



# ROSSMOYNE REFLECTIONS

NEWSLETTER NO. 6

Thursday 2nd June 2022

Virtue of the Month for June — Courtesy

**Together we empower global citizens.**

Next Newsletter: 1st July 2022

## PRINCIPAL'S MESSAGE

Dear Parents and Families,

**It's hard to believe we are more than halfway through Term 2** already! It has been a busy few weeks around the school and the remainder of the term promises to be no different!

NAPLAN Testing was finally completed last week for students in years 3 and 5. This year posed some real challenges in terms of co-ordination, with so many students and staff needing to isolate at various times during the testing window. However, by the final day of testing, most students had completed **all of the required assessments, thanks to Mr Wilson's magic timetabling!** I would like to thank Mr Wilson and also congratulate the participating students, who took it all in their stride and did the very best they could on each of the assessments. We now wait until the results are returned to us, usually around September.

Thank you also to everyone who acted quickly to return their order forms for the new faction shirts! Orders closed last Wednesday and are now in the hands of our supplier. With 92% of students ordering a new faction shirt, the Athletics Carnival promises to look fantastic this year – we will all look forward to seeing the bright coloured shirts and hearing the students chanting the new Noongar faction names on carnival day! Once again, well done to Mr Bycroft, Ms Sas and the Reconciliation Team for co-ordinating the design and roll out of the shirts.

Our new 2022-2024 Business Plan is well on its way to completion, and the staff have worked so hard this semester to get to this point. In an environment where meetings have not been able to take place in person, it has been challenging at times to have to robust discussions and reflections required of Business Plan development. That said, the plan we have developed to guide us through the next 3 years illustrates the progress made from the development of the previous plan and has a strong focus on both academic and non-academic improvement. Our 4 Priority Areas of: Excellence in Teaching, Successful Students, Health and Wellbeing and A Connected Community will remain in place, with each Priority Area being supported by Specific Targets, Broad Strategies and an Operational Plan. The completed Business Plan will be shared with the School Board at the next meeting and we will be proud and excited to share the finished product with you all before the end of term.

Lastly, this month, I would like to talk about student attendance. Obviously, COVID challenges this semester have **prevented some students' attendance being at the level** it would usually be at—this is understandable and, unfortunately a face of life a present. However, we have had a number of students arriving very late in the mornings, which can impact on learning and is also in breach of the Education Act. All students are expected to attend school regularly and arrive at school on time. From time to time, all students will become tired, or not want to get up early for school. However, as parents, I would ask that you please continue to implement your morning routines and ensure that children are going to bed at a reasonable time each night. The mornings are the most effective time for learning, meaning core learning in Literacy and Maths takes place during the morning sessions. Therefore, it is essential that students are at school on time (unless they are unwell) and ready to learn.

A reminder that tomorrow is a School Development Day, and Monday is also a Public Holiday. This allows you to enjoy a lovely four day weekend. For those families travelling, please be safe, enjoy the short break, and we look forward to seeing you all on Tuesday!

Kind regards,

**Nikki Lyons**

Acting Principal



- 3 June—School Development Day (no school for students)
- 6 June—Public Holiday—WA Day
- 7 June—Rugby Carnival
- 10 June—Reconciliation Painting Incursion
- 16 June—Cyber Safety Workshop for Parents 7.00pm
- 22 June—Coping Strategies for Children Parent Workshop
- 29 June—Semester One Reports available via Connect

## Our Code of Conduct

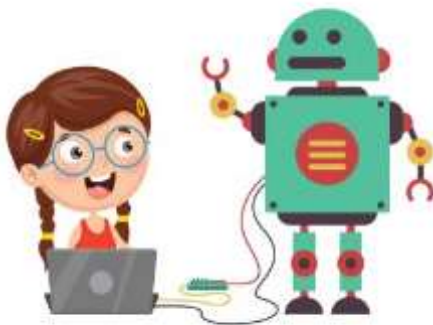
School community members will display behaviours that uphold our four school values—  
integrity, respect, courage and belonging.

# Code Club News

## Welcome to Code Club 2022!

We would like to introduce the new Code Club for 2022. The new group of coders is called Code Blue. We had 37 applicants with 20 successful members obtaining a position in Code Blue for the remainder of the year. Code club allows kids to learn useful life skills, from the obvious coding to problem solving.

We are very pleased to inform you, that Mrs Holtmeulen and Mrs Singh have chosen a never before seen here at Rossmoyne Primary School, FIVE Super Coders! The new Super Coders are Melissa Pham, Faustina Jithu Ankara, Karisa Sharma, Joseph Ann and Tia Kashua. The Super Coders help the new coders with things they may struggle with during Code Club. They must show initiative and communicate with other students, teachers and peers effectively. They are also required to help the school community with all things Digital Technology.





