



# ROSSMOYNE REFLECTIONS

NEWSLETTER NO. 10

Friday 30 October 2020

Virtue of the Month for October—Self Discipline

Next Newsletter—20 November 2020

Together we empower global citizens.

## PRINCIPAL'S MESSAGE



Cyber Safety Information Session  
If you haven't already, please consider registering for next

**Thursday's Cyber Safety information session** for parents/carers. Developed by **ySafe's** award-winning team of clinical psychologists, police officers and digital experts, this practical and strategy-rich session will cover key information about social media and gaming, screen time recommendations, and step-by-step instructions on how to set up a cyber safe home for kids of all ages. Registration is essential as numbers are limited. For more information and to register please refer to the notice sent out on Connect on 21 October. Thank you to our P&C for helping to fund this event.

### COVID-19

Phase 5 has not yet come into effect and WA remains susceptible to a major **outbreak. It's important that we don't** become complacent. Please remember to maintain both good hygiene and physical distancing. This includes hand washing, applying the 2 square metre rule for adults, **and not shaking hands. It's also really** important that no student or family member comes to school if they are unwell.

The Western Australian government is also currently maintaining strict border controls to limit the spread of COVID-19. Travel exemptions are currently required to travel into Western Australia. If your family is planning to leave Western Australia for overseas or interstate destinations during COVID-19, please consider current travel

exemptions, restrictions and quarantine requirements if you wish to return, as your entry into WA for the commencement of the 2021 school year may be impacted.

### 2021

Our planning for next year is now well underway. 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.



### 2021 Class Placements

Should you wish to submit a request about **your child's classroom placement for 2021** based on their educational, social or emotional needs, please email me at rochelle.williamson@education.wa.edu.au by 9 am on Monday 23 November. Please do not send requests for particular teachers as they will be respectfully ignored.



### Special Acknowledgement

Thank you to Mrs Tran and to our students who participated in the Kids Choir for Telethon. The choir was made up of students from more than 21 public schools. **They performed 'Times Like These' by the Foo Fighters.** It was broadcast during Telethon on Channel 7 on Sunday night. The entire Kids Choir was outstanding and I was very proud of our students and Mrs Tran.

### Seven News

Make sure you watch the weather segment of the Channel 7 evening news next Wednesday, as some of our students may be featured!



### School Board Meeting

The last School Board meeting for this year will be held on Monday evening. The Board will receive an update about the implementation of our 2018 to 2020 Business Plan, and will discuss the results and implications of the School Board survey. They will also discuss the Online Services Agreements that come into effect in all government schools in January next year. An update about the recent actions of **the school's Finance Committee will be provided, and our school's 2021 Preliminary Student Centred Funding and our Preliminary Cash Budget will be presented.** Please remember that your Parent Representatives on the Board are Jess Nailer, Kasia Deery, Troy Fare, Dionne Patrick, Carrie Flanagan and Rebecca Robbie.

*Rochelle Williamson*

Principal

### Upcoming Events

- \* 30 Oct. - P&C Discoes
- \* 2 Nov. - School Board Meeting
- \* 5 Nov. - Rm 22 Assembly
- \* 5 Nov. - Music Count Us In, 9.30 am
- \* 5 Nov. - ySafe Cyber Safety Parent Session
- \* 6 Nov. - Music Soiree, 5.30 pm, RSHS
- \* 8 to 15 Nov. - NAIDOC Week
- \* 19 Nov. - Rm 18 Assembly

## Our Code of Conduct

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

[www.rossmoyneps.wa.edu.au](http://www.rossmoyneps.wa.edu.au)

SCHOOLWATCH: 1800 177 777

[Rossmoyne.ps@education.wa.edu.au](mailto:Rossmoyne.ps@education.wa.edu.au)



Merit Certificates  
 Congratulations to the following students who received  
**Merit Certificates at last week's assembly. Keep up the great work!**

