

Carramar Chit Chat

Respectful Responsible Learner Safe



2nd November 2021

Issue 16



Attendance Matters Every student. Every day.

Dear families

Thank you to everyone for your many messages of thanks to our very hard working and dedicated staff on **World Teachers' Day** last Friday. Thanks also to Simone and Louise, representing our P & C, for their heartfelt words of thanks and for arranging the scrumptious morning tea that was provided from our very generous community. It was very much appreciated by all. Please remember that you, our parents and carers, are our children's lifelong teachers, and we say thanks to you too for the vital job you do every day.

Congratulations to all students for their excellent participation in our **Evacuation Drill** on Friday. Having the whole school, with students from Kindergarten –Year 6, as well as our preservice teachers and visitors who were on site at the time, in place within **6 minutes** was outstanding!

Last week we were reminded of the many talents of our students and the wonderful learning opportunities they are provided with at Carramar Primary.

1. On Monday Our **Jump Jam** teams presented their showcase for this year's competition. All teams presented very polished performances and I have no doubt all parents who were able to attend were very proud. Thanks again to Mrs Pearce for all her hard work in preparing these teams; Mrs Camm, Mrs Wilson and Ms Chandler for their support, as well as Mrs Norcliffe for her support and assistance with the costumes along with Ms Lindau, Mrs Graham and all the parents who assisted with training and preparing the children for the final presentation. Recorded performances have been sent to the judges and we hope to have the results by the end of this week.
2. On Friday our **IMMS** students performed at our Faction Friday Assembly: **Giving Back** their learning to all their peers, by demonstrating their talents on various instruments; guitars – acoustic and electric, flutes, clarinets, trumpets, xylophones and drums. Many hours of practice go into mastering a musical instruments and all students should be very proud of what they have achieved. Thank you to Mrs Malinovic for coordinating these students with their instrumental tuition. Some of our students are already involved in the bands of their future high school - well done to you all
3. Also **Giving Back** their learning were two of our **Young Einstein** students: Sofia (Yr 6) and Hunter (Yr 3) They presented the project each of them had been working on from the Young Einstein program which Mr Brits has been coordinating. Hunter shared how various engines work and Sofia shared how Ryan's World became very wealthy through the development of various internet programs. Their peers were very impressed with extent of research that both Sofia and Hunter had done along with their use of technology. Well done!

Thank you to all parents who have advised us **Where your children will be in 2022**. If you have not done so as yet, I urge you to do so as this information is vital in assisting with planning. As you know all students at Carramar Primary have access to quality education from our committed and professional staff. All staff are involved in the process of **Class Placements** and classes are very carefully created with due thought given to the placement of EVERY child. Many considerations including: learning styles, academic strengths, social and emotional factors, gender balance, learning support requirements, and friendships are taken into account. Whilst specific information provided by parents will be considered, it is not appropriate for parents to request specific teachers. If you have any information that you wish to be considered, please provide it in writing by **Friday 12th November**.

Let's hope it is a beautiful day this Thursday as all students will be "loving the outdoors" when they participate in various activities to celebrate **Outdoor Classroom Day**. Best of luck to our Year 4- 6 team of triathletes competing at the **School Sport WA Triathlon** on Friday. They have put in many hours of dedicated training before school, both on the oval and at the pool with their swimming, cycling and running. Thank you to Mr Malatios for all his hard work in preparing them and to all parents who have supported their children and have offered to assist on the day. Go well all!

Have a wonderful fortnight everyone.



Maree James

Maree James
Principal

Building Today for Tomorrow



Early Childhood Chatter

Message from Deb Parker (Deputy Principal - Early Childhood)

Hello everyone,

The children love the new water tank which has reinvigorated the use of the mud kitchen in the early childhood playground. As we all know, the power of play should never be underestimated.

Just take a look at the photos below.



Keep Talking!

This week, I would like to talk further on the topic of early literacy, particularly the development of a rich vocabulary. If a child does not have strong oral language skills and vocabulary, he or she will struggle to learn as they grow older. Words are used to understand important concepts and the more words a child knows, the more information a child has access to.

So, what can you do to assist your child?

Most language is learned when children are engaged in conversation. The richer the language that children hear daily, the more developed their own language will be. It's not just about *how much* you say, but also about *what words* you use. Talk to your child about the things that interest them. If you talk about the things that interest your child, it is more likely that your child will pay attention and learn a new word. Children need to hear a word several times before they start to use it. Actions speak louder than words so accompanying your words with actions, gestures or facial expressions will help your child to understand the meaning of the words.