## Merit Certificates

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

Room 8 Peyton Hendrix	Room 9 Riley Reese	Room 13 Idan Sophie
Room 14 Jasper Alicia	Room 15 Spencer Hudson Gunveer	Room 16 Connor Ethan
Room 17 Eve Evan	Room 18 Zayd	Room 19 Casey Khalil
Room 20 Mikayla Seri	Room 21 Scott Neesa	Room 22 Addison Archer
Room 23 Avahli Jordan Peyton	Room 24 Joshua Sarah	Room 25 Chase Tanishq
Room 26 Eric Daniel	Languages Nikita	



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...

## RAT Test

### Collection Reminder

Parents, if you have not yet collected your box of 20 free RAT Tests, please do so from the school Administration Office.



# 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.

**A reminder to all families that tomorrow, Friday 3rd June, is a School Development Day! Students do not come to school tomorrow!**






**Enjoy a \$7 SUBWAY LUNCH in celebration of WORLD WELLBEING WEEK!**

**When: Thursday 30<sup>th</sup> June**

**World Wellbeing Week**

**Promoting health, happiness and inspiration to all**



**WORLD WELLBEING WEEK**  
JUNE 27 – JULY 1

**ORDER HERE** →

**Orders close 11pm Monday 27<sup>th</sup> June**



**Dietary Requirements:** We have tried to accommodate most dietary requirements within the options provided. There will be no cookies containing nuts provided.

**Cancellations:** If you need to cancel your order, you can do so prior to Monday 27<sup>th</sup> June and we will provide a refund to you. If you need to cancel your order after that time, we will not be able to provide a refund to you.

**All proceeds go towards funding programs for the P&C**

Helping Minds  
RPS Parent workshop

Parent Workshop  
**Coping Strategies  
for Children**

Wednesday June 22

7:00-8:30pm

Rossmoyne Primary School  
Library

Facilitated by Helping Minds this session focuses on:

- uncertainty and change
- managing emotions during times of uncertainty
- strategies to handle tougher times
- habits that can be put in place for when a person is feeling down



RSVP via email to [lauren.barzotto@education.wa.edu.au](mailto:lauren.barzotto@education.wa.edu.au)  
or in person at the front office



### What's On In Sport?

**League Tag Carnival** - The league tag carnival will take place on the Tuesday of Week 7 (7<sup>th</sup> June) at Shelley Reserve. The Year 5&6's has been working hard on their skills and game-play in PHYS ED! Best of luck to those chosen In the team.

**Winter Carnival** - The WINTER CARNIVAL preparation is well under way with AFL (mixed), Netball (mixed) and Boys & Girls soccer teams training during Friday afternoon senior sport. We have been lucky to secure a ***scratch match against Oberthur Primary School*** on the Friday afternoon in Week 7 (10<sup>th</sup> June). The carnival is scheduled for Friday 24<sup>th</sup> June (Week 9)

**Running Clubs** – With the mornings getting colder and colder, the morning running club has been a great way to warm up on those Monday, Wednesdays, & Fridays when it hasn't been raining! The Cross-Country schedules for term 3 is still a while away, however it has been great to see students regularly come to the recess running club on Tuesdays and Thursdays to give themselves the best chance at the event!



## 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**  
**July 29th.**

**close on Friday,**



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

### A Message from Chappy Lee

The business of life has sometimes unintentionally robbed us from looking after ourselves and loved ones. We often take care of our bodies but often neglect nurturing the soul (mind, feelings, emotion). Last newsletter I wrote about being Courageous to make Changes, this time why not put things into action by giving the right love gestures to your child, spouse and even yourself. Right gestures can improve communication with your child and spouse. So make it a fun night for the family. If you have done it before, do it again because when seasons of life change, love language can change too.



<https://www.5lovelanguages.com/quizzes/love-language>



### Looking Out for Others

Know of anyone who needs help? Don't be obliged to access the service yourself.  
*We have our moments.*

### ALL SAINTS' EMERGENCY FOOD HAMPERS

#### **ALL SAINTS' EMERGENCY WEEKEND FOOD HAMPERS 0415 375 823**

#### **Phone calls taken between 4-6pm Fridays and 9-11am Saturdays**

Food hampers are provided to assist individuals and families in crisis on weekends. Hampers are delivered between 12noon and 4pm on Saturdays.

Our prayer is that it will help you through this difficult time.

In order to ensure that we service the maximum number of people in need, hampers are only able to be supplied to the same household every 4 weeks.

