



ROSSMOYNE REFLECTIONS

NEWSLETTER NO. 2

Friday 11th March 2022

Virtue of the Month for March — Patience

Together we empower global citizens.

Next Newsletter: 8th April 2022

PRINCIPAL'S MESSAGE

Dear Families,

Well, it's hard to believe we are more than halfway through first term already! It does seem like yesterday that the students were arriving at school, excited to begin a new year!

What a busy and interesting few weeks it has been since our last newsletter. In that time, we have obviously been busy with all things COVID, as well as lots of fantastic learning experiences and sporting events around the school. We have been so fortunate to have been able to continue with most events, which has ensured the students have continued to enjoy many of the extra-curricular activities during term one. This is, in part, due to the wonderful support we have received from you as parents. The staff have been so appreciative of your co-operation in respecting restrictions and guidelines, as well as carefully monitoring **children's health and keeping them** home when necessary. Please continue to do this in the coming weeks and months, as I am sure there will be some tricky times ahead.

On a positive note, it has been wonderful to see the students enjoying activities over the last few weeks, including the Swimming Trials, Edu-Dance, Outdoor Choir, Code Club, River Rangers and excursions to various venues. Sometimes, the easy option is to cancel or postpone such

activities, but the staff here at Rossmoyne are committed to trying to continue with as many events as we can, as long as these can be conducted in a safe manner. As we move **into the 'high caseload' phase over** the coming weeks, some activities may need to be adjusted or put on hold, however, we will try to continue with as much as we can.

To our new families in 2022 – welcome to Rossmoyne Primary School. I hope you are settling in well and that the children have been enjoying their new classes and friends. Unfortunately, one of the activities we have not been able to continue with is the traditional P&C Sundowner for new families, which is a terrific way for parents to meet one another. However, I do hope the move to Rossmoyne has been positive so far, and we hope to be able to hold a meet and greet in some form later in the year.

Coming up in the next few weeks, we have Edu Dance continuing until week 8, a fabulous outdoor performance for Harmony Day, a Crazy Sock Day fundraiser for Epilepsy WA and of course Swimming Lessons. There will be lots of exciting things to look forward to, as well as plenty of learning in the classes!

Lastly, I would like to recognise and thank all of the staff at Rossmoyne PS. This term has been challenging

behind the scenes, and the teachers, office staff, support staff and cleaners have worked incredibly hard to ensure the children continue to learn and remain cared for and safe at **school every day**. I'm sure you will agree that we have an amazing team here at Rossmoyne!

Until next time, stay safe and healthy everyone!

Nikki Lyons

A/Principal



18th March—Crazy Sock Day
for Epilepsy WA—Gold Coin
Donation

21st March—Harmony Day
Incursion

Our Code of Conduct

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

Congratulations to our Student Leaders!

We are proud to present our Student Leaders for this term, including Student Councillors, Faction Captains, Environmental Leaders and.... Unfortunately, COVID restrictions prevented us from celebrating their new roles at an assembly as we would usually do, so we held a lower key presentation of badges in the office, which is when the picture below was taken. Congratulations to all of the new Student Leaders—we are all very proud of you, and feel sure you will be outstanding role models for the younger students!

STUDENT COUNCILLORS		PEER MEDIATORS	
Chloe M	Boston B	Jackson L	Ellie M
Minzac S	Owen J	Daniel Z	Jude N
Ashton B	Shri G	Emily W	Michael L H
Avahli W	Lola E	Bless J	Abigail van S
Juliet T	Ryka K	Evie B	Amy B
ENVIRONMENTAL ADVOCATES			
Meg D	Latika S		
Luke Y	Masooma Z		
FACTION CAPTAINS		FACTION VICE CAPTAINS	
Gold	Blue	Gold	Blue
Alvand K	Aidan P	Daniel N	Joshua K
Amie H	Jessica K	Ivy W	Aanya J
Green	Red	Green	Red
Shovan K	Jordan C	Dexter T	Ezekiel H
Jessie H	Berenice T	Ellise H	Danielle L



CURRENT COVID-19 RESTRICTION SUMMARY— ROSSMOYNE PS

As you are aware, several restrictions have been put in place in response to directives from the Departments of Health and Education. These restrictions change rapidly, in response to the evolving situation in WA. The list below is a summary of the current situation at Rossmoyne PS for your convenience. Please keep in mind that the table below is current as of now, however the situation is highly likely to change again as COVID-19 cases continue to increase in WA.

