



# ROSSMOYNE REFLECTIONS

NEWSLETTER NO. 4

Friday 6th May 2022

Virtue of the Month for April — Tolerance

**Together we empower global citizens.**

Next Newsletter: 3rd June 2022

## PRINCIPAL'S MESSAGE

Dear Parents and Families,

Welcome back to Term 2! I trust you all had a lovely break and enjoyed spending some family time together. With restrictions lifting, I know many families were travelling or reuniting with family members during the school holidays, which would have been a long-awaited and emotional experience. How wonderful it is to be able to visit family and friends interstate and overseas at last!

This term, we are pleased to let you know that most school activities will return to normal, including welcoming you into classrooms and as spectators to events and carnivals. For many of you, it will be the first time this year that you have **been able to visit your child/ren's classroom/s and view the fantastic work they have produced so far!** We hope you enjoy and share this opportunity with your children, as they will undoubtedly be excited to share their classroom space with you finally!

We have a couple of staffing changes for Term 2. Firstly, welcome back to Mrs Sherylee Webb, who has returned to Room 21 this term. Mrs Webb took up an exciting opportunity to be Acting Deputy Principal during term one, an experience that will benefit her greatly in the classroom and in her future career. Mrs Webb will be teaching the Room 21 students on Mondays, Tuesdays and Wednesdays.

Mrs Karen Kunnen, in the Pre Primary will be taking leave for the remainder of the term. We look forward to welcoming Ms Catherine Ratcliffe to the Rossmoyne PS team from next Monday until the end of Term 2. I am sure you will all join me in wishing Mrs Kunnen all the very best for her leave.

Next week, all students in Years 3 and 5 will be completing their NAPLAN Assessments. The students are tested in the various areas of Literacy and Numeracy, and once again, all tests will be completed online. Please support your child during the week of testing by ensuring they eat well, get plenty of sleep and are not put under unnecessary pressure. For some children, testing can trigger an emotional response, including fear and anxiety. As parents, please talk to your child in a positive manner about the tests and reassure them that they just need to do the best they can on the day. A timetable of when the testing will take place can be found on page 3 of this newsletter.

Our wonderful P&C Committee have been hard at work, organising a get together for parents who are new to the school. This event has been on their priority list since the beginning of the year, but unfortunately COVID restrictions forced them to postpone several times. Finally, with restrictions lifted, the event is scheduled to take place next Friday afternoon/evening at the Rossmoyne Bowling Club. The event will provide a lovely opportunity for new families to meet the P&C members, as well as other local families. After the social festivities, the P&C Annual General Meeting will be held (also at the Bowling Club) and all are welcome to attend. The P&C are always keen and grateful to welcome new members so please consider joining the group if you are able to.

Finally, we are pleased to let you know that 2023 Kindy Applications for Enrolment are now open. Applications are available from the school Administration Office (not from the Kindy). All applications will need to be accompanied by a Birth Certificate, Immunisation Records and 2 proof of residential address documents (utility bills, drivers licence—not rates bill).

If you have a Kindy child, who will enter Pre Primary in 2023, you are also required to complete a new Application for Enrolment. Again, these are available from the school office and the same documentation will need to be provided. Applications will close for both Kindy and Pre Primary 2023 on Friday 29th July.

Until next time, stay well!

Nikki Lyons



6 May - Free Dress Day

10 - 20 May - NAPLAN Testing - Yr 3 & 5

13 May— P&C New Parents Welcome Sundowner & AGM -Rossmoyne Bowling Club

3 June—School Development Day (no school for students)

6 June—Public Holiday—WA Day

## Our Code of Conduct

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

## ANZAC SERVICE—26TH APRIL

On Tuesday the 26th of April the Student Councillors held the ANZAC Ceremony over the PA. During the ANZAC Ceremony all our Student Councillors read a paragraph about ANZAC Day. Some of the Student Councillors then laid the wreath on the ground near the flags, while the bugle was playing the Last Post. We are grateful for the ANZACs. By- Lola and Chloe Photos by- Zoe



## Year 5—Fremantle Excursion

Last week the Year 5's were immersed in Australian history when they visited the Fremantle Prison and Shipwreck Galleries. They learnt how tough it was for the first settlers and the influence colonization had on the Aboriginal Australians. The children were very engaged and participated fully in the tours and programs. Well done Year 5's.



