



ROSSMOYNE REFLECTIONS

NEWSLETTER NO. 7

Friday 7 August 2020

Virtue of the Month for August—Excellence

Next Newsletter—28 August 2020

Together we empower global citizens.

PRINCIPAL'S MESSAGE

Our planning for next year has now commenced. If your child/ren will not be returning to our school in 2021, can you please let us know. Having accurate student numbers allows us to plan effectively.



COVID Update

Even though the physical distancing requirements between students has been relaxed, we are continuing to remain vigilant and reinforce health and hygiene messages to our students. Thank you to all adults who are continuing to keep up physical distancing of 1.5 metres where possible.



National School Opinion Survey

Every two years, parents/carers, staff and our senior students are invited to participate in a survey about our school. The results of the surveys inform our future planning and initiatives. You will soon receive an email inviting you to participate in the survey. Please take a few minutes to complete the survey. **It's important that we know what you think we are doing well and what we can improve.**

Professional Learning Day

As previously advised, Monday 17 August is a Professional Learning Day, so students are not required to attend school. Staff will be learning about the Seven Steps to

Writing Success program which will be implemented in all of our Year 2 to Year 6 classrooms.

School Board

The School Board will be meeting on Monday evening. They will be reviewing our school's **Assessment and Reporting Policy** and our Online Services Acceptable Usage Agreements. They will be **discussing the Department of Education's 'Students Online in Public Schools Policy'** which becomes effective in January 2021, and commencing discussions about our 2021 to 2023 Business Plan.

Another Board Meeting will be held on Monday 14 September, commencing at 7 pm in the library. This will be our Annual Public Meeting which all parents/carers are welcome to attend. At this meeting, the Board will be analysing the results of the National School Opinion Survey and discussing possible implications for our 2021 to 2023 Business Plan. They will also be asked to approve the 2021 Personal Items Lists and the 2021 Voluntary Contributions and Charges. A school budget update will also be provided.

Staffing Update

Mrs Selina Valentine has returned to school after taking Long Service Leave throughout Semester 1 and she is working on Monday and Thursday mornings. We have also welcomed Mrs Birgit Bowie and Mrs Natalie Smallman to our team on Tuesday and Wednesday mornings. They are all providing support and differentiated

curriculum to small groups of students.



No dogs on school grounds

Please remember that dogs are not allowed on school grounds at anytime.

Rochelle Williamson

Principal

Upcoming Events

- * 10 Aug.— School Board Meeting
- * 13 & 14 Aug.—School Photos
- * 17 Aug.—Professional Learning Day
- * 18 Aug.—Interschool Cross Country
- * 20 Aug.—Rm 24 Assembly
- * 27 Aug.—Book Week Dress Up Parade



Learning Journey

Our 2020 Learning Journey will be held on Wednesday 23 September between 5.00 to 6.45 pm. More information will be provided closer to the date.

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 Joshua Lawson Tabitha Ezekiel	Room 9 Sabrina Seyur Silvanus Bethany	Room 10 Ananya Kishore Maya Scott
Room 13 Cooper Maya Kate Fergus	Room 14 Maira Sharon Reynash Kimmy	Room 15 Evan Marianna Rosemary Leigh
Room 16 Kayleb Lochlin Kina Ruby Sabrina Rio	Room 17 Alana Rahim Raypreet Tiago	Room 18 Peyton Wesley Narin Levi
Room 19 Masooma Sophia Meher Luke	Room 20 Jude Yi Xun Tanishq Abigail	Room 21 Reann Maham Kane Sophie Bless
Room 22 Noah Arianne Stephanie Yasna	Room 23 Kiara Lincoln Cameron Rachel Lara Kade	Room 24 Celeste Priyana Jasiel Cameron
Room 25 Chyara Peter	Room 26 Maylee Sophia Tannishtha Veronika	Languages (Chinese) Kade Room 8



What a great day!





Our School Photo Days are almost here!

Dear Parents,

For the duration of COVID-19, please be aware that Kapture photographers are following all recommended health guidelines and safe practices. Photographers will use verbal queues and instructions in an effort to uphold a high standard of student presentation. Students may be instructed by photographers to use single use sterile combs, use wet wipes or tissues, to fix collars, buttons and stray hairs - without physically touching students.