ACTIVITY	CURRENT SITUATION
Break Times & Toilets	Students are to eat lunch in Phase of learning groups as per previous instructions. Phase of learning play areas allocated as per previous instructions. Undercover area also allocated to year 5 & 6. Signs placed outside toilets – for use by prescribed year levels only.
Excursions	Excursions can go ahead, but only with single year groups. Teachers will check with the venue for any further restrictions before booking.
Incursions	Incursions on hold until further notice. Harmony Day incursion can go ahead, however, some changes to organisation will be necessary.
Swimming Trials & lessons	Swimming Trials & Lessons can go ahead. Swimming Lessons will be 5 days only. Timetable & bus arrangements will be communicated closer to the date.
Code Club	Code Clubs can go ahead. Groups to be separated into yr 5/6 group and a new year 4 group. To be run in separate spaces and groups not to intermingle at any stage.
Library Club	Library Club restricted to only Year 1 & 2 for term one. Year groups to change for 2 nd term onwards.
Buddy Classes (MHIS Program)	Buddy Class activities on hold until further notice.
Assemblies	Assemblies will not go ahead until further notice. Merit certificates to be read out over the PA. Teachers to present certificates in class and 'celebrate' with the class. Teachers to take photo/video of student with award to send to parents.
Parent Meetings & Interviews	No face to face meetings to take place until further notice. All meetings and communication must take place via phone, email or connect.
Running Club	Running Club to be separated into different areas of the oval for different phase of learning groups. All students to run in same direction.
Choir	Can go ahead until further notice in Undercover Area with doors open and students spaced. Year 5/6 choir and year 3/4 choir to be kept separate at all times.

Crazy sock day!!

On Friday, 18th March we will be supporting Epilepsy WA by having a Crazy Sock Day at school!
So dig out or decorate your craziest pair of socks ready to wear for the day, and please support Epilepsy WA by bringing a gold coin to add to the donation tin!



We are looking forward to seeing all your funny, crazy and colourful socks.
Thank you for supporting this important cause!





Merit Certificates

Congratulations to the following students who received Merit Certificates at our recent assemblies. Keep up the great work!

Room 8 Michael Nehaal	Room 9 Jasper Yuening Maya Sofia	Room 13 Daniel Abigail Jerome Hannah
Room 14 Leon Matthew Jacob Isla	Room 15 Ethan Ayva Tahj Tazmeer	Room 16 Maddison Hunter Oliver Chantelle
Room 17 Quade Talia Henri Suhani	Room 18 Prishella Leo	Room 19 Daniel Olivia
Room 20 Rosemary Isabelle Aagam Scarlett	Room 21 Kammi William Aanya Matthew	Room 22 Connie Braylen Thomas Kate
Room 23 Lawson Brodie Jessica Florence	Room 24 Melissa Ahmed Daniel Darcy	Room 25 Lola Daniel Aariba Joseph
Room 26 Samuel Shri Kalila Juliet	LOTE All Students (Room 15 & 16) Victoria Liv	

SCIENCE NEWS

DONATIONS TO THE SCIENCE LAB!

In Science this term we are exploring Biological Sciences. Students enjoy observing the spiny leaf insects, fish and stick insects. They also learn from observing and discussing other interesting items from nature that were once living.

We are asking the community to donate any interesting items that we can keep in the lab, such as large shells, bones, crystals, gemstones, animal figurines, and any other artefacts. Students find the world of nature fascinating! Please leave your donations in the box provided on the table in the hallway to the library.