Reading new and interesting books will introduce your child to lots of new words. Describe what you can see in the pictures and look for things that are same and different. Talk with your child about what might happen next or discuss the character's feelings at a particular time in the story. Can you or your child remember something similar happening to you? Tell your child stories orally. Have fun creating new endings to familiar stories. Listen to your child as they tell you a story.

If you are a pre-Kindy parent, then you will have received an invitation to our up-and-coming information sessions. On 24th November, a member of the West Coast Language Development Centre will be talking to parents about early language development. This session proved to be very informative last year and I recommend all new 2022 parents to attend.



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MERIT CERTIFICATES

Year 1 Emily, Daniel, Lucas, Octavius, Mackenzie, Allister, Georgina,
 Year 2 Oliver, Aidan, Caoimhe, Laycee, Jackson, Isabela-Rose
 Year 3 Hayden, Jasper, Owen, Teagan, Noah, Emma, Riley, Aria, Max,
 Tahlia,
 Year 4 Samual, Angelica, Rachael, Emily, Owen, Ruby, Leah,
 Peyton, Gracie, Faith
 Year 5 Thomas, Ethan, Mason, Lincoln, Lucas, Jayden, Alex
 Year 6 Kade, Leo, Indy, Evan, Callum, Noah,



CARRAMAR'S GOT TALENT

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 ☆ **Congratulations to our Winners** ☆
 ☆ **Rubie**— Yr1/2 Category ☆
 ☆ **Jasper Ewurakua**— Yr 3/4 Category ☆
 ☆ **Taysha**— Yr 5/6 Category ☆
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Carramar Super Stars



Well done to our Super Star Carramar students Allister Yr 1 & Emilia Yr 6 on your efforts.



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City of Wanneroo Mayor's Christmas Appeal are collecting donations of toys and non perishable food items. Some examples of food items are Christmas puddings, cakes, biscuits, nuts, crackers, pasta, tinned foods, jams and spreads, tea, coffee, cereals, chocolates, muesli bars, rice. If you would like to donate please do so by Friday 19th November 2021
Thank you for your kind donations.



LOST PROPERTY

Our lost property trolley is overflowing. Can you please come and have a look or send your child to look for any lost items. It will also be out near the undercover area on Friday at assembly so swing past and have a look. If these items do not get collected they will be donated to the uniform shop for their second hand rack.



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CHAPLAIN'S

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My name is Bonnie Rodman and I am so excited to be the Chaplain here at Carramar PS.

A little about myself.

My hobbies include four-wheel driving, camping with my husband and three kids and spending as much time outdoors as possible. I'm so privileged to be a volunteer fire fighter at Wanneroo central bush fire brigade. I love being able to protect and give back to my community in this way. I enjoy going to the gym, playing football (AFL), volleyball and running.

I am passionate about mental health and am always looking for more ways to educate myself in this area.

Football team: **West Coast Eagles**

Favourite Colour: **Pink**

Favourite Food: **Chocolate**

Favourite Drink: **Latte**

I will be at the school every Wednesday and Thursday.



Screen time habits for good eye health



Children and teens are spending an increasing amount of time on digital devices for both learning and leisure. Lockdowns, remote learning, and online learning have resulted in a surge of young people complaining about sore eyes, blurred vision, headaches, red eyes or general eye fatigue.

Research suggests that there has been an increase in myopia (nearsightedness) rates for children and teenagers during the pandemic. Myopia is a vision condition in which someone can see objects near to them clearly, but objects farther away are blurry.

One [study](#) revealed an almost 400% increase in six-year-olds presenting with myopia symptoms during the 2020 lockdown. The phenomenon referred to as 'quarantine myopia'. Experts believe that screen time may be to blame. HCF Health Insurance data shows over 20% more school-aged children had claims entered for glasses or contact lenses in 2020, compared to five years ago.

While it may seem logical to blame these negative impacts solely on screens, there's emerging evidence to suggest that screens alone may not be triggering or causing eye strain or myopia. The pandemic has not only led to an increase in screen time but has also resulted in kids spending more time inside and less time outdoors in natural sunlight. Family history is also a known risk factor for children developing myopia.

Given that kids will need to continue to rely on digital technologies for their learning and leisure, parents, carers and educators need to equip them with the strategies that will support their eye health and reduce the impacts of screen-related eye conditions such as eye strain and myopia. Following are some simple strategies to help keep screenagers' sight healthy and in optimum condition.

Keep an eye on their eyes

Be on the lookout for symptoms such as headaches, blurry vision, squinting, or rubbing eyes, as they may indicate potential eye issues. Take your child to an optometrist if symptoms persist.