In addition to the above, the class group photo format has been modified **whereby a full length 'character' pose** will be taken of each student in a white studio. The photo is a fun shot with the view to students showing their personality – 'strike a pose'. **These poses will then be combined with all students in the class to form the class group photo of 2020.** An example of a character class group and a character pose can be seen as purchase options when ordering your photos online.

All students have already received their personalised Kapture Photography flyers. The only method of ordering photos is online through the Kapture website as your payment is secure and can be easily verified at any time.

Sibling orders can only be placed online at www.kapture.com.au

However, please note there is a limit to how many sibling photos can be taken. Once the maximum capacity of sibling orders has been reached, no more sibling orders can be placed.

If maximum capacity is not reached, sibling orders will close 12pm midday sharp, AT LEAST one business day prior to the first photo day. Enter your school code now in the Order Online page of our website for a live countdown.

The school or the photographers cannot accept late orders for sibling photography. Please do not ask as your request simply cannot be accommodated.

Order now to avoid missing out!

You can place an order online for class or individual photographs at any time for the remainder of the current school year. However a \$20 fee will apply if you order more than 10 days after photography.

If your child is in a sports or special photo, you can use the same school code on your information flyer to view and order these photos on the Kapture website, around the time that school photos are ready to be delivered. Please note class, individual and sibling portraits are not available to view online prior to purchase.

Kapture offer a money back guarantee for any parent who is not fully satisfied with their photo package. Should you have any queries before or after photo day, please direct them to the Kapture office on 9240 1714 or email enquiries@kapture.com.au.

All students will be photographed individually on the photo days for school administration records AS WELL as included in their class group presentation available for purchase to all families. Should there be any reason why your child should NOT be included in the photo shoot –please contact the office.



contact school

	Thursday 13th August		Friday 14th August
8.50 am	Yr 2, Rm 15	8.30 am	Orchestra
9.15 am	Yr 1, Rm 14	8.50 am	Band
9.40 am	Yr 1, Rm 13	9.10 am	Junior Choir
10.05 am	Yr 2, Rm 16	9.35 am	Senior Choir
10.30 am	Yr 3, Rm 8	9.55 am	Yr 6 Graduation
11.25 am	Yr 6, Rm 25	10.25 am	Yr 5/6, Rm 24
11.50 am	Yr 6, Rm 26	11.25 am	PP, Rm 17
12.20 pm	Yr 4/5, Rm 21	11.50 am	PP, Rm 18
1.40 pm	Yr 5, Rm 23	12.20 pm	Yr 5, Rm 22
2.05 pm	Yr 4, Rm 19	1.40 pm	Yr 2/3, Rm 10
2.30 pm	Yr 4, Rm 20	2.05 pm	Yr 3, Rm 9



Book Fair

Our Book Fair will proceed in Week 7 (Monday 31st August – September 3). A wonderful group of volunteers have ensured that this school event can happen and we gratefully appreciate the help. There are a few timeslots left, so if any parents are available, please see Mrs Donovan in the Office. In order to comply with the social distancing rules for adults, there will be some constraints around the number of people at the display and movement through the room. Thank you in anticipation of your patience! The Book Fair is a wonderful opportunity for our students and their families to purchase quality books and also allow our school to gain fantastic resources for our School Library and Teacher Resource collections. More details will follow soon on Connect.

Book Week

Despite COVID, we will be proceeding with our Book Week celebrations in Week 6 (Monday 24th – Friday 28th August), with some changes. The Book Week Parade will be held on Thursday 27th August at 8.50 am. Students are invited to dress up as a character from a book, and bring along the book to share with their class. The Parade will take place on the oval in front of the stage.



Parents are permitted to attend but it is *imperative* that all adults maintain SOCIAL DISTANCING. Unfortunately, at this stage, we will not be able to hold our Reading Picnic where parents join us for lunch on the day. Classes may complete a Book Week activity during this week and share these with parents via Connect or Seesaw. This is an alternative to our usual Book Week display in the Library. The Book Week Parade has become a wonderful tradition at our school and will be a terrific prelude to our Book Fair which begins on Monday 31st August.



