THE CAREY PARK PRIMARY SCHOOL CHATTER

CARE: CHALLENGE-ACHIEVE-RESPECT-ENCOURAGE

9 March 2021

P and C Meeting: Our next P and C meeting is set for ***Friday 19th March*** in our School Library from ***2.00 pm.*** All parents and carers are invited to be part of this very important group within our school, who work hard to provide support in a range of ways to improve the social, emotional and educational opportunities for our children.

Any help with the various P and C activities that happen around the school is greatly appreciated, as the small number of parents involved at present need additional hands to manage these. Please take the time to come along to the next meeting, where you will find a relaxed and casual atmosphere and no pressure to do more than you have the time for.

Swimming Carnival: On Friday February 26th we had our annual Swimming Carnival for our Year 4, 5 & 6 students at the Harvey Aquatic Centre. The students had an outstanding day, participating in a variety of competition-based and novelty events. Congratulations to our medallion winners on the day and to Red Faction for winning the shield. A huge thanks also to Mr Jolliffe and Mrs Dillon for their organisation of the event, and to our P and C volunteers who provided lunch for the staff and students. Thankyou also to all of the families who made the journey out to watch their children participate.

School Uniforms: It is encouraging to see the majority of our students proudly wearing their school uniform each day. For those parents/carers who wish to buy additional or replacement uniforms from the volunteers at the uniform shop, there is the option of placing items you wish to purchase on lay-buy. If you would like more information about this, please visit our uniform shop, adjacent to the canteen. Please note the opening hours of our Uniform Shop are *Wednesday and Friday Mornings from 8:15 am until 8:50 am*.

Skoolbag Parent Communication App: Please be reminded that the school uses the electronic communication App called Skoolbag. This App allows the school to electronically send out notices, information about school events, newsletters and other school communications directly to parents and carers' mobile device (phone or tablet device). The App can be downloaded onto any smartphone (*iPhone, Android, Samsung Galaxy, etc.*) or Tablet (*iPad, Samsung Galaxy, Surface Pro, etc.*), then by following the instructions on the next page of this newsletter you can set up your account and choose the group/s relevant to your child or children. If your already downloaded App seems to have stopped working, simply delete it from your phone and re-install it and it should start working again.

Whole School Assembly: On Friday of next week (March 19th) we will be having our second whole school assembly for the term. The students from TA8 will be our hosts for this event.

Voluntary Contributions and Charges: Carey Park Primary School sets its annual voluntary contributions for families in the following way:

- 1 x child = $30
- 2 x children = $50
- 3 x children = $70
- 4 x children = $90

Win an Apple iPad

Voluntary contributions go a long way to helping the school to purchase additional resources to provide richer educational opportunities for your children. Traditionally, contribution rates at CPPS have been relatively low, so in order to encourage as many families to pay their Voluntary Contributions this year, we have again provided an incentive whereby every child who has their Voluntary Contributions paid for by the end of ***Week 11, Semester 1 (Friday July 2nd)*** will go into the draw to ***win a brand new Apple iPad,*** which has been kindly donated by our School P and C. Each student paid for will account for 1 ticket into the draw (so if you have 3 children who you pay contributions for, you will be allocated 3 tickets into the draw). Voluntary Contributions can either be paid directly to the staff in the front office or via direct deposit to the school's bank account using internet banking. If you have any questions about this incentive, please contact the school.

Student Attendance: It is very encouraging to see that overall student attendance is still up on last year's figures, which is encouraging. As of the end of last week, we had an average daily attendance of 91.5%, which is just below the state average. As a school we are very keen to maintain an average attendance rate in 2021 above 92%, so it is important that all students come to school every day that they are able to. If your child is unable to come to school for any reason, please ensure that you provide an explanation either through the Skoolbag App, a phone call, a face-to-face conversation with the teacher, or a written note.

Phil Greenmount
Principal

CHOOSE RESPECT

RESPECT IS TO TREAT WITH CARE AND CONSIDERATION

2021 Swimming Carnival

Swimming Carnival Winners

Year 6 Boys
Champion - Coby
Runner Up - Byron

Year 6 Girls
Champion - Tegan
Runner Up - Shirlkeda

Year 5 Boys
Champion - Lucas
Runner Up - Brock

Year 5 Girls
Champion - Alexis

Year 4 Boys
Champion - Mathew

1st - Red - 171 points
2nd - Blue - 157.5 points
3rd - Green - 157.5 points
4th - Gold - 147 points

PROTECTIVE BEHAVIOURS WORKSHOP

DID YOU KNOW

90% of abused children are abused by someone they know and trust

30-60% of child sexual abuse is committed by children and young people

PARENT WORKSHOP

Presented by WA Child Safety Services, we invite you to participate in this workshop to learn valuable personal safety skills and strategies that can help empower children and keep them safe from abuse.

