THE CAREY PARK PRIMARY SCHOOL CHATTER

CARE: CHALLENGE-ACHIEVE-RESPECT-ENCOURAGE

28 July 2020

Welcome Back

Welcome back to all our families for another busy term. An updated Term Planner has been included with this Chatter and will keep you up-to-date with the terms events. Major events include PEAC Testing for our Year 4s, Swimming Lessons for Pre-Primary to Year 3 and Year 6 students, and the Art Show and Open Day on September 16th. I encourage all families to keep up to date with the calendar via **Skoolbag** and to support by encouraging their children's full participation in all school events.
I encourage all families to keep up to date with current events via **Skoolbag.** In using the **Skoolbag** App, please remember to turn your notifications on in the settings on your phone, so that you can be alerted when a message is posted.

Starting the Term Well

It is important that everyone begins the new term with a positive attitude, a determination to do their best and an enthusiasm to get involved and participate fully. You can help your children achieve this by:

- Ensuring they are well rested and have a pattern of early to bed on school days;
- Restricting the amount of screen time they have;
- Encouraging outside play;
- Having a nutritious breakfast or coming to the Breakfast Club before school; and
- Attending school every day possible and on time. Missing any days can have a detrimental effect on learning and being late means students miss the very important meet and greet and the first lesson of the day.

Supporting our School Canteen

The COVID-19 Pandemic has had a significant impact upon the WA economy and schools have not been immune to this. One of the services most affected has been our school canteen, which, due to financial constraints, is now only able to open 3 days per week (*Wednesday, Thursday and Friday*). Since re-opening, our canteen has been well supported by many of our families, however we are still seeing a number of children being provided with lunches on canteen days that have been purchased from fast food outlets. In light of this, I strongly encourage all families who wish to purchase their child's lunch on *Wednesdays, Thursdays or Fridays* to do so from our canteen. In this way you are providing your child with a more nutritious meal and are also supporting this vital school service.

Kindergarten Enrolments for 2021

All parents with children born between **July 1st 2016** and **June 30th 2017** are encouraged to enrol their child in our kindy program for 2020 as soon as possible. We are soon required to submit our projected student numbers for next year to Central Office in order to assist with planning, so if you know anyone who has a child of kindy age for 2021 and is living in the area, please encourage them to enrol them at the school as soon as possible.

First Whole School Assembly for Term 3

I am pleased to announce that in accordance with the WA Government Phase 4 Road to Recovery we are now permitted to re-commence whole school assemblies. Our first assembly for Term 3 will be held on Friday August 7th and will be hosted by the Year 4 Students in TA8. At this assembly we will be introducing our Semester 2 Faction Captains, who were elected at the end of last term. We will also be doing the draw for the incentive we ran this year to encourage families to pay their Voluntary Contributions for 2020, with the prize being an ***Apple iPad.*** Each student who has had their Voluntary Contributions paid has been placed into the draw.

Phil Greenmount
Principal

CHOOSE RESPECT

RESPECT IS TO TREAT WITH CARE AND CONSIDERATION

2020 STUDENT PLANNER

Schools should be contacted directly for advice on school development days

Term Three

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1	20 July **Staff Development Day**	21 **Students resume** **EARLY CLOSE 2.30**	22	23	24	25	26
2	27 July	28 **EARLY CLOSE 2.30**	29 **Dental Screening PP, 3 & 6**	30	31	1 Aug	2
3	3 Aug **Ear Bus**	4 **EARLY CLOSE 2.30**	5	6	7 **Assembly TA8** **School Census**	8	9
4	10 Aug **Case Conferences**	11 **EARLY CLOSE 2.30**	12	13	14 **Deputies Lunch** **P & C Meeting**	15	16
5	17 Aug	18 **EARLY CLOSE 2.30**	19	20	21 **Staff Development Day – Pupil Free Day**	22	23
6	24 Aug	25 **EARLY CLOSE 2.30**	26	27	28 **Assembly TA4** **Board Meeting**	29	30
7	31 Aug SWIMMING LESSONS PP, Years 1, 2,3 & 6 SWSC	1 Sept SWIMMING LESSONS **EARLY CLOSE 2.30**	2 SWIMMING LESSONS	3 SWIMMING LESSONS	4 SWIMMING LESSONS	5	6
8	7 Sept SWIMMING LESSONS ~~cont.~~ PP, Years 1, 2,3 & 6 SWSC	8 SWIMMING LESSONS **EARLY CLOSE 2.30**	9 SWIMMING LESSONS	10 SWIMMING LESSONS	11 SWIMMING LESSONS	12	13
9	14 Sept	15 **EARLY CLOSE 2.30**	16	17	18 **Assembly TA7** **Deputies Lunch** **P & C Meeting**	19	20
10	21 Sept	22 **EARLY CLOSE 2.30**	23	24	25 **Community Football Game** **65th Birthday Celebration** **Students last day**	26	27
H	28 Sept **Queens Birthday**	29	30	1 Oct	2	3	4
H	5 Oct	6	7	8	9	10	11