Chappy's Chat

Hi Beautiful Rossy Families

For most of us living in Perth, the initial Covid news and panic has been quelled. For many though, the impact of family and connections with Eastern Australia will still be impacting us for some time. Many children and grown-ups are discovering that their anxiety around Covid is catching up with them now, after a settling-in period. Sometimes, it is as if we hold out for the calm and when it doesn't come, things begin to get on top of us and we start to feel overwhelmed. We may also find ourselves picking up all the things we said we wouldn't and we are back to pre-Covid busy, quite unintentionally! Gratefulness can help!

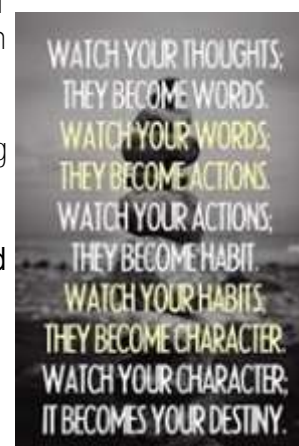
Did you know that every time we do, say or think something a pathway is connected or reinforced in our brains? Consciously listing the things, we are thankful for redirects our brains away from the issues that might be causing us to feel anxious, and trains our mind to view our circumstances with more light. Practising gratitude may be a useful **strategy for the coming days and weeks. Take turns at the dinner table to list three things you're thankful for from the day.** When those anxious thoughts creep in, distract your brain and stop them in their tracks by thinking about something you can be grateful for in the immediate situation. Record all the things you are grateful for in a book with the challenge of writing down something different every single time. Gratitude won't fix our circumstances but it will help us to travel through them looking out instead of in and with greater calm, resilience, focus and perspective.

Check out 365 Grateful Project (<https://365grateful.com/>). The story of how one young woman overcame depression with her personal gratefulness photography project.

And always remember... if things are too much in your own head, talk to someone. Find the person who will say, 'I am listening, I am here for you, I believe you and I want to help.'

Chappy Renēe

Renee.Shapcott@youthcare.org.au



A Message from Community Health Nurses

This week is Dental Health Week. Keep your child's teeth healthy



What is tooth decay?

Tooth decay is a diet-related disease that damages teeth. Tooth decay happens when germs in the mouth create a sticky covering called plaque on the tooth surface. These germs feed on sugars in food and drinks and produce an acid that damages the tooth surface. Over time, this acid eats away at the surface of the tooth, creating holes or 'cavities'. **Tooth decay can cause pain and infection. It can even affect children's growth. Severe decay in baby teeth can have serious consequences for your child's nutrition, speech, and jaw development. The longer tooth decay is left untreated, the more your child will experience:**

- pain and discomfort;
- a higher risk of new decay in other baby and adult teeth;
- more complicated and expensive treatment;
- anxiety when they visit a dentist; and
- loss of time at school.

Tooth decay is also called dental caries.

Signs of tooth decay

Early tooth decay can be hard to spot. The first sign of tooth decay is when teeth develop a dull, white band along the gum line (the area at the base of the teeth, near the gums). You might also see brown spots on the teeth, and the gums might be red and swollen. With more advanced tooth decay, you might notice blackened holes in the teeth or broken teeth. If the decay has led to an infection, you might notice lumps or pimples on the gums or swelling around the gums and face.

There are three key steps your child can take to prevent tooth decay.

- Brush teeth twice a day, using fluoride toothpaste.
- Eat a healthy, low-sugar diet, and develop healthy eating habits.
- Have regular dental check-ups with the dentist.

Healthy foods and drinks to prevent tooth decay

Cleaning teeth isn't a guarantee against tooth decay. The types of food and drink you give your child also affect dental health and the development of tooth decay. Children need a wide variety of healthy foods and snacks. Foods and drinks that are low in sugar are best. Avoid giving your children sweet biscuits or cakes. **If your child does eat something sweet, drinking a glass of water can reduce the amount of acid on your child's teeth.**