Room 8 Kaidon Alexys	Room 9 Belina Steven	Room 10 Aanya Maya
Room 13 Maya Prasoon	Room 14 Zaynab Reece	Room 15 Kaitlyn Finn
Room 16 Abryanna Arav	Room 17 Orianne Charles	Room 18 Ari Helena
Room 19 Tate Ryka	Room 20 Ahmed Lola	Room 21 Bethany Rhett
Room 22 Bartosz Nikunj	Room 23 Jace Keaton	Room 24 Jay Mia
Room 25 Andile Esther	Room 26 K-Jay Ciaran	Languages (Chinese) Neesa Anusuya

### Rossy Reach Out Program

Rossy Reach Out is a new community service based program developed by Rossmoyne Senior High School that is designed to connect young people to each other, to their communities and to a bigger purpose. The mission of the program is to help reduce loneliness, and to improve connection and the well being of our youth. On Thursday 24th September all of our Year 6 students walked to Rossmoyne Senior High School to participate in the program. All of our students were involved in group discussions and an activity run by the Year 11 Rossmoyne Senior High School students.



### Visit from Kaboom Percussion

On Wednesday 14<sup>th</sup> October, Kaboom Percussion visited our school. This dynamic duo showcased their percussion skills on buckets, boxes, homemade thong-a-phones and even on everyday items like colanders, hairbrushes, pens and rubber chickens. One of the highlights of the show was learning about how their bottle-phone worked. This was an instrument made out of plastic bottles filled with air. The duo performed a medley of movie themes on the bottle-phone. **Students can relive Kaboom's show by searching for 'Kaboom Percussion' on Youtube any time. All of their videos are child appropriate, educational and inspiring. We look forward to having them visit again in the future.**





## What's Been Happening in Languages (Mandarin)?

At the end of Term Three, some of our students participated in competitions organised by the Chinese Language Teachers' Association of WA (CLTAWA).

Celeste (Room 24) and Dimas (Room 26) participated in the CLTAWA State Mandarin Speaking Competition for students from non-Chinese speaking backgrounds. Emily (Room 22), Emma (Room 21) and Sonia (Room 23) all received Certificates of Excellence in the CLTAWA State Writing Competition in the Level 1 and 2 Category for students from a Chinese background. Emily (Room 21) achieved first place in the Year 3 and 4 category for students from a non-Chinese background, and Camille (Room 9) achieved second place. Dimas (Room 26) also received first place in the Year 5 and 6 category for students from a non-Chinese background.

Congratulations to all students who participated. Some of their wonderful work is currently displayed in the library.



## Interschool Athletics Carnival

Selected students competed in the SCISA Interschool Athletics Carnival on Tuesday and Thursday this week. Our school won the outright shield, the meritorious shield (even though **we couldn't be awarded both shields**), and the team game shield. Well done to all students who represented the school with great pride and showed great team spirit. What an outstanding achievement for our school!



Abigail—Yr 3 Runner-Up Champion Girl



Zoe—Year 4 Champion Girl



Nate—Yr 4 Champion Boy



Fatima—Yr 6 Runner-up Champion Girl



## Chappy's Chat

Welcome back to Term Four! It's the end of Week Three already!

Recently, at both my schools, I have spoken to a number of students who have viewed disturbing things online. I often talk to children about protecting our eyes and ears from what our brain cannot fully understand.

There is so much more on offer for children today and they have the world at their fingertips. Having had the 'IT Guys' out to our home after a teen viewing incident...

I was given the cold hard message that no platform or filter can surpass vigilant supervision. Family decisions are for families to make, however, the repercussions of what a child views (including YouTube channels and violent gaming) can influence their emotional wellbeing, behaviour, social connections and self-worth. This can have developmental implications, and at the extreme, can impact their mood and mental health in harmful ways.