# NAPLAN TESTING

## YEAR 3 & 5 STUDENTS

In weeks 3 & 4 this term, schools will undertake the NAPLAN national test over two weeks. This diagnostic tool is **a part of a school's assessment schedule and as such is used to ascertain where your child is in regards to the Achievement Standards of the curriculum.**

Children in Years 3, 5, 7 and 9 will sit a number of tests in the areas of literacy and numeracy. This needs to be seen as just another test that will be presented to your child as they move through their learning journey. This is one test held on one day, every two years.

For some children though, especially those in Year 3, this will be their first lived experience of sitting a test that sees them operate in a performance mode. This mode is where your child will see the test as one where they have to impress, where a mistake will seem like the biggest thing in the world and where feedback given may be taken personally. As parents our role is to ensure that in encountering a NAPLAN test that this becomes a normalised situation in their life.

The language we use with our children is important in creating a self-assurance in approaching this testing schedule. **It's important your child knows that you will remain incredibly proud of them no matter the test results, as long as they tried their best, and they were able to draw upon a series of strategies to help them manage the testing space.** For a test should be seen as a celebration of what your child knows, understands and how they can demonstrate their thinking.

**NAPLAN is a demonstration of this knowledge, the mindset needs to be one of, 'I tried my best', 'This is what I knew and understood on that day', and 'With each and every day I will learn more and I will be able to do more'.**

Finally, our children should remember that this is a test of their abilities on one day and not who they are as a person. They should be positive, celebrating themselves as the creative, dynamic learners that they are, be it in music, sports or the arts – and have fun with learning.

### Rossmoyne PS

#### NAPLAN TEST TIMETABLE 2022

TIME	MONDAY	TUESDAY 10 <sup>TH</sup> MAY	WEDNESDAY 11 <sup>TH</sup> MAY	THURSDAY 12 <sup>TH</sup> MAY	FRIDAY 13 <sup>TH</sup> MAY
9am		Year 3 Writing (paper Test), 40min Year 5 Writing, 42min	Year 5 Reading, 50min	Year 3 Language Conventions, 45min	Year 5 Numeracy, 50min
11.20am			Year 3 Reading, 45min	Year 5 Language Conventions, 45min	Year 3 Numeracy, 45min
TIME	MONDAY 16 <sup>TH</sup> MAY	TUESDAY 17 <sup>TH</sup> MAY	WEDNESDAY 18 <sup>TH</sup> MAY	THURSDAY 19 <sup>TH</sup> MAY	FRIDAY 20 <sup>TH</sup> MAY
9am	Year 3 & 5 Writing Catch-up	Year 3 & 5 Reading Catch-up	Year 3 & 5 Language Conventions Catch-up	Year 3 & 5 Numeracy Catch-up	
11.20am					

# COVID-19 RESTRICTION SUMMARY

## TERM 2—ROSSMOYNE PS

As you may be aware, several changes to Operational Guidelines for Term 2 were recently announced by the Minister for Education. These restrictions change rapidly, in response to the evolving situation in WA. The list below is a summary of the Term 2 situation at Rossmoyne PS for your convenience. Please keep in mind that the table below is current as of now, however the situation is always subject to change depending on the WA Government's announcements.

ACTIVITY	TERM 2 SITUATION
Break Times & Toilets	Students able to play in usual areas, and toilets will no longer be designated to specific year levels.
Excursions	Excursions can go ahead in Term 2 without restrictions.
Incursions/Events	Incursions and events can take place in school with spectators.
Clubs	Lunchtime and after school clubs are approved to go ahead.
Buddy Classes (MHIS Program)	Buddy Class activities can take place.
Assemblies	Assemblies to continue as per Term 1. Merit certificates to be read out over the PA. Teachers to present certificates <b>in class and 'celebrate' with the class. Teachers to take photo/video of student with award to send to parents.</b>
Parent Meetings & Interviews	Face to face meetings between parents and teachers can take place, by appointment only. Parents are now welcome to enter classrooms before and after school.
Running Club	Running Club is approved to go ahead.
Choir	Choir/Band can take place without restrictions.

## WASTE FREE WEDNESDAYS

Australia sends around 20 million tonnes of waste to landfill every year, that is one of the highest rates per person in the world. **Rossmoyne Primary School is doing its bit to reduce this by having 'Waste free Wednesdays'.**

Every Wednesday there will be virtues vouchers given out by the teachers on duty, for students that have the least waste in their lunchboxes. Please put your vouchers with your room number on it in the virtues box by the staffroom.