Other ways to avoid tooth decay

- Being a role model—You can set a good dental health example for your child by brushing your own teeth twice a day, limiting your sugar intake, and being positive about going for dental check-ups.
- Bottle-feeding—**It's recommended that you don't settle your child in bed with a bottle of milk. Settling children to sleep with bottles can lead to tooth decay. This is because there's less saliva in your child's mouth to protect their teeth during sleep, so milk can build up and eat away at the enamel.**
- Sports and Sugary drinks—The acidity and sugar in sports and sugary drinks can cause decay and damage **to your child's teeth, particularly if they drink them regularly. This can lead to permanent damage to your child's teeth and further dental treatment. It's best for your child to avoid these drinks, and to drink plenty of water instead. If drinking sugary and sports drinks, it's good to rinse with water straight away and to brush teeth with a fluoride toothpaste about an hour later.**

Parents and Citizens' Association



The P&C AGM was held on Monday 29th June, and all positions were filled!

We would like to publicly acknowledge the efforts of our outgoing executive members—John Coombe (President), Kevin Drake (Vice-president), Angela Fisher (Treasurer), Gemma McDonnell-Mossop (Secretary), and Astrid Mitchell, Mel Boston, and Nigel Deeks (Executive Members). Thank you also to the outgoing coordinators—Angela Fisher (Book Club), Debbie Flegg (Bendigo Bank School Banking), Cindy Lewis (Bookfair), Mel Boston (Class Helpers), Helen Wallis and Karlene McKay (Second Hand Uniforms), and Gemma McDonnell-Mossop (Events and Fundraising Sub-committee).

Special Thanks

We would particularly like to extend our warmest thanks and gratitude to our outgoing President, Mr John Coombe. John has been a member of the Rossmoyne Primary P&C for more than 9 years and has been the President of the P&C since his first election in 2014. Over this time John has been a strong supporter of the school and the P&C and has helped achieve many amazing projects to contribute to the best learning environment for our students. We will miss **John's involvement with the P&C leadership which has come to be relied upon and wish him well with his personal endeavours. THANK YOU!**

Congratulations and thank you to the following people who accepted nominations for positions.

President—Sherylee Webb

Vice-president—Kevin Drake

Treasurer—Nigel Deeks

Secretary—Gemma McDonnell-Mossop

Executive—Astrid Mitchell, Mel Boston and John McKimmie

Book Club Coordinator—Mel Boston

Book Fair Coordinator—Angela Fisher

Second Hand Uniform Coordinator—Jess Stettner

Bendigo Bank School Banking Coordinator—Astrid Mitchell

Events and Fundraising Sub-committee Coordinator—Gemma McDonnell Mossop.

Thanks also to the following people who joined the Events and Fundraising Sub-committee—Mel Boston, Ryan Del Borrello, Kevin Drake, Nigel Deeks, Jess Stettner and Sherylee Webb.



The Second Hand Uniform Shop is open on Monday mornings between 8.15 to 8.45 am.

Any donations for the shop can be delivered to the school office.

The Bendigo Bank School Banking Program is held on Wednesday mornings between 8.15 to 8.45 am.





Government of Western Australia
Child and Adolescent 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.



Program details:

Type: Seminar Series
 Place: corner of Wharf & Sevenoaks St-Cannington Lelsureplex
 Date/s: Wednesdays 9th September, 16th September, 23rd September 2020
 Time: 9:30am - 11:30am
 Cost: FREE

How do I book?

Ask your child health nurse or visit healthywa.wa.gov.au/parentgroups.



To help us all stay healthy, please remember:

- Practise physical distancing.
- Do not attend if you are feeling unwell or need to self-isolate.

If you need to cancel your booking, contact your Child Health Nurse or the Child Health Booking System on 1300 749 869 (metro only).

Please note:

Unless there is a crèche advertised, only babies under the age of 6 months can attend this group. However, we welcome babies who need breastfeeding during the session. DO NOT bring hot food and drinks for safety reasons.

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

June 2020 CAH-001005_ThePP



Small changes, big differences.



Parents, stay positive!

with Triple P – Positive Parenting Program

Free two-hour seminars give you simple, practical strategies to:

- Promote your child's development and independent skills
- Strengthen family relationships and wellbeing
- Encourage positive behaviour
- Raise resilient, confident children

Attend Triple P at Oberthur PS in Term 3, 2020!