Everything that enters  
your eyes and ears  
affect your heart.  
so always  
protect your  


Here are a few family guidelines about healthy viewing time:

- **Restrict online viewing to a 'family area' where adults can monitor the content.**
- **Don't allow devices in bedrooms** – it is too easy for children to spend hours alone and quickly find themselves on the slippery slope of the online world. We wouldn't allow strangers into our children's bedrooms so why would we allow the World Wide Web in there?
- Be attentive to ratings on games – M15+ really does contain explicit content.
- **Talk to your child about strategies for viewing.** In 'Protective Behaviours' we teach children that online events are the same as 'in person' experiences. When we feel uncomfortable and unsafe, our early warning signs are activated, and we should respond or react in exactly the same way whether it's an online or 'in person' event—'No...go tell.' Tell your children to shut the computer and talk to you about what you saw.

Even as an adult, I still protect my eyes and ears from what I know I cannot manage emotionally. That's not to say I shy away from content, but I know what my limits are and how to manage my viewing. Children need our help to navigate the world of viewing as there is easy access to the entire world from their own home.

For more information, check out:

- <https://www.esafety.gov.au/parents>
- <https://parentline.com.au/other-support-services>
- <https://kidshelpline.com.au/>

### Library Club

Students have been enjoying using our new games at Library Club, thanks to the \$200 we made from the sale of ex-library books at the end of last term. Thank you to all the families who supported the book sale. We have bought a selection of new games that were requested by the students and we will purchase some more of the highly popular 'Marble Race' when it is available.

Chappy Renee (Monday and Wednesday)

[Renee.shapcott@youthcare.org.au](mailto:Renee.shapcott@youthcare.org.au)





## Parents and Citizens' Association

Our Fancy Dress Discoes are on tonight!



Pre-primary to Year 3—5.45 to 7 pm

Year 4 to 6—7.30 to 9.00 pm

\$5 per student

Registrations and payments to be made online—<https://www.trybooking.com/BKVLT>

Crisps, icy poles, lolly bags and drinks will be on sale at the canteen.

### As we are still in Stage 4.....

- families are asked to remember to maintain social distancing of 1.5 m between family groups while waiting to enter.
- parents cannot remain at the discoes as we are not able to provide the required space for social distancing.
- pizza slices will not be available

Please listen to the instructions from the parent volunteers and be patient.  
Our volunteers will be doing their best to ensure the safety of all students.

If needed, you can contact the coordinators throughout the discoes on 0452 644 489 or 0417 175 435.

### Second Hand Uniform Shop

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



Enrolments are now open for VacSwim swimming lessons during the summer school holidays.

VacSwim offers fun lessons at both beach and pool locations during the long break.  
Not only are they a great school holiday activity, but they also teach children valuable safety skills to help keep them safe in the water.

Your children can start as young as five years old.

Don't wait! Enrol your children in VacSwim now at [education.wa.edu.au/vacswim](http://education.wa.edu.au/vacswim)



CHAMPION LAKES BOATING CLUB

# COME AND TRY KAYAKING

SUNDAY 15 NOVEMBER, 2020 | 2.00PM-  
3.00PM

CHAMPION LAKES REGATTA CENTRE

FREE ( Children 8+ and Adults)  
Limited Bookings

Email Robyn Brown, [robbyn.clbcmembership@gmail.com](mailto:robbyn.clbcmembership@gmail.com)



## CALLING ALL GIRLS!

**Rossmoyne Junior Football Club**  
is waiting for you in 2021

New and returning players of all abilities are welcome to join our family friendly Club

- Auskick (Pre Primary – Year 2);
- Junior Mixed Football (Year 3 – Year 6); and
- Girls only Competitions

**YEAR 4 - 6 GIRLS ARE INVITED TO JOIN A NEW GIRLS ONLY TEAM  
IN AN ALL GIRLS COMPETITION IN 2021 (Sunday Mornings)**



For more information about our all girls team please call Sharm Avery on 0433 383 076  
Or to register your interest and become a Rossmoyne Raider today visit:

[www.rossmoynejfc.com.au](http://www.rossmoynejfc.com.au)

[registrar@rossmoynejfc.com.au](mailto:registrar@rossmoynejfc.com.au)



*Festival of*  
**BATEMAN 2020**

**• ART • FOOD • STALLS • MUSIC**

**FRIDAY  
 13TH  
 NOVEMBER  
 4:30  
 - 7:30PM**

**50TH ANNIVERSARY CELEBRATIONS**  
 .....  
**GRASSY KNOLL**  
 BATEMAN PRIMARY SCHOOL

COME AND CELEBRATE OUR SCHOOL AND THE VIBRANCY OF OUR COMMUNITY.