Start and End of Term | Public Holidays | School Holidays (students) | School Development Days

CAREY PARK PRIMARY SCHOOL

CANTEEN MENU

Effective - JUNE 2020

WEDNESDAY - FRIDAY ONLY

How to order lunches

- Years 3 - 6 (inclusive): order from the canteen in the mornings before school
- PP, Year 1 and 2: Please write child's name, TA and lunch order on an envelope and enclose correct money.
- Years 1 and 2: Do not order from the canteen in the morning. They are to place their order into their teaching area basket.

AVAILABLE WEDNESDAY, THURSDAY AND FRIDAY

TOASTED SANDWICHES	PRICES
Ham	$3.00
Ham and Cheese	$3.20
Ham, Cheese and Tomato	$3.40
Chicken and Mayo	$3.40
Chicken and Cheese	$3.40
Baked Beans	$3.00

FRESH SANDWICHES/ROLLS	S/WICH	ROLL
Egg and Salad	$3.50	$4.00
Cheese and Salad	$3.50	$4.00
Ham and Salad	$3.50	$4.00
Chicken and Salad	$3.60	$4.20
Tuna and Salad	$3.60	$4.20
Vegemite	$1.80	$2.00

Rolls are white high fibre or wholemeal.
Salad includes: Lettuce, Tomato, Carrot
Extras: Beetroot, Cheese, Cucumber ***0.20c***

LEBANESE ROLLS	
Ham or Cheese and Salad	$4.80
Chicken and Salad	$5.00

SALAD PLATES	SMALL	LARGE
Chicken or Ham or Tuna	$4.00	$5.00
Egg or Cheese	$4.00	$5.00
Quiche and Salad		$5.00

EXTRA SNACK	
Fresh fruit (variety)	$0.80
Yoghurt	$2.00
Yogo	$2.00
Assorted Ice Creams and	$0.30 - $1.60
Frozen Yoghurt **(Assorted Prices - LUNCH TIME ONLY)**	
Sauce Portions	$0.50

HOT FOOD AVAILABLE

WEDNESDAY	PRICES
Hot Chicken Roll	$3.80
Spaghetti Bolognaise	$3.80
Yummy Drummy Roll	$3.80
Pizza	$3.00
Chicken Nuggets and Sauce	$3.80

THURSDAY	
Chicken Wrap	$3.80
Sausage Roll	$3.00
Hamburger and Salad	$3.80
Hot Dog	$3.00
Chicken Goujons and Rice	$3.80

FRIDAY	
Pizza	$3.00
Nachos	$3.80
Chicken Dinosnacks and Sauce	$3.80
Party Pie	$1.30

RECESS - ITEMS CHANGE DAILY		
Cheesies	$1.40	$0.80 (half)
Fruit Muffins	$0.80	
Mini Pizzas	$0.80	
Mini Dogs	$0.80	
Fruit Straps	$0.20	

DRINKS	
Water	$1.20
100% Juice Box	$1.40
Chocolate Milk	$2.00
Strawberry Milk	$2.00
Banana Milk	$2.00
Milkshake - Small	$1.50
Milkshake - Large	$2.50

Government of Western Australia
WA Country Health Service

Triple P - Positive Parenting Program®

A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.

Who is this program for?

Parents, carers and/or grandparents of a child aged between 3 and 8 years.

What is involved?

- **Seminar Series** – 90-minute talks on:
  - children's behaviour – the tough part of parenting
  - raising confident children
  - raising emotionally resilient children.
- **Discussion Group** – small, 2-hour groups:
  - misbehaving
  - fighting and aggression
  - bedtime routine
  - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.

