



ROSSMOYNE REFLECTIONS

NEWSLETTER NO. 6

Friday 26 June 2020

Virtue of the Month for June—Courtesy

Next Newsletter—7 August 2020

Together we empower global citizens.

PRINCIPAL'S MESSAGE



COVID-19 Update

I am very thankful and excited that our state is moving into Phase 4 tomorrow. This means that in addition to the extra-curricular activities that we have already been able to re-introduce, we will be able to re-commence assemblies, interschool sporting events, excursions, school-based performances and River Rangers next term.

Even though Phase 4 will see many restrictions lifted, we will continue to ensure our school remains safe for our students and staff. The enhanced cleaning will continue throughout next term, as will the promotion of regular and effective hand-washing and effective hygiene practices. Please note, that the requirement for parents, adult visitors and staff to maintain physical distancing of one person per two square metres still applies in schools.

School Drop Off and Pick Up Arrangements

As previously reported, our revised drop off arrangements at the beginning of the school day have been really successful. Many of our students have become more independent, confident, responsible and resilient. They have also been settling into their classrooms more quickly and smoothly. Consequently, I would like to strongly encourage families to continue with the current arrangements when dropping their child/ren off at school in the mornings. If you wish to take your child/ren to their classroom, please respect that staff

will not be available to chat. They need to give their full attention to their students when they open their classrooms at 8.30 am. A gentle reminder that children who need to be dropped off at school before 8.30 am, need to attend OSH Club, as school staff are not rostered on duty before this time.

In the afternoons, you are most welcome to continue with the current pick up arrangements, or you can collect your child/ren from their classroom/s. You may like to have a look at the work displayed in the classroom, your child may like to show you a special piece of work or you might like to say a quick hello to your child's teacher. Families are asked to ensure their child/ren do not play on the playgrounds after school and that extended social catch ups with others occur off school grounds. This will allow our teachers to focus on assessing student work completed throughout that day, and to prepare lessons and resources for the following day. Thank you in anticipation of your cooperation.



Parent Communication
Regular contact between teachers and parents is essential and important. Please remember that you can always contact teachers via phone calls, emails or by **writing a note in your child's diary (Year 1 to 6)**. You can also request to meet with **your child's teacher at a mutually convenient time** for more formal

discussions or to discuss your child's progress and achievement. Pre-arranging a meeting rather than just 'popping in' will allow the teacher to be adequately prepared and will also ensure you have the opportunity to speak to them confidentially and without interruptions.

Happy Hearts' Day—Friday 3 July



To show gratitude for everything we have, we are celebrating Happy Hearts' Day next Friday 3rd July. Children are invited to wear brightly-coloured free dress on that day. All staff and children in our school will write messages of gratitude on hearts. These will be displayed around the perimeter of the school so everyone can see what we are grateful for.

Rochelle Williamson

Principal

Upcoming Events

- * 29 June - P&C AGM & general meeting
- * 3 July - **Happy Hearts' Day**
- * 3 July - last day of Term 2
- * 20 July - Term 3 commences
- * 17 August - Professional Learning Day (students do not attend)



Our 2018 to 2020 Priority Areas

1. Excellence in Teaching
2. Successful Students
3. Health and Well-being
4. A Connected Community

Our Code of Conduct

School community members will display behaviours that uphold our four school values— integrity, respect, courage and belonging.



Merit Certificates

Congratulations to the following students who have recently been awarded with Merit Certificates. Keep up the great work!

Room 8 Ivy Matthew	Room 9 Summer Aaron	Room 10 Joshua Mehr
Room 13 Xavier Lucy	Room 14 Zaynab Addison	Room 15 Harry Mikayla
Room 16 Kayleb Dario	Room 17 Hunter Mason	Room 18 Hendrix Ayva
Room 19 Daniel Krystal	Room 20 Juliet Anisha	Room 21 Shovan Reann
Room 22 Raj Naomi	Room 23 Pilot Hannah	Room 24
Room 25 Leonardo Joshua	Room 26 Liam Kai Jun	Languages (Chinese) Jasiel Zoe

Semester 1 Student Reports

The Semester 1 Student Reports will be available in Connect next week. In the last newsletter, I advised that they would be available on Friday 3 July. However, I'm hopeful they will be ready earlier than that. I will send a notice out through Connect when they are available. Please note that the reports will not contain A to E grades, as the attendance of many students has been lower throughout this semester due to COVID-19. Written comments may also provide less information on your child/ren's progress than usual. The Semester 2 reports will provide the usual, more detailed information on your child's progress and achievement.