This means no single use plastics, bring only what you can eat, use reusable wrappers (like Beeswax wraps) or reusable containers. But why just Wednesdays? See how much you can reduce your waste.



By: Meg Environmental Advocate

## PARENT RESOURCE LIBRARY

**Did you know we have a wonderful Parent Resource Library???**

We have books for adults to read on topics ranging from Health and Well Being in Children, Grief and Loss and Developing Social Skills.

We also have some wonderful titles suitable for parents to share with their children on topics such as Anxiety, Fear and Making Friends.

You can find a list of the book titles in the Library on Connect.

If you would like a book from the Parent Resource Library... contact Mrs Ashby.

In the near future, we will be arranging to have the Parent Resource Library out on the verandah before school, so that parents can have a browse!!! Details will be coming soon via Connect!



## Merit Certificates

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

Room 8 Tiago Sophie	Room 9 Liv Geoffrey	Room 13 Len Aiden
Room 14 Violet Saige	Room 15 Reema Mason	Room 16 Marcellus Grace
Room 17 George Ira	Room 18 Zayd Ira	Room 19 Reshem Olivia
Room 20 Arav Adele	Room 21 Chantelle Aaron	Room 22 Angad Celeste
Room 23 Nikita Karisa	Room 24 Joshua Summer	Room 25 Asmaa Aariba
Room 26 Ian Minzac	Languages Cayden All Students - Room 25	

## Meet our Super Coders!

Throughout Term 1, Mrs Singh and Mrs Holtmeulen have been running an after-school Code Club, which proved to be very **popular with our middle and upper primary students**. **A small group of these students have been chosen as "Super Coders"**, due to their outstanding commitment and performance last term. The Super Coders will continue to attend Code Club this term, to assist students and teachers who are new to coding!

A huge congratulations to Tia, Joseph, Faustina, Karisa and Melissa, who are pictured below with their badges and certificates. Well done!



# Music News

All ensembles and IMSS lessons have recommenced for Term 2 and I am excited to let the community know that all ensembles can now once again rehearse in the Music room. The change is very welcome with the mornings becoming cooler.

As part of Rossmoyne's ANZAC Commemorations, students in the schools Senior Choir and School Band recorded ANZAC pieces. To listen to these pieces please scan the QR codes below. These QR codes will also be posted on the Music Room notice board.

## Abide With Me

This piece is an instrumental arrangement of the well-known Hymn and is often used as part of Dawn Service commemorations



## Message of Hope

This choral work by Glyn Lehmann, is based on the book 'The Lighthouse Girl' by Dianne Wolfer and tells the story of the lighthouse keeper's daughter, who would use her knowledge of morse code and semaphore to relay messages from soldiers, departing to the front line, back to families.

Please note that these recordings are, at times, quite soft with background noise, as they were taken outside, spaced in the undercover area.





## What's On In Sport?

**Morning Running Club:** Welcome back to Term 2 Running Club. Once again it will run from 8:15-8:30am on Monday, Wednesday and Friday's. Please remember to bring your card. This is a great opportunity to warm up through these cooler months. We will try to avoid the rain as much as possible. Hope to see you there!!

**Cross Country Training Club:** On Tuesday we started our NEW Recess Running Club to train for Cross Country for years 3 to 6 students. This will involve different types of running training instead of simply running laps. It will run on Tuesdays and Thursdays. It is a great opportunity to improve your own fitness.

**Term 2 Carnivals:** In Term 2, the year 5 and 6 students will have the chance to compete in the Rugby League Tag and Winter Carnivals. The Rugby Carnival is on Tuesday 7<sup>th</sup> June (Week 7) at Shelley Reserve. The Winter Carnival involves AFL (mixed), Netball (mixed) and Soccer (Boys Team and Girls Team). This will be on Friday 24<sup>th</sup> June (Week 9).



# 2023 Kindy Applications Now Open

Applications to enrol at Rossmoyne Community Kindergarten for 2023 are now open, and available from the school office.

All applications must be accompanied by your child's Birth Certificate, Immunisation Record and Passport/Visa Information where relevant.

2 proof of address documents will also be required (Drivers Licence, Utility Bills, Lease Agreement). Please note that Council Rates and Water bills are not accepted, as they do not require residence in the named property.

