

# Carramar Chit Chat

Respectful Responsible Learner Safe

7th September 2021

Issue 13



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

Dear families

What a very busy fortnight we have had. Thank you to all parents involved in helping out with the various events that have been happening around the school. We are very fortunate to have such a dedicated and supportive community.

## **PIZZAS & PAPER PLANES**

A very big thank you to Ryan Graham and his band of helpers for the fantastic Pizzas and Paper Planes event for all our Dads last Friday evening, in the lead up to Father's Day. It was a fantastic evening and judging by the paper planes still being found in various locations around the school, a lot of fun was had. I hope all our dads, granddads, pops, grandpas and special father figures had a wonderful day in that beautiful weather on Sunday.

## **SPORTING EVENTS**

Congratulations to all students for their wonderful sportsmanship and support of each other during Faction Carnival week. There were some outstanding individual and team performances. Please see results and individual champion information elsewhere in the newsletter.

Thanks again to Mr Malatios and Mrs Pearce for their coordination, all staff, and Faction Leaders for their preparation prior to the carnival and on the day, and to our P & C who provided the yummy sausage sizzle lunches and some very welcomed snacks throughout the day.

Interschool events will commence tomorrow, with Jumps and Throws at Carramar and Track & Team Events at Wanneroo Primary on Friday. We wish all students involved all the best and know they will represent Carramar Primary with pride. Thanks in advance to all parents who have offered to assist.

## **BOOK WEEK & BOOK FAIR**

We saw a wonderful array of literary characters to celebrate the culmination of Book Week! Thank you to all our parents for your creative talents, in preparing our students as these characters, and to staff for dressing up and being part of the fun. In amongst everything else that was happening, our Library Officer, Tammy Gordon, did a great job coordinating the Book Fair. We are very grateful to everyone who supported this annual event with generous purchases. Many of the students' wish-lists were fulfilled.

## **CYBER SAFETY**

Thank you to all parents who were able to attend this morning's very informative session. If you didn't make, please try to get along to the one that is happening this evening 6.00-8.30pm. The content is very current and extremely helpful in informing us, as parents in supporting the digital wellbeing of our children. Thank you to our P & C for assisting with the funding for this very important event.

## **NAPLAN**

The NAPLAN results for individual Year 3 and Year 5 students who took part in the assessments have arrived and will be sent home at the end of the term. Please consider your child's results and feel free to contact their teacher if you have any queries. Together with other school assessment data, these results will assist with future school planning to support our students in striving to reach their potential.

## **END of TERM EVENTS: T9 & T12 ASSEMBLY, ITALIAN DAY & SPORTS EXTRAVAGANZA**

The children of T9 and T12 are very much looking forward to their assembly on Friday 17<sup>th</sup> September, which is also our Italian Day. All Year 1-6 students are enthusiastically mastering their Italian pronunciation skills in ordering gelato. Thank you to Signorina D'Onofrio for coordinating the events of the day. Thank you for marking Sunday 19<sup>th</sup> September on your calendars for our Sports Extravaganza. Our P & C have worked hard organising what I am sure will be a very exciting and successful fundraiser.



Have a wonderful fortnight everyone.  
Mrs James  
Principal

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## Merit Certificates

**Year 1**– Edris, Poppie, Ariaah, Savanna, Ella, Max, Peidyn, Jaxon

**Year 2**– Siena, Summer, Cai, Alyssa, Nate, Jack, Rubie, Kenny, William

**Year 3**– Jayden, Indi, Tegan, Tyson, Leo, Ronnie, Mahalia, Eddie

**Year 4**– Blake, Millie, Tyla, Brayden, Finley, Isabel, Neve, Don, Maira, Indianna, Isabelle, Dieter, Lucas, Alexis

**Year 5**– Devyn, Leah, Ryan, Isaac, Dean, Cian, Tobias, Kate, Edwin

**Year 6**– Clark, Emily, Kayla, Chloe, John, Elyzah, Blake, Cianna



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# P&C News



## P&C Chat

What a busy term, Term 3 has been so far! The Carramar Primary School Faction Carnival was on the 25th of August. The P&C hosted their famous Sausage Sizzle and Cake Stall. Those who helped set up, cook, pack students lunches, serve at the stall and pack down in the afternoon, we thank you! Events like this can't go ahead without many volunteers and we are so lucky to have a strong team working behind the scenes to make it all run smoothly.

We would like to thank all of those amazing bakers in our school community for donating so many delicious cakes, cookies, fruit salads, slices, scrolls and many, many more delights! We are always blown away with the generosity of the Carramar parents. Each gifted treat helps us to continue to raise money for the school and we are so grateful! We would also like to take the time to thank the parents, grandparents and other family members for purchasing from the stall. Thank you for supporting Carramar P&C.

