Carramar Chit Chat

Respectful Responsible Learner Safe

8th February 2022 Issue 1

Attendance Matters Every student. Every day.

Dear Carramar Families

As previously mentioned we have had a very smooth start to the year. Today saw some further changes to our operating procedures as per the recent public health advice. All students and parents are to be commended on the respectful manner in which you have accepted the new requirements. I will continue to keep you updated on any changes. Please see current arrangements on following page.

Parent Information Sessions

It is unfortunate that we have needed to cancel the sessions scheduled for today and tomorrow. Teachers will be providing information via their class CONNECT pages. Please keep a look out for this. Whilst we are not able to offer these sessions in person, we are keen to ensure we remain 'connected' with our parents and work in partnership to support your children's learning. Please do not hesitate to contact your child's teacher, via email or a message through the front office if you have any queries.

Safer Internet Day

Today is **Safer Internet Day**. It is an excellent opportunity for us to raise awareness and share strategies with our children about staying safe on line. "Together for a better internet", asks us to join together to make the internet a safer and better place for all, and especially our children. There is a suite of educational information, resources and activities at
SAFER INTERNET DAY - February 8, 2022 - National Today

Thank you for supporting your children with this.

Student Requirements & Uniforms

Thank you for ensuring your children have all of the items listed in their Students Requirements Lists, as well as Items for Students' Personal Use. Thank you also to all families who have finalised their Contributions Fees and Charges for 2022.

Special thanks to our Uniform Shop coordinator, Andrea Cassar, for the wonderful job she does ensuring our children look great in their school uniforms. We are reviewing current arrangements for the operation of our Uniform Shop and will keep you updated.

Bushfires

Our thoughts are with the communities impacted by the devastating bushfire emergencies in recent days. Many have lost their homes, recreation facilities, farming resources, livestock and in some cases beloved family pets. We are grateful for all the amazing firefighters who do an incredible job on the front line.

I look forward to working with you all throughout 2022 as we navigate our way through the current health crisis, keep everyone safe and continue to progress the education of our children. Thanks again for all your wonderful support.

Maree James
Principal

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SCHOOL OPERATIONS

STRUCTURE OF the SCHOOL DAY

START of DAY

8.30am:	**GATES OPEN**
8.40am:	**LESSONS START** -*Thank you for being prompt. It is vital the children do not miss valuable learning.*
9.00am:	**GATES CLOSED**
10.40-11.00am	**MORNING RECESS**: whole school
12.30-1.10pm:	**LUNCH:** FLIPPED EAT/PLAY
END OF DAY	
2.30pm	**GATES OPEN**
2.50pm	**CHILDREN DISMISSED**
3.00pm	**GATES CLOSED**

CRUNCH & SIP

Crunch & Sip break will occur prior to 10.40am.

Thank you for providing a healthy Crunch & Sip snack for your child/ren.

PARENTS ON SITE

Parents and carers are welcome on school grounds for drop-off and pick-up, but can no longer enter classrooms.

Parents are encouraged to physically distance, avoid gathering together and follow mask wearing requirements. Parents are also encouraged to drop children at the gate to avoid gathering together.

ASSEMBLIES & STAFF COMMUNICATIONS

Faction Friday Assemblies will occur via Teams – all children will remain in their classes
Class Assemblies will be attended ONLY by the year group presenting the assembly.
In line with recent health advice, **parents of the presenting class will not attend**.
The Assembly will be recorded and available for classes to view.
Parents of Merit Certificate Winners will be informed.
Merit Certificate winners will be presented in their classrooms by Admin.
Photos (according to permissions) will be sent out on CONNECT

YEAR 6 CAMP

The camp has been cancelled. We are working to plan alternative activities and will advise Year 6 parents in due course.

CANTEEN

Our Canteen will begin operations TOMORROW: Wednesday, Thursday and Friday.
Orders will be online only - recess and lunch. www.quickcliq.com.au

CHOIR

Choir will commence next week in Cohort groups. Further information will be provided from Mrs Malinovic

UNIFORM SHOP

The uniform shop will operate with online orders only from today.

TECHNOLOGY

At Carramar in 2022 every student from Pre-primary - Year 6 will be doing technology as a specialist subject.

Our Carramar kids will be coding, programming and using technology to design solutions for the future. This week some classes got to drive a Sphero, operated remotely from iPads. Here, Mrs Petrovsky's Year 4's Catarina and Braxton are racing towards the blue ramps!

COW PROJECT TEAM CARRAMAR PRIMARY SCHOOL

Hello! We are the 2022 City of Wanneroo members representing Carramar Primary School. Our names are Reuben, Ruby, Hollie, Lulu, Amy, Lily, Bailey, Shreya, Stella and Rian. We are currently planning the next stage in Koolungas Mia Kaardijin and are excited to be taking on this role. We will be beginning the murals and completing the Bush tucker Garden incorporating our Indigenous culture.

The Carramar CoW Project Team of 2022.

