrite.com.au/e/carramar-primary-school-playgroup-tickets-146550369099>, or alternatively, go onto Eventbrite and search Carramar Primary School
- Facebook link: <https://www.facebook.com/groups/1285957411472597/>
- Reserve a free ticket for yourself as well as any child(ren) coming to the playgroup (non-walking babies/ babies in a pram DO NOT require a ticket)
- Please note, all ticket sales will close the Friday before the playgroup, this will allow time for us to cater for any crafts/activities being put on for the following Monday's playgroup session

Research shows that attending **playgroups** benefit both children and their parents. The regular groups support children's social development, ease the transition to school, and improve overall health, while also providing social and health support to parents, knowledge sharing, and learning opportunities.



Loose Parts Play – I am on the lookout for any old toy cars or disused items that we can add to our loose parts collection. Please contact me at the school if you have any items that you think might be suitable.

Supporting Literacy Development

Sharing books with your child is an enjoyable way to engage your child in the world of 'sounds and letters'. Book sharing is a fantastic way to promote both language and literacy development. Use book sharing to draw your child's attention to the sounds and the letters in words:

- *"This is the letter 's'."*
- *"It shows the ssssss sound."*
- *"S is the sound in Sam."*
- Point to letters and words as you are talking.
- Initially, only focus on one or two sounds. Check which sounds your child is learning with the teacher.
- **IMPORTANT:** Remember to be clear about the difference between '**sounds**' and '**letters**'. We hear and say '**sounds**'. We see and write '**letters**'. Try to keep the focus on sounds. (*"What sound can you hear at the start of the word 'bike'?"*) NOT (*"What letter can you hear at the start of the word 'bike'?"*)

Help your child at home by regular book sharing, practising the sounds in words whilst in the car or shopping and singing nursery rhymes and songs.



Building Today for Tomorrow

P&C News



P&C Chat

Term Two started off with Colourthon donations. WOW! Carramar Primary School reached its highest gross fundraising amount for a Lapathon or Colourthon ever! Well done to those who participated, helped, organised and raised money for this event. A WHOPPING \$18 000 gross total was raised with a net amount of approximately \$15 800. This money has paid for a years subscription to Reading Eggs for each student. It will also pay for half of next year's subscription to Mathletics for each student. The donations from our Carramar families have paid to fill the garden bed by room 16. The P&C have contributed \$5000 to keep the cost of School Swimming lessons more affordable.

At the most recent P&C meeting, held on the 4th May, it was discussed that we would love to contribute to new playground equipment within the school grounds. Research is underway and we endeavour to keep the parents updated with ideas and progress. We are working with the school and Sports Staff to ensure the possible equipment can be used during sports programmes. We encourage and invite parents to help with suggestions as to how they would like to see the P&C support the school. If you have any ideas, please let us know. There is a Suggestion Box in the office as well as the P&C Facebook page. We love feedback and encourage all ideas. Also, P&C meetings are another way to bring forward suggestions and ideas.

Mothers Day stall was another smashing success this term. The children had a wonderful time choosing perfect gifts for their mothers, carers or Grandmothers. The feedback we have received has been so positive and seeing the smiles on the children's faces was truly amazing. The P&C do not run the Mothers' or Fathers' Day stalls as a fundraiser. The aim is to provide a thoughtful gift for the children to purchase.

Coming up this Term:

Carramar Primary School has signed up to Wonder Recycling Rewards For Schools. Start saving your bread tags and bread bags to be sent into school. The incentive is that these bags and tags will be used to make sports equipment for schools. All bags and all tags are accepted. Carramar PS have also got an account for Containers for Change if you would like to donate your money from your recycled bottles/cans please use the code in the picture below when you can to the drop off centres.

School Sports Star Disco is coming up. Friday 18th June (week 9). Come dressed as your Sports Hero. Money raised will be used to purchase new sports equipment for the school.

Next P&C Meeting: Thursday 10th June at 9am in the staff room

Thank you to those parents who have offered their time and suggestions. If you are interested in helping the P&C, please get in touch. The Facebook page is a great platform, otherwise you can place a note in the suggestion box located in the Front Office. If you wish to be kept abreast of initiatives or discussions taking place during the P&C meetings, the minutes are recorded on the School Website.

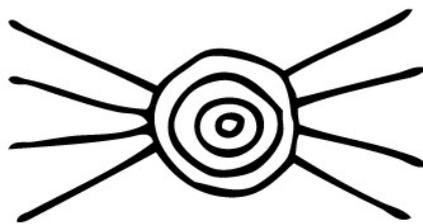


Building Today for Tomorrow

MEETING CIRCLE

CITY OF WANNEROO STUDENT LEADERSHIP PROJECT

Those of us who come through the basketball court gate will have been watching the progress of the wonderful artwork on the Meeting Circle. This is part of the City of Wanneroo Student Leadership Project which commenced last year. Our Year 1-6 students have been involved in the designs as part of their Visual Art lessons and many students have participated in the careful painting. They have all found out that painting concrete is quite tricky. A HUGE thank you to Mrs Dobbs for the hours and hours of work she has put in before and after school as well. I am sure you will agree, it looks fantastic and will be a wonderful feature of our grounds.



MEETING PLACE

Building Today for Tomorrow



LOOKING AT OUR LEADERS



Callum Dale

Hi my name is Callum and I am head boy of this school. I am 11 but turn 12 in July. My hobbies are building Lego, gaming and music. I play the guitar in the SIMS program at school and the drums at home. I do Taekwondo (martial arts) for sport and I recently joined the Olympic style version which is really fun. I have had glasses since I was three because I have a lazy eye and I sometimes see double!