**The Fathers Day stall** was another incredible success. The students chose from some beautiful gifts and we hope there were some very happy Dads and Father Figures on Sunday morning. The amazing volunteers noticed how polite and well mannered the students were. Thank you to those brave women who faced the weather to set up and sell, and thank you for helping the students find their perfect gifts.

**The P&C SPORTS EXTRAVAGANZA** will be held on **Sunday the 19th September** from 12.30pm-4pm. This is a community event that will showcase our local sporting teams and clubs. It will be an exciting day and will include demonstrations, sign ups, trials, games, prizes and much, much more. There will be coffee, croissants, slushies, ice creams and burgers available. Please come down and support your P&C as well as learning about what sporting clubs and teams are available in our community.

Thank you

**Carramar P&C  
Community event  
Sports  
Extravaganza  
2021**

19th September  
Carramar PS  
12:30pm - 4pm



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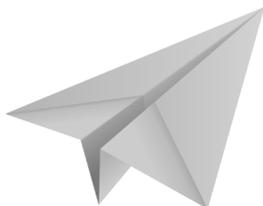
# DADS OF CARRAMAR



The Dads of Carramar held their first event.

Over 200 Dads, Father Figures, Grandparents and children came along to participate in the Paper Planes and Pizza night, Friday 3rd September. With 75 pizzas, mountains of garlic bread and a lot of paper, there were some very happy aeronautical engineers.

Thank you to all of the Mums, Dads and their kids who helped to set up and pack down. A massive thank you to the Carramar P&C for supporting the Dads event.



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# MasterChef

Carramar





## Year 6 MasterChef

This term year 6 had our MasterChef Cook-off, preparing 2 courses considering low fat, low sugar and/or low salt. We had to plan a timeline, ingredients, equipment list and a table theme. It was a stressful event on the cooking day and we had to have coordination skills to work with our team. We had to finish in the 80 minutes given to cook, prepare the table and clean up. It was a very exciting but intense experience. It was an amazing opportunity to work in a group and create some exceptional food.

Zara Downs



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# SPORTS CARNIVAL



## CHAMPION GIRLS

<b>Year 3</b>	Mini	Champion
	Layla	Runner Up
	Tegan	Runner Up
<b>Year 4</b>	Ellie	Champion
	Indianna	Runner Up
<b>Year 5</b>	Emma	Champion
	Maddison	Runner Up
<b>Year 6</b>	Alexis	Champion
	Emilia	Runner Up



**BINDA**— 1324

**KANEKY**—1209

**KAMU**— 1132

**ALKIRA**—1114

## CHAMPION BOYS

<b>Year 3</b>	Lundy	Champion
	Lukas	Runner Up
<b>Year 4</b>	Lucas	Champion
	James	Runner Up
<b>Year 5</b>	Aaron	Champion
	Dean	Runner Up
<b>Year 6</b>	Zaine	Champion
	Leo	Runner Up
	Caiden	Runner Up

## Ciao Carramar!

On Friday 17th September we are holding a 'Festa Italiana', celebrating learning Italian at Carramar.

### Gelato!

Students from Year 1-6 will have the opportunity to order gelato in Italian, which they have learned in class and are encouraged to practise at home.

The **cost for each child is \$4.00** with 2 flavours to choose from.

The gelato is 'nut-free', but may contain traces of nuts. Sorbet is dairy-free.

### Dress up Italian-style

Year 1-6 students are invited to dress up in Italian colours; red, white and green, or as someone or something Italian.

### Tasty Italian Tukka

Tasty Tukka Canteen will be selling some tasty Italian food on this day.

The canteen staff are keen to practise their Italiano and can't wait to hear 'grazie-thank you'.

### Buona Festa Italiana!

From Signorina D'Onofrio



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# BOOK WEEK AT CARRAMAR



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NOTICE - ALLERGY - Please ensure all food is nut free

EXCURSION INCURSION

**Monday 27 September**

**PUBLIC HOLIDAY**

SERVICE CLOSED



**Monday 04 October**

**SKATE, BIKE 'N' ROLL**

IN-SERVICE

Grab your wheels and come along for a day of rolling fun. Helmets and safety gear must be worn, no equipment can be shared.



**Tuesday 28 September**

EX + \$37.00

**SPRING HAS SPRUNG**

EXCURSION - LOLLIPOPS PLAYLAND & CAFE BUTLER

Climb, crawl and navigate your way through this amazing indoor playground, along with driving mechanical cars and climbing up the harnessed rock wall. Just the way to work up an appetite for a meal of nuggets, chips and pop top.

