



# ROSSMOYNE REFLECTIONS

NEWSLETTER NO. 6  
Thursday 30th June 2022

Virtue of the Month for June — Courtesy

**Together we empower global citizens.**

Next Newsletter: 29th July 2022

## PRINCIPAL'S MESSAGE

Hello everyone,

Welcome to the final Newsletter for Semester One! It certainly has been a busy few weeks around the school, with lots of activities and sporting events going on recently. This week, in particular, has been full of wonderful activities organised by Mrs Barzotto and the Health & Wellness Team. Throughout the week, the students have taken part in numerous Mindfulness and Wellness activities, in recognition of International Wellness Week. So far, we have enjoyed Mindful Monday, Grati-Tuesday and Workout Wednesday **featuring lots of 'fitness fashion' and team colours!** Thoughtful Thursday (today) featured a concert by the Junior Choir and a yummy Subway Lunch for students, organised by the P&C. The staff were also treated to a very well-deserved Monday morning tea, thanks to the Riverton Baptist Church and lunch today, compliments of the amazing staff at IGA Rossmoynes! A reminder that tomorrow is Fun Friday, with students having the option to wear **PJ's or Loungewear to school. They will also finish off the term in a most relaxing way, with popcorn and a movie afternoon!** A huge thank you to everyone who has contributed to the organisation of Wellness Week – it really has been a lovely way to finish the term.

Our 2022 -24 Business Plan was completed and has now been printed for anyone wishing to have a copy. This plan represents countless hours of work by the staff during Semester 1, and we are very proud of the final result, which outlines the directions of the school over the next 3 years. Our Focus Areas of Excellence in Teaching, Successful Students, Health and Wellbeing and A Connected Community will remain in place for the coming years. These will continue to be built upon through a range of strategies and monitored via our new targets. The new Business Plan will be available shortly on the School Website, and printed copies are now available at the administration office for interested families.

**Next term, we are excited to begin a 'Canteen Delivery' trial on Tuesdays and Thursdays (lunch only).** This initiative has been arranged as a partnership between our P&C Committee and the Bull Creek PS Canteen. Earlier this week, the Term 3 Menu was distributed via Connect, together with instructions on how to set up a QuickCliq online ordering account for your family. The menu and instructions are also included in this Newsletter for your convenience. Please ensure all orders are received before 9.00am on the day required.

Once again, a big thank you to Mel Boston and all who have volunteered to assist with sorting and distribution in the canteen! **Let's hope the trial will be a big success next term!**

Unfortunately, week 10 also means we must farewell a few staff members who have become very valued members of the RPS team throughout Term 2. Firstly, much appreciation to Ms Catherine Ratcliffe, who has very capably stepped into **Mrs Kunnen's role in the Pre Primary this term.** Catherine took over the role seamlessly and quickly became an integral part of the Early Childhood staff this term. Catherine, thank you for your work – you will be missed by the students and staff alike! Also leaving us will be Mr Steve Goodall, who has completed his final teaching practicum under the supervision of Mr Bycroft and Mr Wilson this term. Steve, we have enjoyed having you at RPS and we all wish you a very successful career in the years ahead! Finally, I would like to pay recognition to our amazing team of relief staff, who have remained loyal and flexible as we have dealt with many unwell staff this term. Thank you all for your work and **for helping us to keep the show on the road! We couldn't do it without you.**

Finally, we wish everyone a safe and happy break and for those of you travelling, please go safely. There is no School Development Day at the beginning of term 3, so we look forward to seeing all students back at school on Monday, 18<sup>th</sup> July.

Kind regards,

**Nikki Lyons**



29 June—Semester One Reports available via Connect

Friday 1st July—Wellness Week—PJ Day

Friday 1st July - Final Day of Term 2

Monday, 18th July—Students return to school for Term 3

Monday, 18th July—Lunch Orders to be submitted on Quick Cliq by 9.00am on Tuesday 19th July.

## Our Code of Conduct

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

# Naidoc week events

Last Thursday, as part of our NAIDOC Week celebrations, the students took part in a whole school assembly, complete with a traditional Smoking Ceremony. Noongar elder, Robyn Collard, addressed the school and presided over the smoking ceremony, while her nephew Tyler Rioli played the didgeridoo.

The students sang two songs beautifully, led by Ms Marshall—Wandoo and Recognise. Ms Sas then addressed the assembly and unveiled the new artworks which were recently completed by the students under the guidance of Indigenous artist, Kevin Bynder. These amazing murals, painted on large sheets of plywood, depict tonal representations of the six Noongar seasons. They will be proudly displayed around the school very soon.

Thank you to Ms Sas and everyone who assisted and took part in this wonderful event—another step forward in Rossmoyne PS's journey towards reconciliation and education!