Funds and goods for this hamper have been donated by supporters: Anglicare, All Saints' College, All Saints' Church at Bull Creek-Leeming and St Basil's Church at Winthrop.

Some items may have gone beyond their best-before date, however all items have been checked for quality and Health Department regulations.

If you need further support consider contacting the agencies listed opposite.

Agencies	Phone Number / Website
Crisis Care—Emergency Assistance	1800 199 008
Lifeline—24 Hour counselling	13 11 14
Emergency Relief and Food Access	1800 979 777
WA Connect—directory of community service providers	<a href="http://waconnect.org.au">waconnect.org.au</a>
Salvation Army	13 72 58 \ <a href="http://salvationarmy.org.au">salvationarmy.org.au</a>
Anglicare WA	1300 114 446 \ <a href="http://anglicarewa.org.au">anglicarewa.org.au</a>
Mission Australia	9225 0400 \ <a href="http://missionaustralia.com.au">missionaustralia.com.au</a>
Domestic Violence support	1800 RESPECT / 1800 737 732

*Enjoy a perspective*



# 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!



# PREMIER'S READING CHALLENGE 2022



Department of  
Education

Premier's  
Reading  
Challenge

## Newsletter article for schools Premier's Reading Challenge

### Primary

Join the adventure!

We encourage you to join us in unlocking the wonderful world of reading for your children. Help them to join the Premier's Reading Challenge. Will they fly above the clouds, dive into the ocean or jump into a rocket ship? All students from Kindergarten to Year 10 are challenged to read 12 books by 9 September 2022.

You can help your children sign up via the website, choose their own avatar and log all the books they read over the course of the Challenge. Weekly prizes will be awarded to students who log a book that week, with major prizes drawn when the challenge ends.

Books don't have to be in English – children are encouraged to read books in their first language.

There are extraordinary tourism prizes to be won each week.

[Sign up](#) your children on the website to begin their magical journey.



### Secondary

Join the adventure!

We encourage you to join us in unlocking the wonderful world of reading for your children. Help them to join the Premier's Reading Challenge. Will they fly above the clouds, dive into the ocean or jump into a rocket ship? All students from Kindergarten to Year 10 are challenged to read 12 books by 9 September 2022.

Your children can register via the website, choose their own avatar and log all the books they read over the course of the challenge. Weekly prizes will be awarded to students who log a book that week, with major prizes drawn when the challenge ends.

Books don't have to be in English – families are encouraged to read books in their first language.

There are extraordinary tourism prizes to be won each week.

Children can [sign up](#) on the website to begin their magical journey.



Visit [www.premiersreadingchallenge.wa.edu.au](http://www.premiersreadingchallenge.wa.edu.au) to sign up.

## INSIGHTS

### Conquering kids' techno-tantrums



Many of us have witnessed our kids or teens emotionally combust when asked to switch off their gaming console or put their phone away. I colloquially call these 'techno-tantrums'. Many of us fret that this signals that they're 'addicted' to technology and find ourselves worrying about why they behave in such intense ways.

So, what makes technology so psychologically appealing for kids and how can we help them to unplug so that screen-time doesn't end in scream time?

#### Technology is so appealing

Technology has been intentionally designed to cater for our kids' most basic psychological drivers. As humans, our three most basic psychological needs are the need for connection, competence and control.

Technology caters for these needs in very clever ways. For example, our need for relational connection explains why many of our boys are obsessed with multi-player video games and girls are infatuated with social media. These online tools have also been designed to help young people experience competency- gamers see tangible measures of their performance by their levels of attainment, or battles won. Scrolling through YouTube and 'selecting' which video they'll watch next also enables young people to experience a sense of control and agency over their lives - something they biologically crave.

#### Here's what technology does to their brains and bodies

Digital technology impacts on children and young people in the following ways:

##### 'It feels good'

When our kids use a screen it's usually a pleasurable experience for them. Their brains secrete the neurotransmitter dopamine, which makes them feel good. This means, when you demand that they turn the device off, you're terminating their production of dopamine (pleasure response). It's better to provide a choice of more appealing transition activities when you want them to move away from a screen. For example, suggest that they ride their bike, or walk the dog after they've switched off the device.

##### 'I want more'

The online world has no stopping cues, so our kids and teens never feel 'complete' or 'done'. They can always refresh social media; continue to play to attain another level in a game; or watch another YouTube clip. This is also referred to as the state of insufficiency.

One parenting tip that works is to give your children and teens hard end points. Rather than giving them a quantity of time (for example, you can watch an hour of TV today), give them the finish time (for example, I'd like you to switch off the TV at 4:30pm).