Applications for 2021 Enrolments

Applications to enrol children for Kindy and Pre-primary in 2021 are now being accepted, as well as applications for those residing outside of our intake area. The application forms can be collected from the office. Please remember that applications need to be accompanied with a copy of your child's Birth Certificate, AIR (Australian Immunisation Record) statement that is no more than 2 months old, passport and visa documents (if applicable) and two documents that show your residential address. (Rate Notices are not accepted). Completed applications and printed copies of the accompanying documents can be returned to the office. Applications close on Friday 24 July. Families will be notified in writing about the outcome of their application by Friday 14 August 2020. Please don't hesitate to call the office if you require any further information.



School Board

The School Board met on Monday evening. At the meeting they endorsed our school's 2019 Annual Report, discussed this year's Operational Plans for each of our four priority areas, reviewed our Salaries Plan and Cash Report, and received an update about recent Finance Committee Meetings. The Board also discussed the effectiveness of our Term 1 Interim Student Reports and reflected on our school's Covid-19 experience and what we have learnt. Please forward any feedback regarding the Interim Reports or our school's Covid-19 experience items to your Parent Representatives (Jess Nailer, Kasia Deery, Troy Fare, Dionne Patrick, Bec Robbie and Carrie Flanagan), as they will be discussed again at the next Board meeting being held on 10 August. A review of our school's Assessment and Reporting Policy and our Student ICT Usage Agreements will also occur at this meeting.

Chappy's Chat

Hi Beautiful Rossy Families,

Normal life has (almost) returned and you, like me, may be pondering where the first half of the year went. I have spent time **reflecting about life before and after the COVID shutdown and wondered to what extent I want to return to my 'before COVID' life.** Often major life events are a time to reflect on what we really want our lives to look like and a time to reshape our priorities.

There is a well-known story of a university professor who wanted to make a point of how to prioritise life. Take a jar and fill it with rocks. These represent the big ticket items in your life; family, health and relationships. Then place smaller pebbles into the jar. These represent the other things that matter in your life, such as school or work. Lastly, fill the **leftover space in the jar with sand. The sand signifies the remaining 'small stuff' and material possessions.** If you were to put the sand in first, there is no room for the rocks or the pebbles. **The same can be applied to our lives. If we spend all our time on the 'small stuff' we will not have time for the things that are truly important. Let's hope that a real positive of COVID, is that it has given us time to pay attention to the things in life that are critical to our health and wellbeing. Take care of the big rocks first; the things that really matter. Set priorities; play with your children, go for a run, visit the neighbour or grandparent...the rest is just pebbles and sand.**



Gelato Club



This term we have been trialling a new program called 'Gelato Club'. Gelato Club is for small groups of students to come together to reflect on themselves and others within the context of friendships. We look at the social-emotional aspects of managing emotions; setting and achieving goals; feeling and showing empathy for others; establishing and maintaining positive relationships; and making responsible decisions. We have just finished our first two groups; a Year 3 boys and a Year 3 girls' group. Next week we will begin a Year 6 girls' group. Each group

meets four to six times at recess or lunch time and finishes with a small gelato to celebrate! Friends, like gelato, come in many different flavours!

Discord App

The app called Discord has been coming up in conversations with many students recently and it is also having an impact on friendships at school. Discord is a free voice, video and text chat app for teens and adults aged 13 years and up. Like most social media platforms, this is the recommended age, but we see younger students using these platforms, often without the social maturity or e-maturity to manage them effectively or safely. This leads to bullying behaviour and nasty conversations **between friends who make choices online that they wouldn't necessarily make if they were face-to-face.**

This excerpt is taken directly from the Discord website:

*"Users can log in with a username, and they can add friends, join a server, chat by logging in with a code provided from an email invitation or from a real-life friend. Users can send direct messages to other users, chat, and talk or listen in larger group chats. Using the Nearby feature when adding friends (and with location features turned on), you can find users near you. While there are good features available for opting in to conversations, this is still a social-networking app, and it's primarily geared **toward adults.**"* [<https://blog.discord.com/parents-guide-to-discord/>]

If you are going to allow your pre-teen or younger children to use this app, it is important to read the tips on the webpage about how to use the settings. The Family Online Safety Institute (<https://www.fosi.org/good-digital-parenting>) have an excellent free **online course for parents about safe use of technology. In summary it is about...**

- Regularly talking with our kids about how to be wise online.
- Educating ourselves as parents about the latest apps and the mental health implications of using them.
- Setting ground rules.
- Following through with consequences when rules are broken.