## Merit Certificates

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

Room 8 Isabella Oakley	Room 9 Tina Cooper	Room 13 Lana Ayya
Room 14 Evie Jesse	Room 15 Callum Lucy	Room 16 Rahim Cayson
Room 17 Adithri Isla	Room 18 Eva Tanisha	Room 19 Kaitlyn Vince
Room 20 Felix Lochlin	Room 21 Tia Ethan	Room 22 Aarish Quinn
Room 23 Aran Anshu	Room 24 n/a	Room 25 Krystal Latika
Room 26 Liam Jacob	Languages Rand Matilde	

## WHAT'S BEEN HAPPENING IN LANGUAGES (Mandarin)?

Kate participated in the 2022 STATE CHINESE BACKGROUND STUDENT STORY TELLING COMPETITION organised by the Chinese Language Teachers' Association of Western Australia early this term and won second place in the 7 and 8 years old category!

*Congratulations Kate—we are so proud of your achievement!*





## Term 3—Canteen Orders

### Tuesdays & Thursdays

The Term 3 'Canteen Delivery' menu is below. Lunch Orders will begin on Tuesday, 19th July (week 1). All orders must be submitted and paid for via your QuickCliq account before 9.00am. Instructions for setting up and registering your family's QuickCliq account can be found on the next page.

Please note, late orders cannot be accepted and orders can not be accepted through the Rossmoyne PS school office. The contact for Bull Creek PS Canteen (Kylie or Olivia) is listed on the menu below.

Thank you to the Rossmoyne PS P&C for making this trial possible!



#### Rossmoyne Primary Canteen Menu - TERM 3, 2022

TUESDAY	EVERYDAY ITEMS	EVERYDAY ITEMS
	<b>SANDWICH and SALAD BAR - wholemeal only</b>	<b>HOT FOOD</b>
<b>Sushi - 2 x Hand Rolls</b> no mixed packs \$7.00 Teriyaki Chicken / Tuna / Vegetable	<b>Cheese (V)</b> \$3.50 <b>Cheese and Tomato (V)</b> \$3.70 <b>Cheese and Salad (V)</b> \$4.30	<b>Lasagne</b> \$5.00 <b>Macaroni Cheese (V)</b> \$5.00 <b>Macaroni Cheese (GF)</b> \$6.00
<b>Hotdog</b> (with or without sauce) \$4.50 Add Cheese \$0.50	<b>Ham</b> \$3.50 <b>Ham and Cheese</b> \$4.00 <b>Ham, Cheese and Tomato</b> \$4.20 <b>Ham, Cheese and Salad</b> \$4.80	<b>5 Nuggets and Corn on the Cob</b> \$5.00 <b>Corn on the Cob (V) (GF)</b> \$1.20
<b>Party Pie Combo</b> \$7.50 4 x Party Pies, Sauce & Brownies Milk (Berry or Choc)		<b>Sauce Sachet</b> \$0.50
THURSDAY		<b>DRINKS</b>
<b>Cheeseburger</b> \$5.50 Beef patty, cheese and sauce	<b>Chicken</b> \$4.00 <b>Chicken and Cheese</b> \$4.50 <b>Chicken, Cheese and Salad</b> \$4.80	<b>Brownies Hilo Milk</b> 225ml \$1.50 Add Sipahh Straw (assorted flavours) \$0.50
<b>Cheeseburger Deluxe</b> \$6.50 Cheeseburger with lettuce and tomato	<b>Vegemite</b> \$3.00 <b>Vegemite and Cheese</b> \$3.50	<b>Brownies Flavoured Milk</b> 300ml \$2.50 Berry or Choc
<b>Homemade Pizza</b> \$5.00 Cheese & Bacon / Hawaiian / BBQ Chicken / Margarita	<b>Change to Wrap or Roll</b> \$0.50 <b>Change to Turkish Bread (toasted)</b> \$2.00 <b>Add Avocado</b> \$1.00	<b>Glee Sparkling Fruit Juice</b> 250ml \$2.50 Blackcurrent / Raspberry / Tropical / Grape
<b>Beef Pie</b> \$4.50 <b>Sausage Roll</b> \$4.50	<b>Salad Tub</b> Lettuce, Tomato, Cucumber & Carrot \$4.50 <b>Add Avocado</b> \$1.00 <b>Add Ham or Chicken</b> \$2.00 <b>Add Cheese</b> \$0.50	<b>Emma &amp; Tom's 100% Fruit Juice</b> 250ml \$3.00 Orange / Cloudy Apple / Fruit Smoothie
   		<b>Water</b> 600ml \$1.50
<p>All orders are to be made online via QuickCliq <b>BEFORE</b> 9:00am.</p> <p>Visit <a href="http://www.quickcliq.com.au">www.quickcliq.com.au</a> to create an account. Register your child/ren and add credit to your account. You can then order Canteen items.</p>	<p>Bull Creek Canteen is committed to offering your children fresh, healthy and well-presented food as required by the Government's Traffic light System.</p> <p>(V) = Vegetarian (GF) = Gluten Free</p>	<p>Please phone Kylie or Olivia on 08 6216 4414 or email <a href="mailto:bullcreekps@quickcliq.com">bullcreekps@quickcliq.com</a> with any enquiries.</p> <p>Please note we do not always have time to check our emails through the day.</p>