Seminar Series:		9:15am – Australind PS – Bookings 9796 3900	*(free crèche avail)*
Thur	**Aug 13**	**1** – The Power of Positive Parenting (helps to understand and manage children's behaviour)	
Thur	**Aug 20**	**2** – Raising Confident, Competent Children (tips and skills to build independence and confidence)	
Thur	**Aug 27**	**3** – Raising Resilient Children (tips and skills to build resilience and manage emotions)	
Seminar One:		9:15am – Dalyellup PS – Bookings 9796 5600	*(free crèche avail)*
Fri	**Aug 14**	**1** – The Power of Positive Parenting (helps to understand and manage children's behaviour)	
Seminar One:		6:30pm – Bunbury Community Health – Bookings 9795 2888	*(no crèche avail)*
Mon	**Aug 10**	**1** – The Power of Positive Parenting (helps to understand and manage children's behaviour)	

Discussion Groups:

All below Discussion Groups via video group call or face to face – Bookings 9795 2888

- **Dealing with Disobedience** – Sept 10 (Thur) – 12:15pm – Bunbury Community Health *(no crèche avail)*
- **Managing Fighting & Aggression** – Sept 14 (Mon) – 12:15pm – Bunbury Community Health *(no crèche avail)*

All series and groups can be booked online via the website below

Childcare:
Please do not bring babies and children over the age of 6 months to the group. You will need to make your own childcare arrangements for them. Crèche may be available at some venues. (Please check and organise through the venue). You can bring babies into groups for feeding.

https://www.triplep-parenting.net.au/au-uken/find-help/triple-p-parenting-in-western-australia/

This document can be made available in alternative formats on request for a person with a disability.

June 2019 CAH-001009_TripleP3

Child and Parent Centre
Carey Park

Fear-Less

Helping your child learn to manage anxiety.

Learning how to manage anxiety effectively is a vital life skill, but one that children are not taught.

This 2 hour seminar will give you the tools and skills to teach your child:

- Key anxiety- management skills
- Understands how anxiety works
- Develop their coping skills
- Faced feared situations
- Manage child's anxious behaviour

Facilitated by the Department of Education's School Psychologist, **Tonia Fahey**

Date: Tuesday 18 August 2020
Time: 9:00am to 11:00am
Venue: Child and Parent Centre Carey Park, Ecclestone Street

Register is essential 9721 6991

Supported by:

In partnership with Investing in our Youth Inc.

Parenting Connection
Supporting WA parents

TUNING IN TO TEENS Parenting Workshop

A FREE 6 SESSION PARENTING PROGRAM FOR PARENTS OF CHILDREN AGED 10 -16

WOULD YOU LIKE TO LEARN HOW TO:

- Communicate with your teen more effectively?
- Help your teen develop coping skills and resilience?
- Learn how to emotion coach your teen through those difficult emotions?
- Understand why your teen behaves as they do?
- Help your teen develop emotional intelligence?

RESEARCH HAS SHOWN THAT ADOLESCENTS WITH HIGHER EMOTIONAL INTELLIGENCE:

- Have better concentration at school
- Are more able to cope when upset or angry
- Have fewer mental health and substance abuse difficulties
- Have more stable and satisfying relationships

EMOTIONAL INTELLIGENCE MAY BE A BETTER PREDICTOR OF ACADEMIC AND CAREER SUCCESS THAN IQ!

Where: Bunbury Public Library, Parkfield Street

When: Every Thursday from 13th of August 2020 until the 17th of September 2020 (Availability to attend each session is required)

Time: 9.30am – 12pm

Cost: FREE

Facilitator: Sue (Parenting Connection WA) and Taren (Headspace)

Phone: Headspace on 08 61640680 to register.

Supported by

headspace Bunbury

AnglicareWA

Circle of Security® PARENTING SERIES

The Circle of Security Parenting group program is an 8 week course facilitated by qualified professionals. The program is offered free to parents/carers of children 0 to 5 years, who want to:

- Understand their child's emotional world by learning to read the emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honour your inner wisdom and desire for your child to be secure

Dates: **Fridays from 7th August to 25Th September (8 weeks)** Times: **12:30pm – 2:30pm**

Location: **Hudson Road Family Centre**
95 Hudson Road, Withers

Cost: **No cost to parents**

Presented by: **Megan Armstrong & Rosemary Osborne, Child Health Nurses / WACHS**

Onsite free creche available: **Bookings essential**

How to register: **Please ring 9795 2888 Claire Philipps / Parenting Coordinator**
Or email claire.philipps@health.wa.gov.au

Sponsored by:

WA Country Health Service / Anglicare / Hudson Road Family Centre / Parenting Connections

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Supported by

Government of Western Australia Department of Communities
Government of Western Australia WA Country Health Service

AnglicareWA

Hudson Road Family Centre

Parenting Connection