You will leave the workshop with practical activity ideas and conversation starters.

Facilitated by Justine O'Malley and Jocelyn Prosser

THIS WORKSHOP IS NOT SUITABLE FOR CHILDREN TO ATTEND

DATE: Monday 29 March 2021
TIME: 10:45am to 12:45pm
VENUE: Milligan Community Centre
35 Milligan Street, Carey Park WA

PRICE: $20.00 per person
BOOKING DETAILS:
https://pbbunbury.eventbrite.com.au

WA Child Safety Services
Creating Safer Communities

wachildsafetyservices.com

WA Child Safety Services
Creating Safer Communities

PROTECTIVE BEHAVIOURS
Children's Workshop

For children aged 5 to 10 years

The Protective Behaviours program teaches:

- The right to feel safe and be safe
- Safe and unsafe secrets
- Body safety and personal space
- Who to go to for help
- Assertiveness and problem-solving

DATE: Saturday 27th March 2021

TIME: 1:00pm - 3:00pm (Please bring a drink bottle and healthy snack for your child)

VENUE: Milligan Community Learning and Resource Centre
35 Milligan Street, Bunbury 6230

COST: $49 per child (includes free Activity Book)

Bookings:
kidspbbunbury.eventbrite.com.au

Find us on Facebook

www.wachildsafetyservices.com
1300 310 083 admin@wachildsafetyservices.com

WA Child Safety Services is a service arm of Caring Communities Inc.

EXIES HOCKEY CLUB REGISTRATION DAY

SUN 14TH MARCH

3pm - 5pm

Exies Clubrooms, Wallabies Way, Hay Park, Bunbury

EX-STUDENTS BUNBURY HIGH SCHOOL 1932 EN AVANT

New Players Welcome

All ages and abilities

Contact us for more details at
juniors@exieshockeyclub.com.au
or call Trina on 0408250402

Supporting Your Anxious Young Person

Are you... concerned your young person may be nervous or anxious?
Do you ... worry that perhaps they are not coping very well?
If so... this workshop may be of help!

Are you concerned that your young person seems overly anxious? Do they often complain of stomach pains or of feeling sick? Do they often seem irritable, regularly having emotional outbursts? Then they may be experiencing anxiety. This workshop explores anxiety in an easy to understand format and gives you strategies to support them.

We will discuss

- Recognising the signs and symptoms of anxiety
- What causes anxiety
- How we can support young people when they become anxious
- Understanding our own reactions to our young persons behaviours and fears

When: Tuesday 16th March 2021 *Time:* 6pm-8.30pm

Where: headspace - Bunbury
8 Spencer Street
Bunbury

For bookings please call 6164 0680

It would be great to see you

headspace Bunbury
Street 8 Spencer Street, Bunbury WA 6230
Mail PO Box 1992, Bunbury WA 6231
Tel 08 6164 0660 Fax 08 8270 5905
headspace.org.au

Relationships Australia

alcohol and other drug information session

headspace Bunbury and the South West Community Alcohol and Drug service are pleased to present an information morning around alcohol and other drug use in youth.

This workshop is open to all family and friends of young people.

when
Friday 9th April 2021 - 10am to 12pm

where
headspace Bunbury
8 Spencer Street, Bunbury, WA, 6230

registration
Registration is essential please call us on 61640680
or email info@headspacebunbury.org.au

ST JOHN OF GOD Social Outreach

SJERA

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

BETTER HEALTH PROGRAM

Be fitter, healthier and happier!

The Better Health Program is a **free** 10-week healthy lifestyle program for 7-13 year old children who are above a healthy weight, and their families. The program is available face-to-face or online in selected areas throughout Australia.

Get in touch to find out if the program is available near you!

Online or face to face activity sessions and resources

Free fitness tracker*, freebie packs and rewards

*Online program only

One-on-one phone-based or face to face health coaching

To register or find out more:
1300 822 953
betterhealthprogram.org

Follow us on social media
Better Health Company
@betterhealthcompany

The Program is funded by government agencies throughout Australia.