Thank you in advance for your kind donations.

Miss Sas





NOROUZ *Persian New Year*

What is Norouz/ Eid?

Norouz is a celebration of the Persian New Year. It is also called Eid (pronounced: ayyed). Family and friends get together just like our New Year over here and it is also the beginning of Spring. It is celebrated on the 20th or 21st of March according to astronomical calculations. It is exactly at the time when the sun crosses the equator, and the length of night and day becomes equal. The word Norouz means 'New Day'.

Who Celebrates Norouz?

It is celebrated by over 300 million people across Iran, Azerbaijan, Afghanistan, some places in India and other countries in central Asia! It is significant in Iran, but Persians celebrate it all around the world. It dates back very long ago from the Persian Empire as Iran is one of the oldest countries.

Significance of Celebration

Norouz is an important celebration. It is Persia's new year! Also, the beginning of Spring. Eid represents a new beginning and is considered the triumph of joy over evil and sorrow.

Celebrating and acknowledging Eid

Iranians spend Eid with their families, and many get presents which usually includes money. Friends also visit each other's houses. People have a little set of seven things- all starting with S in the Iranian language including apples, easter eggs, a goldfish and some different spices. People Eat! Usually, Norouz lasts for two weeks. People traditionally eat white fish and rice. Uncle Norouz gives gifts to children (just like Santa).

THANK YOU



Languages news...

Welcome to the Year of the Tiger!

The original name for Chinese New Year is Spring Festival. Students from Room 15 and 16 performed two items to help celebrate the new year. They sang “新年好” (Happy New Year) and “两只老虎” (Two Tigers).

xīn nián hǎo

liǎng zhī lǎo hǔ

Some of the students would like to share what they have learnt about Chinese New Year:

“Chinese people usually burn fire crackers to scare away evil spirits. They eat dumplings.” (Alana, Room 16)

“Chinese New Year starts on the first new moon. The period for Chinese New Year is fifteen days.

Married people hand out red packets for people who are not married (mostly children). In red packets, you can't put money with number four as number four has the same sound as the word that means 'death'.

(Lucy, Room 16)

“Mandarins mean good luck in the Chinese culture. The lucky colour in Chinese is red.” (Amari, Room 15)

“Chinese people put lanterns up at Chinese New Year. The lanterns are also used to decorate their house and put around the street.” (Tazmeer, Room 15)

“Red is a lucky colour, 8 is the lucky number and 4 is not a lucky number. This year is the Year of the Tiger.” (Cayson, Room 16)

“The special Chinese New Year food are dumplings and mandarins. People celebrate Chinese New Year by wearing red clothes.” (Annabel, Room 15)



Some finger puppets made by the Year 2 students





Morning Running Club: Morning Running Club has started again on Monday, Wednesday and Friday mornings from 8:15-8:30. We have had a great response in numbers thus far. It is great to see some new faces of those trying to become fit and healthy. Those who come will receive a raffle ticket to go in the Phys Ed draw for brand new equipment. Keep up the good work!

Inter-School Cricket Carnival: The selection process has begun for select students at lunch times. The Carnival is scheduled for Friday Week 8 at the Murdoch University playing fields.

Faction Swimming Trials and Carnival: Our Swimming Trials were a great success in week 3. There was some outstanding swimming and sportsmanship throughout the event. Unfortunately, the Faction Carnival had to be cancelled due to having classes in isolation.

Interschool Swimming Carnival: Unfortunately, this year's Carnival has been cancelled due to not having enough schools to compete. We hope to have it back up and running in 2023.

Cross Country Training Club: Term 2 will see the beginning of a new Recess Running Club to train for Cross Country. This will involve different types of running training instead of simply running laps. Watch this space!