**Applications close on Friday, July 29th.**



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



## A Message from Chappy Lee

**Autumn** is a beautiful season to enjoy and prepare for winter. Often we see the leaves change, fruits change and it definitely feels cooler but if you take more time to slow down to 'smell the roses', you will discover that seasons teaches us precious lessons and even prompt us to make changes in life and family in the physical, mental and spiritual way.



Covid or not, we are challenged by many stressors including the latest interest rate rise or sick love one. Stressors can overwhelm and/or challenge us to grow. We often keep moving in the same direction that is familiar to us and shy away from CHANGE. Sometimes COURAGE to seek help to CHANGE for the next season of your life is required.

Hope this Youtube will give you some perspective:

<https://www.youtube.com/watch?v=3zTR4ayDG38>

# Rossmoyne PS P&C Parent Sundowner & AGM

With the lifting of COVID19 restrictions, the P&C are now excited to invite you to a Meet & Greet Sundowner on Friday, 13<sup>th</sup> May. This will be a long-awaited opportunity for new families to the school to meet and mingle with others. The Sundowner will take place at the Rossmoyne Bowling Club from 6.00pm. It will be followed by the P&C Annual General Meeting at 7.00pm, which everyone is invited to attend.

Rossmoyne PS enjoys the support of a very active P&C Association, and the group are always keen to welcome new members. It would be terrific to see lots of families at the Sundowner, as well as at the AGM afterwards.

The event is free, but please register your attendance via the TryBooking link below by Thursday, 12<sup>th</sup> May.

<https://www.trybooking.com/BZKIG>

School Canteen

Rossmoyne Primary P&C Presents

**CANTEEN LUNCH ORDERS**

COMING SOON...

Your P&C have been working hard to arrange lunch orders for RPS students. In term 3, (or as soon as COVID considerations allow) we will be rolling out a canteen lunch order service on Tuesday and Thursday of each week. Watch this space for more information...

# Rossmoyne netball club



## Rossmoyne Netball Club "Net Set Go"

**Net:** The Net tier is an introductory fundamental movement and netball skill program. It has an emphasis on participation, cooperation and teamwork. The Net program is delivered in a non-competitive environment and **does not** contain a game day on Saturdays. It is a fun way to introduce children to the game of Netball without the pressure of a game; developing the skills of throwing, catching, footwork and an introduction to positions on the Netball court.

**Age:** Children born 2016 and 2017

**NOTE:** Beginners born 2014 or 2015, who are new to netball are also welcome .

**Venue:** Koolan Drive Netball Courts, Shelley.

**Date:** 23 May 2022 to 29 August 2022 (8 week program, with breaks for public and school holidays)

**Time:** Monday afternoons, 3:45pm to 4:30pm.

**Cost:** \$115

(Participants will receive a pack which includes a netball and a Woolworths NetSetGo T-shirt.)

**Registration:** Go to [www.rossmoynenc.com.au](http://www.rossmoynenc.com.au) under "Players" and "NetSetGo" and follow the links.

Registration is done through PlayHQ and is paid for in full at the time of registration.

**Enquires:** email: [netsetgo@rossmoynenc.com.au](mailto:netsetgo@rossmoynenc.com.au)



## 6 tips for parenting anxious kids



If you're the parent of an anxious child you're most certainly not alone. The number of children experiencing an anxiety disorder is currently estimated at 117 million worldwide. Here in Australia, there's an average of 2 anxious kids in every classroom; and they're the ones with a diagnosis. Many more anxious kids are yet to have their anxiety identified and understood.

As much as we'd like to, we can't rid our kids of their anxiety, but we can help them to manage it in ways that enable them move it from centre stage and get on with living a vibrant, rich and meaningful life.

Here are 6 tips to support you to parent your anxious child:

### 1. Explain anxiety

Anxious kids can struggle to explain how they feel and can worry that no-one will understand what they're going through. That's why explaining anxiety is an important step in supporting an anxious child. The knowledge that anxiety is well understood, that other kids experience it and that it's manageable brings them immediate relief.

Teach your anxious child that the part of their brain that protects them from danger is always on high alert. Called the amygdala, it's meant to protect them from genuine danger but for anxious kids, it can be almost constantly activated.

Explain that when they feel anxious, their amygdala sends signals to their body to fight or flee from the threat, whether it's real or imagined.