Call the Better Health team on 1300 822 953 to find out if the program is available in your area.

For Parents of Children with Special Needs

Join Us

for our

Starkick Information Evening

Hosted by Carey Park Junior Football Club

Please join us at Carey Park Football Club - Clubrooms for an information session for what will be Carey Park Auskick Centre's inaugural Starkick Program.

We are excited to share with you, what we have been working on. The presentation will consist of:

- A brief history of Starkick;
- Why we have chosen to become an All Abilities Centre;
- The Outline of the Program, including start date and times;
- Questions and Answers along the way.

Friday 24th March 2021
6:00 pm – 7:00 pm

To RSVP or for information on Volunteering (Assisting/Coaching) please contact:

Greg Loud - 0466652183
auskick.cpjfc@gmail.com

CAREY PARK PANTHERS

STARKICK
ALL ABILITIES FOOTBALLERS

Child and Parent Centre
Carey Park

TUNING IN TO KIDS
(for caregivers of children aged 2-8 years)

Come along to a six-week program to discover how to express our emotions as parents and better manage those big emotions that children can have. You will learn practical tips and suggestions to practice at home with your children.

To get the most out of the program we ask that participants attend all six sessions.

Spaces are limited so register today! Details below:

Date:	Each Friday on 19, 26 February and 5, 12, 19, 26 March 2021
Time:	9.30am to 12.00pm
Venue:	Child and Parent Centre Carey Park 36 Ecclestone Street, Carey Park (Carey Park Primary School)
Tel:	9721 6991 or careypark@investinginouryouth.com.au

Registration is essential and crèche is available

Supported by: Parenting Connection · Anglicare WA in partnership with Investing in Our Youth Inc.

Child and Parent Centre
Carey Park

ABOUT THE PROGRAM

Emotions are complex! They play a huge role in how we interact with others and how well we navigate the social world. As children grow and develop, they have experiences that trigger different emotions – one of our major roles as caregivers is to recognise and help children process emotions in a way that positively influences the child's future expression of that emotion.

Tuning in to Kids™ provides a guide for caregivers in how to emotion coach children. It's not a prescriptive approach, but one that recognises that emotional responses are shaped by many different things including temperament, sibling relationships, friends, school, plus the cultural and social context of the child's world. Over six weeks, we discuss how to build supportive, emotionally responsive relationships with children by:

- recognising children's lower level emotions
- viewing emotions as an opportunity for connection and learning
- helping children identify and label their emotions
- empathising with children's emotions
- helping children problem solve

Tuning in to Kids™ helps caregivers respond to and foster children's individual emotional needs and character in ways that suit the child, parent, and family.

STRUCTURE OF THE PROGRAM

Week One:	Emotional intelligence and using emotion to connect with children
Week Two:	Understanding our own emotions and how they influence our parenting/caregiving
Week Three:	Emotional language and emotion coaching
Week Four:	Emotion coaching – focus on worry/anxiety
Week Five:	Emotion coaching – focus on anger
Week Six:	Emotional self-care

TOP PARENTING TIPS
FOR PARENTS AND CARERS IN UNCERTAIN TIMES

1 Reassure your children that your family is your top priority.
Say something like "I'm your parent, it's my job to keep you safe and we are doing everything we can."

2 Maintain everyday family routines.
Keep to usual rising times, mealtimes, and bedtimes. Every family is different. Involve children in working out any new routine (e.g., have a daily plan of activities for school-aged children who are at home).

3 Have plenty of interesting things to do at home.
Busy children are less likely to be bored and misbehave. With your child, help create a list of 20 activities that will keep them busy (not just screen time).

4 Take notice of behaviour you like.
Think about the values, skills and behaviours you wish to encourage in your children at this very difficult time. There are many opportunities to teach your children important life skills (e.g., being caring, helpful, cooperative, getting on well with siblings, taking turns). Use plenty of praise and positive attention to encourage behaviour you like. Give them positive attention letting them know you are pleased by telling them what they have just done ("That's a lovely card you have written to your grandmother. That's so kind. She will really appreciate that.")

5 Make sure your child knows you are ready to talk.
Children need to be able to talk to parents about their concerns and have their questions answered. When a child wants to talk about their feelings, stop what you are doing and listen carefully. Avoid telling your child how they should feel ("That's silly. You shouldn't be scared about that.") Let children know it is OK to be worried. Talking or drawing can help children get in touch with their feelings and figure out what they are anxious about.