# HOW TO SET UP YOUR FAMILY'S QuickClik Account...

**REGISTER TODAY!**  
FREE, QUICK & EASY

**WE ARE NOW A QUICKCLIQ MEMBER!**

**QuickClik**

**REGISTER TODAY AT**  
**www.QuickClik.com.au**

**How to get started:**

- Visit [www.QuickClik.com.au](http://www.QuickClik.com.au)
- Sign up by completing the registration form
- Receive a confirmation email with activation link
- Activate your account and login to the website
- Add a student and nominate their school
- Order whenever you like

**How to order meals:**

- 1 Select a student
- 2 Add items
- 3 Select date
- 4 Confirm

*It is that simple! It is our job to make your life easier.*

Using QuickClik helps you stay organised, order up to four weeks in advance.

**SAFE & SECURE | SUPPORT LINE: 1300 11 66 37 | ORDER 24/7**

**REGISTER TODAY!**  
FREE, QUICK & EASY

**QuickClik**

**Congratulations!**

Your school has made an important decision to join the digital revolution of online ordering. The QuickClik ordering system is so simple even a child can use it, which means that the service is easy and convenient to use.

Created by schools and parents, QuickClik is your one-stop shop for everything your school and students need. What used to take hours to procure can now be done in one place, with a simple click of a button.

**It is free, safe, and secure.**

**Why is my school using an online ordering system?**

It enables your school to be more efficient with school uniform purchases. QuickClik offers a large range of services with one central support hub. We like to call it hassle-free shopping. You can now say goodbye to running from shop-to-shop to fill your school orders, and hello to getting the job done quickly and easily in one online store.

**Is the website safe and secure?**

QuickClik is department of education approved and all your information is hosted in Australia. QuickClik also has an SSL certification and is PCI DSS approved for secure financial transactions. This means that you can rest assured your information is protected.

**How can I pay for my order or add credit to my account?**

You can use Paypal or Credit Card for immediate payment. You can also use Direct Deposit, which is free.

**What if I need help?**

Just give us a call on 1300 11 66 37 from 7.30am Monday - Friday, or email us at [info@quickclik.com.au](mailto:info@quickclik.com.au)

Using QuickClik helps you stay organised.

**SAFE & SECURE | SUPPORT LINE: 1300 11 66 37 | ORDER 24/7**

## 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.**





### *What's On In Sport?*

**League Tag Carnival**- The League Tag Carnival took place on the Tuesday of Week 7 (7<sup>th</sup> June) at Shelley Reserve. All three teams did an amazing job making it to the Grand Final of their divisions. Unfortunately, the C team lost their Grand Final, but both the A and B division won theirs. Well done to all students who competed on the day!

**Winter Carnival**- The Winter Carnival was last Friday on what was an outstanding day. We took an AFL team, a boys and girls Soccer team and 3 Netball teams. Unfortunately, the AFL team did not win a game, but the students really enjoyed the day, where there was a lot of great footy played. The Netball teams did an amazing job on the day. The A team came runners up, marginally missing out on winning it all, the B and C teams both came away champions! The Soccer was at a different location this year at Hossack Reserve in Parkwood. The boys team competed hard, winning, and drawing some games but not quite winning enough to get near the top of the ladder. The girls team did a fantastic job coming Runners Up. Well done to all students on representing Rossmoyne proudly on the day!

**Running Club** – With the mornings getting colder and colder, the morning running club has been a great way to warm up on those Mondays, Wednesdays, & Fridays when it hasn't been raining!

**Term 3 Carnivals**- In Term 3 there are 3 main Carnivals. On Friday of Week 2 (29<sup>th</sup> July) is our Faction Cross Country Carnival. Year 3 and 4 students run 1500m and Year 5 and 6 students run 2000m. The students will walk the course on Friday afternoon. Tuesday of Week 5 (16<sup>th</sup> August) is the Interschool Cross Country Carnival for the top 5 place getters at our Faction Carnival. Lastly is the big event of the term that everyone always looks forward to, the Faction Athletics Carnival!! This is on Friday Week 9 (16<sup>th</sup> September) with a reserve day of Friday Week 10. We look forward to chanting our new Faction Names and seeing everyone in their new Faction Shirts.