Welcome to all of our new students here at Carramar Primary School

CONNECT

Please ensure you are on Connect as this is our main platform of communication within our school.

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

parenting ideas

INSIGHTS

Helping kids settle back into school

The start of the new school year brings a variety of challenges – from teacher and class changes, through to the transition from holiday mode back into the routine of school. This can make settling back into school difficult for some children and young people, especially after the extended summer break.

Naturally, as a parent you want to help your child settle back into school as seamlessly as possible, but it can often be hard to know where to start. So, we've asked the experts- primary and secondary school teachers – for their top tips.

Get kids involved in the organisation process

Being organised for school isn't a parent-only activity. Involve your kids as fully as practical in the process. By doing this, you will be encouraging them to take responsibility for and ownership of their schooling, not to mention reducing your workload.

Specific tasks include:

- preparing their uniform for each day
- packing their school bag
- helping organise their lunch
- ensuring they have the correct school resources for each day

Use positive language

It's critical to use positive language when discussing school because children who hear their parents discuss education in a negative way typically model that behaviour. This is especially important in the first few weeks back. Sharing your own positive school memories is an authentic and relatable way to do this.

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Add a personal touch

If your child is struggling being away from you, consider giving them a bit of you to take with them can help the transition. Whether it's a personal item of yours that they carry with them, or even a positive note that you leave in their lunchbox, a personal touch is a helpful way for your child to stay connected with you throughout the school day. It's a great reminder that it will be okay.

Trust and communicate with your child's teacher

Trust your child's teachers as they have their best interest at heart and know children well! Couple this trust with regular communication, which is particularly helpful at the start of the year when back to school worries are identified and addressed. Continue this communication throughout the years, especially if any issues or concerns arise.

It may be beneficial to arrange a meeting between you, the previous teacher and the current teacher to enable a smooth transition, particularly if problems emerge. It's a team effort, so working together is key.

Talk about how they are feeling

It is important to discuss with your child how they are feeling about being back at school. So be prepared to listen and be guided by your child's responses.

Avoid shutting them down if they are feeling unsettled, nervous or scared and validate their emotions and work through them. This is especially important with the added complexity of the pandemic. Ensure you offer problem solving advice about what they can control, such as washing their hands regularly, or wearing a mask if this is a school requirement. Provide some time after school for your kids to talk with you about their day. This also provides an opportunity for them to decompress.

Maintain a consistent routine at home

Moving from holiday mode into a more structured school mode is one of the biggest struggles for many kids. One way to reduce the impact of this transition is the maintenance of consistent routines at home over the weekends, especially in the first term.

Some specific ways include:

- Regular reading
- Limiting screen time
- Keeping mealtimes and bedtimes consistent

Using a visual 'back to school' schedule board or weekly planner can also assist in reminding kids what is coming up each week.

Limit after school activities in Term 1

As kids readjust to being back at school, they will probably be tired. So, limiting after school activities such as sport and music, at least in the first term, helps them maintain a sense of balance.

Avoid overloading the weekends with activities so they can really use that time to relax and prepare for the week ahead.

In closing

It is normal for every child to settle back into school differently. Some kids will be excited, and some may feel unmotivated or even anxious.

As parents, there is a variety of ways you can support your child as they transition back into the school routine. A critical first step is to work with your child and their teachers as a team and to keep those lines of communication open. This will also be beneficial throughout the school year as well, especially if any issues arise.

FEEL GOOD FEB 2022

Prioritise your mental health and wellbeing with positive actions, good deeds and random acts of kindness!
Ideas to help bring Act Belong Commit into your classroom and help you feel good.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Keeping active feels great. Set some goals for the month ahead.	2 Chat to a friend you haven't seen in a while.	3 Say hello to someone new to your school.	4 Be a helper - look for ways to help someone at school.	5 Dance like no one's watching! It's the ultimate feel-good exercise.	6 Get outside! Nature and fresh air is good for your mental health.
7 Do something kind for yourself, whatever that may be.	8 Help at home. Wash the dishes, walk the dog, clean up before being asked.	9 Make a handmade gift for someone.	10 Challenge yourself by learning something new.	11 Bake or make something to share.	12 Gratitude journal. Write down 5 things you are grateful for.	13 Act green! Recycle, reuse, or repurpose something.
14 Share the love today - there's plenty to go around.	15 Send someone a handwritten note of thanks.	16 Give someone a compliment - it will brighten their day.	17 Celebrate Random Acts of Kindness Day.	18 Are you still working towards your goals? Make a plan to stay motivated!	19 Pick up rubbish at home, school, the park or beach.	20 Get creative - make, colour, or design something.
21 Donate to a cause. Gift food, bedding, clothes or something else.	22 Practice mindfulness - try yoga, mindful colouring or listening to music.	23 Write positive notes and leave them around the house for others to find.	24 Make a new friend. Choose a different partner, or chat to someone new.	25 Get cooking in the kitchen! Try a new recipe.	26 Set a new goal for March.	27 Spend time with a friend.
28 Reflect on your mental health and how good you felt this month.						

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