

# Carramar Chit Chat

Respectful Responsible Learner Safe

16th May 2023

Issue 7



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

Kaya Carramar families

Our school continues to be a hive of wonderful learning activities.



Students who attended the Yirra Yarrkin incursion "Lingo Lah Lah" last week, were treated to a fun performance, with a focus on Noongar Language, and important lessons about kindness, acceptance, friendship, and the power of words. We look forward to how classes represent their learning from this Incursion, which will be collated to form a "gallery walk" and displayed in the undercover area during NAIDOC Week at the end of this term. Thank you to Mrs McLeish for coordinating this



The 60 children who were lucky enough to attend the **Jump Jam Workshop** for 'north of the river' schools, and meet Brett Fairweather, were treated to something special.

Thank you to Mrs Pearce for coordinating this wonderful opportunity.

We are sorry that you were unwell and unable to join in the fun and are wondering what else you have planned ?



**NATIONAL VOLUNTEER** 15-21 MAY 2023  
**THE CHANGE MAKERS WEEK**

This week we say a very big **THANKYOU** to all our Volunteers and acknowledge the vital support that the millions of volunteers across our country provide to their communities every day. Each year, more than 520,000 Western Australians volunteer to make our state a great place to live.



Many members of our school community form part of these numbers. We are very grateful for your time.



On Friday, 19<sup>th</sup> May, we say a special **THANKYOU** to our **P & C Volunteers**, who work tirelessly every year, to support our school through the coordination of many events, that bring our school community together, and raise valuable funds to support our learning programs and compliment our school environment. **Sincere thanks to each and every one of you for all that you do!**

Also on Friday we acknowledge **National Walk Safely to School Day**.

This national community event encourages children to lead a healthier more active lifestyle by including a walk in their daily activities, whilst also raising awareness of the environmental benefits and healthy road safety options of walking to and from school. The City of Wanneroo have generously provided sponsorship of a **healthy breakfast snack for participants**.



Our wonderful P & C are kindly preparing some lovely light finger food breakfast snacks for all **children who participate**. We look forward to your support as our community comes together to promote this very important initiative.

**Time: 8.20-8.35 Location: Year 3 lawn Learning Starts: 8.40am**



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Thank you to all who completed the survey regarding **In Term Swimming Lessons**. It has been very difficult to source available venues with our numbers. The following arrangements have now been finalised.

### TERM 3

⇒ **Week 3- 4: 31st July - 11th August Year 5 & 6 @ HBF Arena Competition Pool**

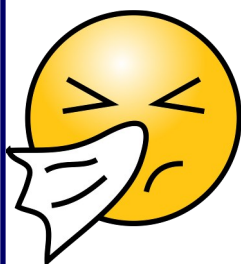
Students in Year 5 & 6 **must have Stage 4** to attend lessons at HBF Arena Competition Pool.

**PLEASE NOTE:** Unfortunately, we are unable to accommodate students in Years 5 & 6 who do not have Stage 4 this year.

⇒ **Week 3-4: 31st July - 11th August Year 1 & 2 Wanneroo Water Ponyz**

⇒ **Week 7-8: 28th August - 8th September Year 3 & 4 Wanneroo Water Ponyz**

**PLEASE NOTE:** Wanneroo Water Ponyz is unavailable on Wednesdays: Year 1 -4 students will attend an 8-day series of lessons. Further information regarding costs will be available in coming weeks.



We are currently experiencing significant absences due to **COVID 19** and other respiratory illness including Respiratory Syncytial Virus (**RSV**). **Both are extremely contagious.**

**It is vital that students do not attend school whilst unwell.**

We also have a number of staff impacted and relief is at a premium.

Whilst we continue to do our best to maintain the teaching and learning programs for your children, modifications to timetables may be necessary.

Thank you for your support as we work together to keep everyone safe and healthy.

In closing I would like to sincerely thank Ms DelCaro for her leadership, and Miss Morgan and Mrs Parker for their support, during my recent leave. Special thanks also to Ms Sheverton, Mrs Beets and Ms Romeo for their excellent work in the office whilst Mrs Bullock and Mrs Martin have been on leave. It is reassuring to know the school is in great hands.

*Thank You!*

Have a wonderful fortnight everyone.