Arrive by 8.30am



**Tuesday 05 October**

IN + \$15.00

**MYSTICAL MAGIC**

INCURSION - MAGIC SHOW AND BALLOON TWISTING

Enjoy a magic show full of bright, colourful effects, followed by a balloon twisting workshop.



**Wednesday 29 September**

IN + \$19.00

**ADVENTURES IN SHERWOOD FOREST**

INCURSION - ARCHERY KIDS WITH FITKIDS

We will bring out your inner Robin Hood as you learn the basics of archery. There will be target shooting, competitions, several challenges and let's not forget the best part just plain fun!



**Wednesday 06 October**

**CRAZY CONSTRUCTION**

IN-SERVICE

There is so much more to construction than just building. Design, build and sculpt your day away! What will come of your designs?



**Thursday 30 September**

EX + \$37.00

**ANIMAL CRACKERS**

EXCURSION - CAVERSHAM WILDLIFE PARK

Spend the day at one of Perth's most exciting tourist attractions, showcasing the largest private collection of native wildlife in Western Australia.

Arrive by 8.30am



**Thursday 07 October**

**PYJAMA PARTY**

IN-SERVICE

Come dressed in your Onesie or Pyjamas today for a jam packed day full of party games!

Come along in your favourite pyjamas for a relaxing day!



**Friday 01 October**

**SPORT AND MOVEMENT**

IN-SERVICE

Put your flexibility and physical skills to the test in an interactive and challenging day of sports and movement activities.



**Friday 08 October**

EX + \$37.00

**JUMPING JOLLY JOY**

EXCURSION - INFLATABLE WORLD JOONDALUP

Wear your comfortable clothes today as we head to Inflatible World to bounce, climb and navigate your way through the inflatable obstacles today!

Arrive by 8.30am



Mon - Fri 6:30am - 6:00pm  
Carramar Primary School - 0422 256 119  
71 Houghton Drive Carramar WA 6031

Daily price: \$67.90 | Excursions and incursions are an additional cost to the daily fee and are charged for each child that attends whether they choose to participate or not.

Book now at [oshclub.com.au](http://oshclub.com.au) | be quick as places are limited

Customer Service 1300 395 735



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Junior Adventures Group continues to pioneer the OSHC sector, building stronger communities and brighter futures for more than 70,000 children, 50,000 families and more than 450 schools across Australia.



#### Our Values

- Considerate - Be there for others
- Passionate - Bring energy and determination
- Courageous - Challenge ourselves

The values we share guide our behaviour as we work towards our vision to **build brighter futures together.**

#### What we offer

- A healthy, safe, respectful and engaging environment
- Caring, enthusiastic, fun and friendly team
- New and popular excursions, incursions and theme days
- Stimulating experiences tailored to children's interests, abilities and current trends
- OSHClub endeavour to link each fun experience to key learning outcomes



#### We are a child safe organisation



#### What Does My Child Bring?

Please bring morning and afternoon tea, lunch and a refillable drink bottle. Make sure you don't bring any food that needs to be heated or cooked, and remember not to bring anything containing nuts. Don't forget your hat, sunscreen and comfortable clothes



#### Healthy Eating

OSHClub follows the Australian dietary guidelines which can be found at <https://www.eatforhealth.gov.au>

#### Activity Changes

If an excursion or incursion (due to unforeseen circumstances) is cancelled, the activity will either be postponed or an alternative activity of equal value will be provided where possible.



#### Before making your booking & cancellations

All children must be enrolled with OSHClub prior to booking via [oshclub.com.au](http://oshclub.com.au). Bookings made within 5 days for a Vacation Care session will incur an extra charge of \$4.00 per day per child. 7 days notice is required for cancellation of a Vacation Care booking to ensure you will not incur out of pocket costs. Please note that bookings cannot be made online within 5 days of the session commencing. In order to book within this period, you will need to contact the service directly, the Customer Service and Billing Team on 1300 395 735 or by emailing [oshaccounts@junioradventuresgroup.com.au](mailto:oshaccounts@junioradventuresgroup.com.au)

#### Child care subsidy

Our services are registered with Centrelink, so you will be able to claim Child Care Subsidy on your fees. For further information please visit [www.education.gov.au/childcare-FAQ](http://www.education.gov.au/childcare-FAQ)

#### Children with additional needs

We support all children including children with additional needs. If you would like to provide additional information about your child and his/her needs or require inclusion support funding, please contact us 6 weeks prior to program commencement on 0422 256 119 for staffing purposes.