Teach them the 20/20/20/20 rule

Every 20 minutes, they should take at least a 20 second break, look into the distance for 20 metres to develop depth of vision, and blink 20 times – because when they stare at a screen their blink rate declines by 66%.



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P&C News



P&C Chat

Term 4 is shaping up to be a fun term. World Teachers Day 29th October was an incredible success. The teachers and Carramar Staff were blown away with the students beautiful, heartfelt notes and amazing spread of food provided by our appreciative parents. Thank you to all who sent notes and food.

We are so excited to run our TWILIGHT MARKET on the 14th November. 3pm-7pm.

Expect fun. Expect Fabulous. Expect Tasty. Expect incredible performances. Expect amazing stalls filled with local produce and exciting products! And of course, expect delicious treats from the Carramar Famous P&C stall. Please remember all profits raised from our events run straight back to our school and children. If you are able to offer some time to volunteer on the evening, please let a P&C member know as we are seeking more volunteers to help out.

We are running a stationary drive for Carramar Primary school. We will be placing bins by the library from the beginning of week 4. We would love you to consider if you could donate some stationary in the lead up to book lists being sent out. We are asking for donations of booklist items only. Unused (new) items, please.

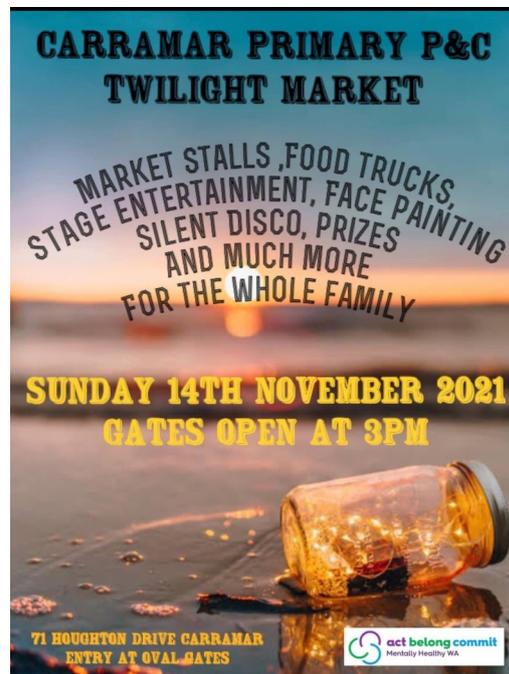
Perhaps you could consider donating the unused stationary that comes home during Term 4. If this is something you feel would work for you and your family, please place items in the bins and we will sort through them.

Please do not worry if the items are labelled. We have a wonderful and dedicated team who will remove labels for you.

If you are purchasing new, please understand that branded items are NOT what we are looking for (eg: smiggle).

To assist with ideas:

- ◆ Coloured Pencils
- ◆ coloured Roll up crayons
- ◆ Coloured Textas
- ◆ Lead Pencils
- ◆ Red marking pencils
- ◆ Glue Sticks
- ◆ Rulers
- ◆ Erasers
- ◆ Artliners
- ◆ Scrap books
- ◆ Lined books
- ◆ Scissors
- ◆ sharpeners



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A HUGE THANK YOU TO EVERYONE AT CARRAMAR PRIMARY SCHOOL



A BIG Thank You to **Yanchep Men's Shed** for the design and construction of the tuff tray stands for the Early Childhood Area.

The children will enjoy and get plenty of use with these for many years to come.



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Year 6 Minister's Visit To Parliament House



Thank you to our Instrumental Students for running our 'Giving Back' Faction Friday Assembly last week.

Our Ensemble performed in front of the Senior Students.

Our Concert Band performed in front of the Junior Students.

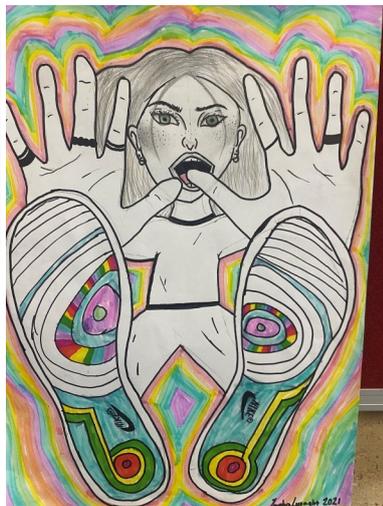


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ARTS

Year 1: mixed media project (Save the bees project) We have looked at why bees are important and what we can do to keep them safe (plant more flowers etc.) This week we drew our bees and next week we will add further details to our mixed media collage.

Year 2: mixed media project (animal eye collage) this project has taken us a few weeks to do and just have to add our eye and nose details to our collage board.



Year 6 Art

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