Boorda

Maree James  
PRINCIPAL



## Upcoming Events

Friday 19th May: **Kindy** Barnyard Buddies Incursion

**Year 6** Fun Fair

Monday 22nd May: **Year 6** Transition at Joseph Banks Secondary College

Tuesday 23rd May: **Year 2** Play in the Past Incursion

Friday 26th May: **National Sorry Day**



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# Merit Certificates

Year 1– Juandre, Sophia, Christina, Leilani, Lucas, Morgan

Year 2– Ellie, Osten, Samarth, Sophie, Carter, Bethany, Luke, Jaime-Lee, Hattie, Paisley, Zac

Year 3– Tommy, Ava, Layden, Xavier, Ty, Carson, Sierra

Year 4– Reece, Amaelia, Austin, Bentley

Year 5– James, Jayden, Eddie, Ronnie, Estelle, Bethany, Hunter, Hudson, Jack

Year 6– Elizabeth, Rheanna, Lucas, Jake, Lucy, Paige, Taya, Emily-Marie, Luca



**Literacy Cape Winners**



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# Early Childhood Chatter

Message from Deb Parker (Deputy Principal - Early Childhood)

Hello everyone,

In this week's newsletter, I would like to share an article with you. It was written by James Anderson who is a speaker, author and educator. Here he talks about helping your child to develop a growth mindset rather than a fixed mindset



**Mind your language. How what you say creates your child's mindset.**

One of the big ideas in education over the past 10 years has been Professor Carol Dweck's work on Growth Mindset. However, despite (or perhaps because of) the hype, much of Dweck's work has been misunderstood, or misapplied. Too often we've tried to teach about growth mindset, instead of teaching for a growth mindset. Importantly, the role parents play in helping develop a growth mindset in their child has been largely overlooked.

In this article I share a simple way you can help your child develop a more growth-oriented mindset.

## About Mindsets

Your child's mindset is how they view their most basic abilities, like their talents and intelligence, and it has a profound impact on their learning.

A child with a fixed mindset believes they are fundamentally limited. Who they are today, is pretty much who'll they be in the future. For them, school and learning is a way to discover those abilities. They'll ask if they are musical, or how smart they are. For these children, school becomes one long test to discover the answers to these questions.

A child with a growth mindset understands they have the capacity to develop their abilities. For them learning becomes a vehicle for creating and developing those abilities. You'll hear this child say things like "I want to become really good at maths, so I'm going to work hard to make that happen."

## Why parents matter

Contrary to what social media might say, you can't just tell your child to have a growth mindset. Their mindset is rooted in a lifetime of experiences.

As parents we play an important role in creating the experiences that develop our child's mindset. What we repeatedly say, value, and reward all shape our child's mindset. And I should know because I got it wrong.

## What I did wrong

When my daughter was young, I encouraged her to try lots of different activities. She tried music, art, gymnastics, singing, the Maths Olympics. You name it, we tried it. And that's fundamentally a good thing.

The problem wasn't what I was doing. It was the messages I attached to it. Sometimes when she wasn't keen to try a new activity, I'd say something like "Come on sweetheart, give it a go. You never know, you might be good at it!"



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Can you hear the fixed message in there? “You might (already) be good at it.”

I turned trying something new into a test to find out if she was good at it. I promised her the possibility of instant success. To make things worse, if she didn't have instant success, I'd often console her with something like “Well, don't worry. You can't be good at everything.”

In other words, she'd failed that test. Now it was on to the next test to see if she was good at that instead. The unintended lesson: If you're not immediately good, give up.

Why did I do that?

If you just had an “ouch” moment, you're not alone. Parents say these types of things all the time. We say them out of love, and with the best of intentions.

When we see our child upset or struggling, our natural reaction is to want to protect them from that discomfort. But what I did was to provide my daughter with an excuse for struggle by saying “you're not that type of person.”

Perhaps you've provided your child with a similar excuse by saying something similar like “I was never good at that either.” The underlying message being “we aren't the right type of person to be good at that—we don't have those abilities.”

A nudge in the right direction

To help us be better parents and nurture a more growth-oriented mindset in our children, we need a little nudge. A reminder that helps us counter any unconscious bias and ensure we create more growth-oriented messages for our children.

I've created lots of these nudges, for all types of situations. The one relevant to this situation is to remember that “Learning is about creating, not discovering.”

Learning is about creating, not discovering.

In the context of trying new things, this nudge reminds us that we're not trying to find out if my daughter has those abilities. We're trying to decide if she wants to develop those abilities. So, now I might say:

“Darling, getting good at something takes time and the right type of effort. You need to decide if this is something you're prepared to invest the time and effort into getting good at.”

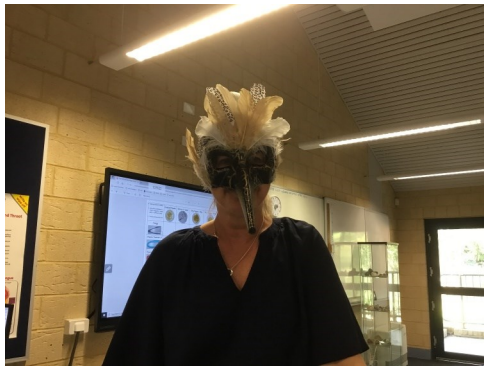
The nudge helps us repeat this message over and over, slowly creating a more growth-oriented mindset. They become more empowered and see life as being in their control. They recognise they can become whoever they want, or need, to become.