Tuesday 4th August
9am – Seminar 1:
The Power of Positive Parenting

Tuesday 11th August
9am – Seminar 2:
Raising Confident, Competent Children

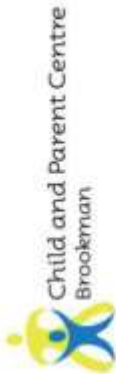
Tuesday 18th August
9am – Seminar 3:
Raising Resilient Children

For each session, parents will receive a free tip sheet with the content to take home. All sessions will take place in the Oberthur Primary School – Library.
Please note: there will be no crèche available.

You can book your free place now by searching for these sessions at: www.triplep-parenting.net.au/wa or, Visit the Oberthur PS front office or give them a call on 9237 6700.

www.triplep-parenting.net.au/wa





Raising Bilingual Children

Join us for this workshop to help parents of bilingual children answer important questions about learning more than one language. What are the benefits, challenges, myths and facts? Learn how to best support your children develop their language.



Bookings are essential

Date: Monday 21st September 2020
Time: 10.30am to 12.00pm
Where: Child and Parent Centre Brookman (at the back of Brookman Primary School)
Creche: Yes – Spaces are limited – bookings essential

Please register via our app "Child and Parent Centre Brookman" or email CPCBrookman@parkerville.org.au or call the Centre on 9235 7032



In partnership with



For culturally diverse families of children 0-12 years

3-Sessions (Online)

Workshop Overview

1-2-3 Magic and Emotion coaching encourages a calm approach to parenting, even in those tough moments.

Recent brain research is showing the importance of giving children practice at managing their emotions, and therefore their behaviour. We now know that children can learn about their feelings and be taught how to manage their emotional selves to be more resilient and make better choices.

Join us for this interactive workshop that can show parents and carers how to strengthen their relationship with their children.

Bookings essential as places are limited.



BOOKINGS

9251 5777

parenting@communicare.org.au

www.communicare.org.au



DATES

Fridays

4, 11 and 18 September



TIME

10.00am - 12.00pm



LOCATION

Communicare
28 Cecil Avenue
Cannington



COST

Free



CRECHE

Yes - bookings essential!



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.



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

Southern STARS TOUCH FOOTBALL



Cockburn Water Polo

Registrations Now Open



Cockburn Water Polo is a new club based at Cockburn ARC.

The club is offering students a free come and try session during August 2020. For further information we are contactable via email, website and FaceBook (search Cockburn Water Polo).



SPEECH DROP-IN CLINIC

with our
Speech Pathologist, Kacie

Kacie works for the Child Development Service and sees children and their parents at the Brookman Child and Parent Centre (CPC). Kacie is available for parents with children aged between 0 and 8 years to discuss any concerns regarding speech and language development.

Speech Pathologists work with children to develop their:

- Interaction and social skills
- Listening and understanding skills
- Talking skills
- Speech sounds



No booking is required for this drop in session

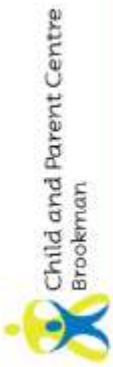
Appointments will be 15minutes

Date: Wednesday 9th September, 2020
Time: 1:00 – 2:30pm
Venue: Child and Parent Centre – Brookman
 34 Brookman Avenue, Langford
 (Opposite Upton Place)

For more information please contact the Centre on:
 92584646 or CPCBrookman@parkerville.org.au



In partnership with



SPEECH & LANGUAGE

Do you have child speech concerns?
Chat with our Speech Pathologist, Kacie.

Kacie works for the Child Development Service and sees children and their parents at the Brookman Child and Parent Centre (CPC). Kacie is available for parents with children aged between 0 and 8 years to discuss any concerns regarding speech and language development.

Speech Pathologists work with children to develop their:

- Interaction and social skills
- Listening and understanding skills
- Talking skills
- Speech sounds



Bookings are required – Phone only appointments

Appointments will be 15minutes

Date: Thursday 3rd September, 2020
Time: 9:00 – 10:30 am
Venue: Over the phone only

Bookings are essential – Phone appointments only

For more information please contact the Centre on:
 92584646 or CPCBrookman@parkerville.org.au



In partnership with