For further information, go to the Australian Office of the e-Safety Commissioner - <https://www.esafety.gov.au/parents>

[The best motto for any device is be in control of 'it' rather than letting 'it' control you!](#)

Chappy Ren e

Renee.Shapcott@youthcare.org.au

Digital Resilience

In a recent blog article from Parenting Ideas, Martine Oglethorpe wrote about moving beyond cyber safety for happy, resilient digital kids. (<https://www.parentingideas.com.au/blog/>)

We all know that digital devices will continue to have an important place in the lives of our children - in their education, entertainment, communication and interaction with friends. Martine suggests that as adults, our focus needs to move beyond teaching children about cyber safety. Adults should also help children develop the skills, behaviour and mindset that will allow them to be happy and resilient users of digital technology.

The ideas presented in the article cover five areas:

1. Digital resilience - Since kindness and respect online will not always happen, children should learn how to discern and move on from people whose opinions do not matter.
2. Self-esteem away from screens - **Online comparisons will always find someone 'better' or 'with more'**. We can show children where self-worth really comes from, and talk about long-lasting happiness and success. Technology is only a tool that makes some aspects of life easier.
3. Digital skills - Children need strategies to manage conversations, group chats, unwanted online attention, and when and how to respond to nasty comments.
4. Good habits - Families can help children develop habits such as no devices during dinner, asking permission before sharing photos of themselves or others, and making time for other activities.
5. Critical thinking - Since the online world is not always real, relevant, helpful or worthwhile, our children need to be equipped with critical thinking skills to use every time they watch a video, look at a photo, or read an article.

Parents and Citizens' Association



P&C AGM & General Meeting - Monday, 7 pm, school library.

The Rossmoyne Primary School P&C Annual General Meeting (AGM) and General Meeting will be held next Monday 29th June at 7pm in the school library.

The agenda is available on Connect.

Please RSVP to the Secretary (Gemma McDonnell-Mossop, 0417 175 435) if you are planning on attending by 8 am on 29th June. Thank you to those who have already advised Gemma of their intentions.

Physical distancing of one adult per two square metres will apply.

Thank you to everyone for your patience and understanding while we navigated the COVID-19 restrictions and took a cautious approach with our committee.



SOUTHERN STARS JUNIOR PROGRAM

PROGRAM DETAILS

Our junior touch footy program caters for all ages and abilities.

STARTS MONDAY 27 JULY

5.15pm - 6.15pm
5 years to 17 years
George Burnett Park
Manning

PART ONE

9 weeks
Coaching & Intraclub
Competition
\$70 per child

PART TWO

Junior State
Championships*
Cost TBA



REGISTER NOW
SDTA.NET.AU



CHAMPION LAKES BOATING CLUB

COME AND TRY KAYAKING

SUNDAY 28 JUNE, 2020 | 2.00PM-3.00PM
CHAMPION LAKES REGATTA CENTRE

FREE (Children 8+ and Adults)

Limited Bookings

Email Robyn Brown, kayaking@clbc.org.au



For parents and carers of children 4-12 years
 1-session workshop
 Course Overview

Participants will learn strategies to help them support their children in a digital world including how to best use technology to enhance their child's development, rather than detract from it.

This workshop uses research from Telethon Collaborate for Kids.

DATES
 Thursday
 2 July 2020

TIME
 6.00pm - 7.30pm

LOCATION
 WHWS
 Gosnells Community Lotteries House
 2232c Albany Highway
 Gosnells

COST
 Free - bookings essential

CRECHE
 Not available

BOOKINGS
 Bookings essential - please register via the link below:
<https://events.humanitix.com/auraisingchildrenadigitalworld>



COMMUNICARE **Save the Children**

The South East Metro Parenting Support Service is funded by the Government of Western Australia Department of Communities. South East Metro Parenting Support Services are delivered by Communicare in partnership with Save the Children.

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 or visit our website for more information.

Creative Kids Art Club

Come and join us for exciting art and craft!

Kids after school art classes
available in Riverton, for 5-14yrs.

Visit the website for more details and to book

www.creativekidsartclub.com.au



Suncorp and Netball WA, with Rostrata Netball Club: Net

Skills Program

Running for 8 weeks in Term 3 from Wednesday 22/07/2020 to 07/09/2020, the Net skills program is a great introduction to netball, teaching fine motor skills and netball positions, in a fun, relaxed environment.

Wednesday afternoons 3.15-4.00pm at Rostrata Primary School

Open to all students aged 6 to 8 years old. Registrations close: 13/07/2020

For all enquiries, please email rostratanetballclub@hotmail.com