It's like George Bernard Shaw said, “Life is not about finding yourself. Life is about creating yourself.”

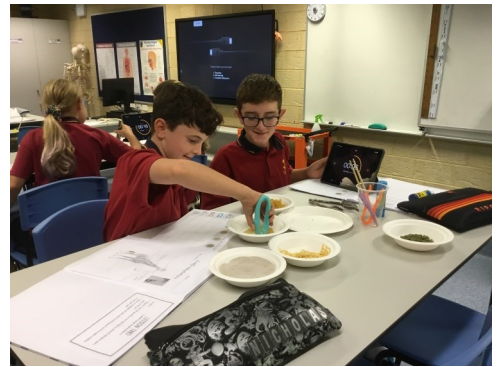


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In **Science** the **Year 5s** are learning about Animal Adaptations. As part of this unit of work they conducted an investigation into the different shapes and types of beaks found on birds and how they have adapted to the types of food they eat.



Students used different shaped and sized tongs to pick up different foods such as seeds, spaghetti and pasta. They had to time how many of each food type could be picked up in 20 seconds.



By doing this, students were able to identify which beaks were more suited to different food types. They had lots of fun completing this investigation.



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# Music Notes



Joseph Banks Secondary College *Music Academy* performed recently at our school in front of our Year 3, 4, 5 and 6 students. Our students were all in awe with this performance, showcasing instrumental and vocal groups. It is always wonderful having JBSC music students visit our school with some past students showing their growth in music.



## Instrumental

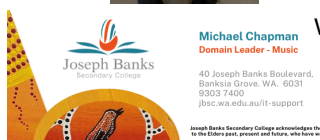
Our music program at Carramar includes our IMSS instrumental program and after-school marimba and keyboard program. Students enjoy the opportunity to perform on stage to students at our Faction Friday assemblies.



It is wonderful to see our students getting involved in community events. Sabine along with her sister Myla, are part of the Joondalup Youth Orchestra playing clarinet. They recently performed at a musical performance in Joondalup.



Our IMSS woodwind and brass students are also welcome to be part of the JBSC Junior Concert Band and participate in the showcase performance. All students are welcome to be involved, no matter what their chosen high school. Junior Concert Band runs on Wednesday afternoons from 3:15pm until 4:15pm.



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Joseph Banks Secondary College acknowledges the to the Elders past, present and future, who have us

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# Sharing Success

Several students from Carramar PS competed in the Diamond Dance Competition and Fierce Talent Dance Competition over the past 2 weekends with some AMAZING results!

All students attend Schulz Dance Company and competed in ballet, jazz, hip hop, contemporary, tap, lyrical, song and dance, own choreography and improvisation.

Well done to Georgia, Ava, Mia P, Mia B, Ruby Christina, Emily, Maggie, Harriet and Sofia-Grace.

A huge congratulations to Archer who was awarded runner up Mr Fierce for his age category and Henley was won Mr Fierce for his age category.



Ryan from Year 6 won 2x second place medals in the KPNP Open Taekwondo Competition in Belmont.

He participated in two events: sparring and patterns, and received places in both sections.



Well done to all these students who have competed and followed their **DREAMS**.  
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# P&C News

## P&C Chat



We are calling all bakers and aspiring bakers!

Carramar Primary School is hosting the Interschool Cross Country Event this year and the P&C just KNOW it wouldn't feel like a Carramar Event without our famous Sausage Sizzle and Cake Stall!

The **Interschool Cross Country will be held on the 2nd June (Friday Week 6)**. We will put a post out on our P&C Facebook page and we would love you to comment with what you can bring.

We will also need volunteers to work in the stall on the day. Perhaps baking isn't your thing but you know your strong point is constructing the Worlds BEST Sausage Sizzle. Or upselling the delicacies created by the bakers. Whatever your talent is..... **WE NEED YOU!** Again, a post will be put up on the P&C Facebook page and it's a case of the More, the Merrier.

Thank you to those who made the Mother's Day stall such a success. It is always a big job but so rewarding to see the children choose their perfect gift for their loved one.

As always, the students were so polite and appreciative toward the P&C volunteers.



SUPPORTED BY



The P&C, along with the sponsorship from The City of Wanneroo, will be providing a free breakfast to all students who participate in the National Walk to School Day.

Thank you to those who offered their time to cook, set up and serve the delicious treats.

Thank you to Woolworths Carramar for supporting the event and donating the fruit.



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