Some photos from recent events are included over the page!



# Winter Carnival Pictures...





# Winter Carnival Pictures...





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

## A Message from Chappy Lee

TERM BREAK!!!! Well done to parents, students and most of all, the staff. Wishing you and your family a safe holiday for self-care, family, friends, hobbies and lots more reasons. Take time to really breathe!



### *In Real Life (Boys & Girls)*

We have just completed four terms of intake since last year. This program aims to equip and educate students in year 4 to 6 to manage their emotions, build and make good friendships, improve self-esteem and develop self-care.



### *The BRAVE Program*

Anxiety seems to be everywhere and happens to everyone. The BRAVE Program is an online program for the treatment of anxiety in young people. Therapy techniques used in this program include: relaxation training, identification of emotions and thoughts, positive self-talk, coping skills, problem solving and graded exposure. Take this holiday to explore the program with your child. *You never know, you may learn something about yourself and your child!*



### *Positive vs Permissive/Fear Parenting*

From the last newsletter, you would have identified your child's love language. How do they best respond to your parenting? There are 4 common parenting style: permissive, authoritative, neglectful and authoritarian. Consider Positive Parenting as another tool in parenting.

### *The Mask We Live In*

On a different context, *EMOTIONS* are often left unengaged or overly engaged. Some call it the *SOUL*. Engaging our emotions, especially boys, can help them develop better EQ (emotional intelligence). Perhaps this holiday is **a time to discover what 'moves us'**. Movie is available on *iTunes*.

(Scan the QR Code with your phone camera mode to bring you to the website)



# 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

### Helping siblings resolve their fights



With family members living in close proximity during the current COVID-19 pandemic, parents may find an increase in sibling squabbles. This is understandable as any relationship is tested to its limits by excess time and lack of space. Sibling squabbles usually arise over low level issues such as space ("He's sitting in my seat."), possessions ("That's my book!") and fairness ("It's not fair. I was here first!"). It's enough to send most parents around the twist.

While it seems that kids in families are programmed to fight with each other, the good news is that parents have the power to facilitate learning.

According to a recent study, sibling fights teach kids important conflict resolution skills. In fact, parents who stop their children from arguing may well be depriving them of important learning opportunities. Researcher Laurie Kramer from the University of Illinois in the US found that kids who learned how to argue with their siblings had more advanced emotional development.

Many parents also worry that their children who fight with each other will not get along as adults. The evidence doesn't support this view. The test for strong families is more about the willingness for kids to pull together when the chips are down, rather than the frequency of the squabbling.

Healthy families know how to fight well. When parents take an active approach to helping their children resolve their fights, they are teaching them a valuable life skill as well as reducing the incidence of fighting over the long term. Here are some practical strategies to use:

#### Model good conflict resolution skills

Kids wear L plates when it comes to solving disputes. Some kids will yell, get abusive or even get physical when they are settling disputes. Show them better ways of sorting out problems by talking things through with your partner, compromising and apologising when you've said something upsetting to your partner or your children.

#### Help kids manage their emotions

"Yep, it would make me mad too if someone said that to me." Usually someone's feelings get hurt when siblings argue so make sure you recognise their emotions without taking sides. This focus on feelings helps kids develop emotional literacy and promotes empathy in siblings as well.

#### Monitor sibling relationships

Keep your antenna up for the signs of discord within sibling relationships. Some disputes kids can sort out themselves, but you need to be ready to intervene and assist kids in the peace-brokering, or at least to act as a safety net when one child continually appears on the wrong end of a power imbalance.

# parenting \* ideas

## Mentor them to sort out disputes

Kids need the chance to sort their conflict out themselves, but sometimes they need a little coaching. They often invite their parents to take sides, which is usually counter-productive. Rather than trying to sort out who started an argument, focus on possible solutions, provide suggestions such as taking turns, giving way, bargaining, swapping or even walking away.

## Encourage them to make up

Kids often get over disputes far quicker than adults. They can be squabbling one minute and cuddling up the next, so it gets tricky intervening sometimes. However there are times when you need to encourage a child to mend bridges with an aggrieved sibling. This can mean kids have to swallow their pride, admit that they may be wrong, make an apology or make some sort of restitution such as doing a special favour. This type of restoration means kids must take responsibility for their behaviours and is a sign of growing maturity.

Conflict and siblings tend to go together. While sibling squabbles can be annoying, they also offer parents great opportunities to help kids to handle conflict effectively, which is a great life skill.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

## 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!