Riddhi Chopra

My name is Riddhi Chopra and I feel honoured to be given the opportunity to be head girl for 2021. I was born in Ireland but I am Indian. I am 11 years old and it is currently my 8th year attending Carramar Primary. I hope to become a Cardiac Surgeon or I would like to pursue a career in cyber security. Out of School, I am engaged in swimming and soccer. I also enjoy playing clarinet and drawing. I consider myself thoughtful, dedicated, ambitious and creative. My goal is to travel the world. One of the things, I strongly believe in are "if you want change, you have to be the change." In my spare time I enjoy challenging my mum and dad in a card game or chess.



Max Dean

Hi my name is Max Dean and I am a Faction Leader for Alkira. I am nearly 11 years old and live in Tapping with my mum, dad and big brother Harry who is 15 years old. My best friends are Harry, Lewis and Oliver who are all in my class. My hobbies are karate and swimming. I've been swimming since I was 2 years old and I'm now in squads. I've been doing karate since I was 5 years old and I'm an orange belt. I also like Triathlon in and outside school. My main interest is space and the weather and I'm always googling and reading about both. I would like to work for SPACE-X when I'm older but I'm colour-blind so sadly won't be able to be an astronaut. I'd like to be either an engineer or a scientist. I love going on holidays and like theme parks and skiing holidays the best. I hope I can go on a holiday soon!!



India Spencer

Hello my name is India and I have the role of a Faction leader in the school. I am a leader for Alkira and I'm really happy I got this opportunity. Some of my hobbies are art and football. I like art because I can be creative and have fun making things. I play football outside of school and I like it because I can have fun with my friends, keep fit and I enjoy competing against other team's.



Building Today for Tomorrow

CHAPLAIN'S

O R D E R

SCREEN-FREE FUN!

screen- free BINGO



READ A BOOK	MAKE A CARD FOR A FRIEND OR FAMILY MEMBER	STRETCH	STICK YOUR HEAD OUT THE WINDOW	DO SOME YOGA
WRITE A LETTER	FIND A COOL ROCK, STICK OR SHELL	PLAY HIDE & SEEK	TELL, DRAW, OR WRITE A STORY	PLAY A BOARD GAME
LAUGH SO HARD YOUR BELLY HURTS	CREATE AN OBSTACLE COURSE	FREE SPACE	TELL SOMEONE THAT YOU WENT SCREEN-FREE	PLAY PRETEND
BUILD SOMETHING TALLER THAN YOU	MAKE YOUR OWN GAME	TRY A NEW FOOD	HAVE A DANCE PARTY	DISCOVER A NEW CORNER OF THE HOUSE OR YARD
BUILD A FORT (inside or out)	COOK TOGETHER	FIND A BUG	LAY ON THE FLOOR OR GROUND	PAINT OR DRAW

RULES

Mark off each space as you do these activities. Get "BINGO" when you complete 5 across, down, or diagonal! Need a challenge? Try to mark off the whole board!

FIND MORE SCREEN-FREE FUN AND RESOURCES AT
WWW.SCREENFREE.ORG/RESOURCES



Building Today for Tomorrow

Parenting for emotionally healthy kids



Most people steer clear from using destructive, toxic parenting strategies for fear of raising dysfunctional, emotionally unhealthy adults. Living vicariously through your kids or using fear to gain obedience are the types of strategies most parents avoid. So, what behaviours can parents practise that will help their kids function well, relate well to others and reach emotional maturity in adulthood? These behaviours will help your lay the foundation for your child to become an emotionally healthy adult.

Helping kids tolerate discomfort

While you don't need to expose kids to pain just for the purpose of toughening them up, you don't need to shield them from discomfort. Missing being picked for a team, a friend moving away and sitting a test that makes them nervous are the types of situations that reflect real adult-life. Providing children and young people with exposure to such experiences and giving them coping strategies such as positive distraction builds their resilience, which is essential for success and good mental acuity.

Validating their feelings

Telling kids to stop worrying or stop crying sends a message that emotions are bad. It teaches them to hide their emotions or fight their feelings. Similarly applying the terms 'good' or 'bad' to emotions sends a message that some emotions are not acceptable. The use of terms 'pleasant' and 'unpleasant' when discussing emotions is non-judgemental and shows your acceptance of all feelings. Let kids know through your language and behaviour that all emotions are a natural part of life, and that they provide important information to help them navigate their world. "Ahh! I see you feel upset about this" is the type of statement kids want to hear particularly when feelings are negative.

Letting kids live their own life

Parents have unrealised dreams as well as unhealed emotional scars. It can be tempting to put your own emotions onto your child or steer them away from areas of life that caused you pain. This practice places enormous pressure on children and restricts them from developing their own sense of self that comes from making your own life choices and living with the consequences. Kids require a certain amount of emotional space to develop their own interests and strengths that may be at odds with your expectations, which can be challenging when parenting small families.

Being emotionally available

One of the most difficult and time-consuming aspects of parenting is sharing a child or young person's emotional burdens. Supporting a child who is sad, or helping a young person manage disappointment is draining emotional labour, requiring your full attention. Supporting, coaching and coaxing kids when they are down is when parents do some of their most important work.

In closing

Raising children and young people to reach emotional maturity is an often (unintentionally) neglected part of parenting. By paying attention to their emotions and responding positively rather than shutting them down when their emotions get the better of them you will help lay the foundation to live healthy, balanced lives.



Building Today for Tomorrow