# parenting \* ideas

## 'It's so novel'

Our brains are wired to seek out new and interesting stimulus. The online world is always instantly gratifying, fast-paced and requires minimal cognitive effort. In comparison the offline, real world doesn't always offer novelty. The real world is a lot slower-paced, and it's not always instantly rewarding and interesting like our kids' digital world.

Ensure your kids and teens have ample time to experience boredom. Our brains were never designed to be switched on and processing information as they are in the digital world. Opportunities for boredom allow the brain time to reset and help our kids become accustomed to not always being "switched on".



### Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit [www.drkristygoodwin.com](http://www.drkristygoodwin.com).

## Community News

**SPRINTING FAST**  
www.sprintingfast.com

Tue 5th & Wed 6th July 2022

**ATHLETICS CLINIC**

WA ATHLETICS STADIUM, PERTH

**CHOOSE ANY 4 EVENTS PER DAY**

This clinic is designed to develop athletic skills for boys and girls aged 8 to 18 years.

Be coached by world class athlete & coach.

Special Guest Coaches: Sarah Adenot, Luka Samuels, Mackenzie Liddelow, Paul Edrington

EARLY BIRD ENTIRES CLOSE MONDAY 27th JUNE

[SPRINTINGFAST.COM/HOLIDAY-CLINIC](http://SPRINTINGFAST.COM/HOLIDAY-CLINIC)



2nd Sunday of Every Month

**9am to 1pm**

This exciting Artisan Market showcases high quality Western Australian made products.

Arts, Crafts, Books, Clothing, Toys, Cosmetics, Homewares and specialist Food products.

**Plus** Food Trucks and Coffee Vans.

**Buy local & support your community**

Agincourt Park, Burrendah Boulevard, Willetton  
(next to Southlands Shopping Centre)

**Rotary**  
Club of Willetton (Inc)  
[artmarket@rotarywilletton.org.au](mailto:artmarket@rotarywilletton.org.au)

In partnership with  
**CITY OF CANNING**

EDUCATE | EQUIP | EMPOWER

## Talking About Tricky Topics

# Protective Behaviours

## Body Safety & Abuse Prevention

Teaching children water safety, road safety and sun safety tends to come more naturally to many parents, carers and grandparents. However, personal safety and body safety can be more challenging.

This comprehensive parent/carer workshop is filled with real world examples to educate, equip and empower you to talk with your child about body safety and so much more.

You will leave this workshop with up-to-date information, conversation starters, practical strategies and resource recommendations.

This workshop has been generously made available by Roberta Jull Family Day Care.



ROBERTA JULL  
Family Day Care



CITY OF GOSNELLS

**DATE:** Wednesday 29 June 2022  
**TIME:** 6:30pm – 9:00pm  
**VENUE:** Lyal Richardson Hall, Agonis Building,  
2232 Albany Highway, Gosnells  
**COST:** FREE  
**REGISTER:** [www.esafekids.com.au/events](http://www.esafekids.com.au/events)

### WORKSHOP CONTENT

- Being safe and feeling safe
- Emotional Intelligence and Feelings
- Early Warning Signs
- Safety – Assessing Risk
- Problem Solving
- Safe and Unsafe Secrets
- Public and Private
- Body Safety Rules
- Consent
- Assertiveness
- Personal Space
- Help seeking
- Persistence
- Child friendly books and resources.



For more information contact  
[admin@esafekids.com.au](mailto:admin@esafekids.com.au)

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



# Free Parent workshops



## TRIPLE P DISCUSSION GROUP - DEALING WITH DISOBEDIENCE

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WHAT	How to teach your child to accept limits & do as they're told
WHEN	Tue, 07/06/2022 12:30 PM - 2:30 PM
WHERE	Gosnells Child and Parent Centre 173 Hicks Street, Gosnells WA, Australia
PROVIDER	Ailsa Earley, School Psychologist Consultant Department of Education
MORE DETAILS	Please register through Gosnells Child and Parent Centre on 93988720

## STEPPING STONES TRIPLE P SEMINAR - CHANGING PROBLEM BEHAVIOUR INTO POSITIVE BEHAVIOUR

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WHAT	Tips for understanding & managing problem or harmful behaviour
WHEN	Wed, 08/06/2022 12:30 PM - 2:30 PM
WHERE	Brookman Child and Parent Centre 34 Brookman Avenue, Langford WA, Australia
PROVIDER	Ailsa Earley, School Psychologist Consultant Department of Education
MORE DETAILS	Please register through Brookman Child and Parent Centre on 92357032.

FREE