Next, talk about the body changes such as increased heart rate, rapid breathing and an upset stomach that power them up to fight or flee. They might even feel dizzy, hot, sweaty and panicked. Anxiety affects thinking and behaviour too.

### 2. Respond with empathy

In the midst of an anxious moment it's natural to want to reassure anxious kids they've got nothing to worry about. Reassurance works in the short term but it soon wears off and they come back for more, which becomes an unhelpful pattern.

Instead, respond with empathy and validation. Use ahhh statements such as:

- "Ahhh, I see you're feeling really anxious right now, I know how hard this is for you"
- "Ahhh, I know you're feeling really worried right now, it's not much fun feeling like that is it?"

Anxious kids need to know you understand what they're going through.

### 3. Show the amygdala they're safe

# parenting \*ideas

Once the amygdala senses danger, the cascade of events that follow can't be stopped. The body and brain will respond as if the danger is immediate. The best way to help an anxious child calm their anxious brain is to teach them to *show* their amygdala they're safe. Deep and intentional breathing helps an anxious child to calm their amygdala and will begin to reduce their anxious symptoms. Practise intentional breathing regularly between anxious times before applying this technique in the midst of an anxious moment.

## 4. Practise mindfulness -the antidote to worrying

Anxiety is distress now about a possible future event, which is why worrying is common for anxious kids. When an anxious child's mind fast-forwards to an upcoming event or expectation, their amygdala can respond as if the 'threat' to their safety is immediate. The antidote to worrying is mindfulness. Put simply, mindfulness is paying attention to what's happening in the present moment. It may take time to learn, but is a powerful anxiety management strategy once it's mastered.

## 5. Practice defusing sticky thoughts

Anxious thoughts can get stuck, refusing to budge no matter how much attention is payed to them. Defusion is a strategy that helps anxious kids look *at* their thoughts rather than *from* them.

Imagine your anxious child is worried about an upcoming test. They're thinking "I'm going to fail the test". The thought makes them feel awful. Defusion helps kids (all of us) to look *at their* thoughts by reminding them that the words in their heads are indeed just words, not reality.

Your anxious child can defuse his unhelpful thoughts by putting a statement in front of the thought such as: "I notice I'm having the thought that I'm going to fail the test." Alternatively, he can say the thought in a character voice like Darth Vader or Peppa Pig, or sing it to the tune of happy birthday or a nursery rhyme. Defusion puts distance between anxious kids and their thoughts and is a wonderful skill to learn.

## 6. Get the fundamentals right

Ample sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally around the time of their alarm, reduce their sugar intake to support their gut health and to exercise regularly for optimal mental health.

These are some of the many strategies that you can share with your child to support them to recognise and manage their anxiety so they can live life in full colour.



### Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit [www.drjodirichardson.com.au](http://www.drjodirichardson.com.au)

# Small changes, big differences.



## Give your child the best start in life! with Triple P (the Positive Parenting Program)

Free two-hour seminars offer simple, practical strategies to:

- promote your child's development and independent skills
  - encourage positive and cooperative behaviour
    - raise confident and resilient children
      - strengthen relationships

Attend Triple P at Oberthur PS in Term 2, 2022!

**The Power of Positive Parenting**  
Tuesday 10<sup>th</sup> May 6:30-8:30pm

Tips to help your child develop and behave positively & for your self-care

To register for this session, [click here](#)

**Raising Confident, Competent Children**  
Tuesday 17<sup>th</sup> May 6:30-8:30pm

Tips to help your child be confident, successful & respectful

To register for this session, [click here](#)

**Raising Resilient Children**  
Tuesday 24<sup>th</sup> May 6:30-8:30pm

Tips to help your child manage emotions & cope with disappointment

To register for this session, [click here](#)

All sessions will take place at Oberthur Primary School in the Library.

Note: The first seminar will be presented in English and also translated into Chinese.

You can book your **free** place to one, two, or all three sessions now by clicking the links above or searching for them by location at: [www.triplep-parenting.net.au/wa](http://www.triplep-parenting.net.au/wa),  
For any enquiries, visit / phone Oberthur PS front office on 9237 6700.

\*No child-minding available, and it is recommended that children are not brought along to the sessions.

[www.triplep-parenting.net.au/wa](http://www.triplep-parenting.net.au/wa)