**Let's Talk Toilet Training**  
 South East Metro Parenting Support Services

**For parents and carers of children 2-4 years**  
 1-session program  
 Workshop Overview

How and when is the best time to 'take the plunge' into toilet training your child?

This is an exciting stage for your toddler - but may fill parents with trepidation!

Come and learn how best to approach this process and what skills are needed from your child and you!

Please provide your name, contact number and post code when registering. Bookings are essential.

**BOOKINGS**  
 9251 5777  
 parenting@communicare.org.au  
 www.communicare.org.au

**DATES**  
 Wednesday  
 4 November 2020

**TIME**  
 9.30am - 11.00am

**LOCATION**  
 Victoria Park  
 Community Centre  
 248 Gloucester Street  
 East Victoria Park

**COST**  
 Free

**CRECHE**  
 Yes - bookings essential.

**COMMUNICARE** **Save the Children**

The South East Metro Parenting Support Service is funded by the Government of Western Australia Department of Communities, Health, Education, Training and Sport. Services are delivered in collaboration with partner organisations.

Rossmoyne Primary School provides these Community Announcements as a service to the community, students and families. Inclusion in our school newsletter or any other means of delivery does not imply any endorsement of these events.



"I feel so blessed to have attended this workshop very soon after my son's diagnosis. I feel way more empowered to harness his strengths and to guide and help him thrive." - Clare Griffiths, Sydney.

## ABOUT THE PRESENTER

Lou Brown is an ADHD Coach, Consultant & Advocate, a non-practicing Registered Nurse, and a Master of Philosophy (Nursing & Midwifery) student. She is also the author of ADHD in Primary School: a comprehensive guide to understanding and supporting students with ADHD in the classroom and the blog Thriving with ADHD. Prior to becoming a coach, Lou worked as a Registered Nurse for over 17 years and held several senior nursing positions. She left nursing when she and her son were diagnosed with ADHD and set about on a new career path determined to make a difference in the lives of those with ADHD. As an ICF accredited ADHD Coach, Lou works one-on-one with parents of children who have ADHD.

As a tireless ADHD advocate, Lou frequently collaborates with ADHD Australia, Parents for ADHD Advocacy Australia and the ADHD Foundation Australia and has appeared in multiple television interviews and online and print publications, sharing her lived experience with the aim of fostering understanding and awareness around ADHD.



"Lou exceeds expectations in her ADHD parenting workshop. She is honest and open with her own personal journey, is straight talking but with the empathy and compassion of someone who truly understands parenting a child with ADHD, as well as has lived experience. Lou is extremely knowledgeable, her sessions are full of valuable information, and they are interactive and collaborative. It is clear that she loves what she's doing as her energy is infectious. There was laughter and tears on the day and you certainly leave feeling full of hope, confident you can deal with any challenges and be a positive parent and strong advocate for your child." - Lydia Roberts, Perth.



## PARENTING OUR KIDS WITH ADHD

**Strategies to help them thrive presented by Lou Brown.**

Parenting a child with ADHD can be challenging but it can also be a rich and rewarding experience, especially if we learn to pro-actively parent our children from an ADHD perspective using a compassionate and empowering approach.

This workshop is designed to help you really understand ADHD and the many ways it manifests in your child's life, both in their unique gifts and their individual challenges.

**Wednesday 25 November | 10.00AM to 2.00PM**  
**Don Russell Performing Arts Centre**  
**Lot 13 Murdoch Road**  
**Thornlie**

**To register:**  
**P | 9251 5777**  
**E | [parenting@communicare.org.au](mailto:parenting@communicare.org.au)**  
**B | [parentingkidswithadhd.eventbrite.com.au](http://parentingkidswithadhd.eventbrite.com.au)**