Book now at [oshclub.com.au](http://oshclub.com.au) | be quick as places are limited

Customer Service 1300 395 735



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☎ 9405 0600 | ✉ [carramar.ps@education.wa.edu.au](mailto:carramar.ps@education.wa.edu.au) | 🌐 [www.carramarps.wa.edu.au](http://www.carramarps.wa.edu.au)

## INSIGHTS

### In praise of fathers: the place of the modern dad



Fatherhood has been transformed from the breadwinner and disciplinarian role of the past to a far more complex framework. Here's how:

#### Diversity rules

A look at different cultures even within our shores shows there's no one 'right way' to be a dad. Fathers have a strong biological urge to ensure their children's survival, which drives dads to be protective, some to have high expectations and others to promote self-sufficiency. Fathers may differ in how they parent, but ultimately, we all belong to the same valued club. Fathers almost universally want what's best for their child.

#### Recognising dads

Being a dad is not given the same attention as motherhood. The parenting advice industry is often skewed toward mothers as the direct or primary carers. The lack of recognition can also at times be seen in the mental health field. It's now recognised that men experience heightened anxiety at all stages of fatherhood, however, most simply suffer in silence because 'that's what men do.' The recent advances in mental health promotion still have some way to go when it comes to fathers.

#### Playtime is crucial

Fathers have long been seen as the kings of play. Science now shows that play is a critical part of the fathering toolkit. Whether it's engaging in rough and tumble play with toddlers, sharing pizza night with primary-school kids or laughing with teens over the latest cat video, dads bond best with their children through play. Oxytocin, the bonding chemical that promotes strong relationships is released most intensely for men when playing with kids. On the other hand, oxytocin spikes for women are prompted by affectionate activities such as stroking, cuddling and talking softly to kids. Activity is at the heart of effective fathering as it's through play that many men do their best fathering work.

#### Part of team parent

'I wish my partner raised children like me' is a common parent comment. While usually uttered out of sheer frustration this comment misses the point that evolution dislikes duplication. Put simply, if one parent is the disciplinarian the family doesn't need another. Better for the other parent to focus on nurturing, teaching or arranging daily timetables. In busy families it's better to ensure all the parenting bases are covered rather than duplicating roles and leaving out important functions. Working together as one part of a team will ensure that most of the needs of a child are met. Alternatively, if you are parenting a child on your own stay connected with other families and reach out for assistance when required.



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# parenting \* ideas

## The school of dad

Traditionally, fathers have been heavily linked with children's learning, but not necessarily of an academic kind. The reinforcement of values, real-world problem-solving and teaching for self-sufficiency have been the usual domain of dads. Recent studies show that dads can also positively impact their children's academic achievement, but in different ways to mothers. While mothers are more likely to be involved in at home learning activities such as hearing children read and supervising homework, fathers are more likely to positively impact their children's attitude to learning. According to American educational researcher William Jeynes, dads focus more (than mothers) on moulding and modelling correct mindsets and behaviours, which provide the foundation upon which children and teens can build their academic journeys. It's this bigger picture focus where fathers can do their best work, particularly changing boys' attitudes to women and giving their daughters the confidence to stand up and be heard.

## Dads and kids' development

If a father wants to positively influence children and teenagers, it's important to ensure that their relationship is warm and supportive. While this may be at odds with men's natural tendency to push children's developmental boundaries, fathers should lean on their well defined ability to relate to their kids through play. As Australian educational leader Dr. Tim Hawkes noted in his book *"Ten conversations you should have with your son"* dads who engage in banter and fun are better placed to discuss issues of real substance with their children.

## Dads and resilience

Fathers who promote children's self-sufficiency are well placed to develop resilience in their children. In fact, a key role for modern fathers is to ensure, as part of team parent, that their children can confront and overcome the hardships, frustrations and difficulties that life throws at them. This is done less by adopting tough, hard-nosed tactics, and instead allowing kids to take physical and emotional risks in the knowledge that they can return to a warm and secure base.

## Dad is a social role

With children growing up in step, adoptive, single parent and same sex families fatherhood has become less a biological and more a social role. As society changes and assisted parenting techniques continue to advance, whoever answers to father takes on importance in a child's life. This is not denying the rights of a biological father, but rather acknowledges that for many children the person who shows up whether stepfather, relative or family friend, or even a single parent doing both roles, is the social father for a child.

## In closing

As society changes the role of fathers is also shifting as well. While the place of a father in a child's life has always been important, there's never been a greater need for fathers to be supported in their role and to widen our view of what it is to be a dad.



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