6 Be truthful in answering children's questions.
Find out what they know about the issue before answering. Keep answers simple. Get information from trusted sources (e.g., official government websites) rather than social media.

7 Have a family plan of action.
Involve children in preparing the plan. As situations can change quickly (e.g., new travel restrictions, school closures), update the plan as needed.

8 Help children learn to tolerate more uncertainty.
The COVID-19 crisis creates uncertainty for everyone. Parents need to find a way to accept uncertainty and, through your actions and words show this acceptance to your children. It's OK to say, "I don't know; let's find out what we can." Big changes to children's lives can be hard and are often scary. They can also create opportunities for learning new skills.

9 Take care of yourself the best you can.
Deal with your own distress by taking actions that give you a better sense of personal control. Stress management skills such as mindfulness and/or deep breathing can help reduce stress. Keep healthy and safe (good personal hygiene, exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress). Avoid behaviour that might increase your stress. For example, while it is helpful to keep informed about COVID-19, constant checking on your screens can increase stress.

10 Reach out and connect with loved ones.
Make greater use of phones, online communication tools (video conferencing) and social media to keep in touch with family, friends, and neighbours. Help others in need who are going through a tough time and are more vulnerable (e.g., parents/caregivers with disabilities, older people).

Written by Matthew R Sanders and Vanessa E Cobham
Parenting and Family Support Centre | © The University of Queensland

Triple P Positive Parenting Program

www.triplep-parenting.net

FREE SOUTH WEST PARENTING PROGRAMS 2021 - Term 1

PROGRAM	DATES	TIME	AGE	VENUE	REGISTRATION
Triple P - Raising Happy Kids	6th, 13th & 20th March	10am - 12pm	3-8yo	Bunbury City & Regional Library	Phone: 9792 7190 or library.bunbury.wa.gov.au
Fear-Less Parents & Professionals -Learning how to manage anxiety effectively in your child	13th March	9am - 12pm	All ages	Child & Parent Centre Carey Park	Phone: 9721 6991 or Email: careypark@investinginouryouth.com.au
Supporting your anxious young person	16th March	6.00 - 8.30pm	All ages	Headspace Bunbury	Phone: 6164 0680
Protective Behaviours Workshop	10th March	12.00 - 2.00pm	2-8yo	Child & Parent Centre Carey Park	Phone: 9721 6991 or Email: careypark@investinginouryouth.com.au
Tuning in to Teens	17th February - 24th March	9 - 12pm Every Thursday	10-16yo	Yallo Community Centre, Dalyellup	Phone: 6164 0680 (Taren)

SOUTH WEST MIGRANT WOMEN'S GROUP

'Supporting Women from all over the World'

*This is a **SAFE** and **FREE** support space for all migrant Women in Bunbury and the South West.*

INFORMATION and ASSISTANCE OFFERED WITH:

- *Form-filling and Advocacy*
- *Accessing Government and Non-Government based services in Bunbury and surrounding areas (visas, housing, Centrelink and more)*
- *Renting in W.A., Tenancy Laws and Dispute Resolution Process*
- *Accessing counselling services in Bunbury and surrounding areas (financial, mental health, domestic violence, relationship, drug and/or alcohol, bullying and other issues)*
- *Applying for Centrelink benefits (online and paper application)*
- *Lodging complaints of Racial Discrimination, Direct Discrimination and Sexual Harassment etc.*
- *TAFE and University Enrolments; and Adult Migrant Education Program (AMEP)*
- *Volunteering*

FIND US:

https://www.facebook.com/groups/787448551604757/?ref=share

CONTACT US:

Mobile: 0479 136 687

Email: southwestmigrants@gmail.com

How to install the SkoolBag App

Instructions for parents

SkoolBag

Download on the App Store

GET IT ON Google play

For Apple Users

- From your iphone/ipad, Go to the Apple App Store and search for “SkoolBag.
- Download the free SkoolBag app.
- Open the App and add your school(s) and you’re ready to go!
- Choose your grade/grades and “allow notifications”.

For Google Android Users

- From your Android device, ensure you have an account in the Google Play Store.
- Go to Google Play Store and search for “SkoolBag”
- Download the free SkoolBag app.
- Open the app, add your school(s).
- Choose your grade/grades and “allow notifications”.