On Monday the 21st March Rossmoyne Primary School is excited to be hosting Gina Williams and Guy Ghouse for a Wandjoo Workshop. Students will participate in Music making with Gina and Guy that will bring a modern and engaging lens to an ancient tradition. Gina, and musical collaborator Guy, are multi award winning, singer song writers who have recently celebrated musical success with their Opera, Koolbardi wer Wardong. This is an exciting opportunity for our students to learn from a local singer songwriter and proud Balladong woman.

All ensembles are underway at Rossmoyne. Rehearsing in the undercover area has presented some new and interesting challenges, but nothing that we can't work through. The String Orchestra has made an exciting start to the year under the direction of Mrs Reiss. The school band has been looking at some Anzac Day repertoire, as has the Senior Choir which we hope to be able to share with the school community as part of our Anzac Commemorations. The Junior Choir has also made an exciting start to the year with a variety of songs about different animal friends.

A Message from **Chappy Lee...**

This term, we started with two programs to help develop and nurture the social and emotional skills of students. I am so grateful that Rossmoyne Primary has invested into this program. Abby Yu and myself run the 'In Real Life' program for small group of boys and girls in Year 6. We are currently in session 4-5, learning about 'communicating better' and 'growing friendships' respectively.

Building Emotional Resilience—With the recent isolation of some classes at school and WA borders open, our preparation to navigate through COVID19 is being tested. Turning theory into practice can be a stressful and sometimes overwhelms us unconsciously. We might lose our cool, irritation rising, some form of heaviness, lethargic/headache or even feeling down can be symptoms that catch us by surprise. Fighting it may sometimes make it worse (worried about worrying) instead acknowledging our responses and learning new strategies can help.

To look after yourself and family, I suggest two things you can do with your family: 1) Guard your emotional boundary – Limit the bad news that leads to burden 2) Enrich your emotional boundary – Increase the good news that leads to life (throw in humour and comedy – have a good laugh over a movie or joke). So, what will you do differently?

“Staying safe is not doing nothing but doing something to keep you safe”

CONGRATULATIONS TEE-BALL CHAMPIONS!



A huge congratulations to Liam H and Liam C from Room 26, who competed in the WA State Tee-ball Championships over the long weekend. The boys represented the Willetton Tee-ball Club in the Under 12B division. Over the weekend they played 6 games, completing a clean sweep with 6 wins, to win the gold medal for the division. What an awesome achievement boys!



THE MENTAL HEALTH IN SCHOOLS PROJECT

**BULLYING.
NO WAY!**

The National Day of Action against Bullying and Violence is a day for schools, students and the community to say Bullying. No Way! On Thursday 17 March 2022, we will be recognising this day by engaging in a range of activities and discussions that promote a Kindness Culture. The idea is that by building Kindness Culture together, we can promote inclusion, respect and community belonging for all students!

Mindfulness for Children

At Rossmoyne Primary we are committed to incorporating mindfulness in to our classrooms each week, with many classes engaging in mindful practices daily. Mindfulness provides children with the opportunity slow down and really notice what they are doing. It has a relaxing and calming impact on the body and allows children time to have a break and refocus for the rest of the day. In our classrooms mindfulness looks like: silent reading, listening to music, colouring in, engaging in the Smiling Minds program, breathing exercises, stretches and more!

Raising Healthy Minds App



Raising Healthy Minds is a free app you can tailor to your child, family and interests. It answers your questions about child wellbeing and shares practical tips for your day-to-day family life.

Download now to start building your child's wellbeing, encouraging positive behaviour and emotions, strengthening family relationships and looking after yourself.



11 April 2022 - 22 April 2022



School holiday workshops

LEGO®

age 5-13

THEMES FOR EASTER

Easter Extravangaza

Cruisin the Jungle

Mining & Crafting

Teen Titan Go!

Coding with Scratch

Junior Robotics 101, 102 and 103

Advanced Robotics with EV3



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Book now!

For a full description of
each workshop and
registration, please visit
our website at

<https://goo.gl/m51KWp>

