



ROSSMOYNE REFLECTIONS

NEWSLETTER NO. 7

Friday 29th July 2022

Virtue of the Month for July — Initiative

Together we empower global citizens.

Next Newsletter: 26th August 2022

PRINCIPAL'S MESSAGE

Hello everyone,

Welcome back to what is already shaping up to be a very busy term 3! It was lovely to welcome the students back to school last week and hear the stories of their adventures over the school holiday break!

We have a lot of events taking place this term, beginning with PEAC Testing and the Australian Maths Competition next week. PEAC testing, which is for Year 4 students only, will take place next Wednesday, 3rd August. This assessment is focussed largely on problem solving and lateral thinking, with high performing students becoming eligible for placement in the PEAC (Primary Extension and Challenge) program for 2023. The PEAC assessment is not a test for which students can 'study', so please just encourage your children to read questions carefully and do the best they can on the day. If students are absent on the assessment day, alternative arrangements will be made for them to complete the test at another time. Please contact Mrs Ashby promptly if you become aware that your child will be absent (COVID or other reasons) next Wednesday.

The Australian Maths Competition, which is being co-ordinated by Mrs Webb, will take place next Thursday, 4th August. Eligible students & families have already been contacted and will continue to receive communication from Mrs Webb around exact times. Please contact Mrs Webb if you have any questions around the Maths Competition.

Later in the term, other exciting events to look forward to will include the Interschool Cross Country, Faction Athletics Carnival and Scholastic Book Fair. Further communication will be distributed regarding each event as it draws nearer.

The Learning Journey evening is always a popular event on the Term 3 calendar, and is scheduled for the evening of Wednesday, 14th September. This is a wonderful opportunity for the students to showcase the work they have been doing in class, as **they take you on a guided 'tour' of their classroom and other areas of the school.** This year, the Learning journey again promises to be an enjoyable, family-focused evening showcasing fabulous work, performances and activities. Information around times and format will be forthcoming throughout the term, but please save the date on your calendar!

As you will be no doubt aware, the ever-evolving COVID situation looks to be rearing its head once again this term and we have

continued to have students and staff isolating. Thank you to everyone who has continued to inform us when children have tested positive – this continues to be important information to assist us in monitoring the prevalence of spread within classes. Mask wearing is obviously not mandated, however is still highly encouraged to protect everyone in our school community. The Department of Education, guided by the Chief Health Officer, has communicated that another virus peak is predicted around mid-term. No further restrictions have been mandated in schools to date, but we will be receiving another bulk delivery of RAT Tests in the coming week. I understand the new delivery will be a combination of nasal swabs and mouth swabs, with another 20 tests per student available to parents. We will notify you as soon as these are ready for collection.

Finally, a huge thank you to our P&C (in particular, Mel Boston) who have set up our Canteen delivery trial this term. So far, this has run very smoothly and has had great support from the community! There is a wide range of lunch options available and the children seem to be very much enjoying the menu so far! Thank you for your support of this initiative to date – we hope this will continue for the rest of the term!

Until next time, stay warm and stay healthy!

Kind regards,

Nikki Lyons

Acting Principal



Thursday 28th July - Dental Screening PP, Yr 3 & Yr 6

Friday 29th July - Faction Cross Country

Thursday 31st July - Assembly Rms 8 & 19

Thursday 11th August - School Photos

Friday 12th August - School Photos

Wednesday 16th August - Interschool Cross Country

Friday 25th August - Massed Choir Rehearsal - Churchlands

Our Code of Conduct

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



FARMER DAMIAN'S VISIT

25th July

The Year 3 students were lucky enough to enjoy a visit from Famer Damian and his gorgeous animals on Monday! Fortunately, the weather was kind, so the students were able to head out to the grassed area to learn about sustainable farming and produce, as well as interact with the super-friendly crew of farm animals!



PEAC testing—year 4 students

Primary Extension and Challenge (PEAC) is a part time supplementary program for students in Years 5 and 6. Students are identified as suited to participation in the PEAC Program through testing in Year 4. Test questions are multiple choice, of a contemporary nature and are separated into the following sub categories:

1. Reading Comprehension;
2. Reasoning by analogy;
3. Working Mathematically/Thinking Scientifically; and
4. Non-Verbal reasoning



South Metro Education Region
Primary Extension and Challenge

The tests are marked externally and the top 3% of students are offered a place in PEAC for the following year.

Testing for current Year 4 students will take place on Wednesday, 3rd August. A catch up test may be offered for students who are absent due to illness. If you have questions regarding the testing, please contact Mrs Ashby via the school office.

Are You Leaving Us in 2023?

We will shortly begin our planning for 2023, and will be required to submit our predicted student numbers to the Department of Education by 12th August. If you know your family will be moving and/or leaving Rossmoyne Primary School at the end of this year, please let us know by Friday 5th August.

You may inform us by sending an email to Rossmoyne.ps@education.wa.edu.au or by cutting off and returning the slip below to the office.

Please note—parents of year 6 students in 2022 do NOT need to return the form.

Rossmoyne Primary School

Notification of Student/s Not Returning in 2023

Please be advised that my child/children will NOT be returning to Rossmoyne Primary School in 2023:

Child's Name/s: 1. _____
2. _____
3. _____
4. _____

Parent Name: _____ Date: _____

* Please return this form to the school office by Friday 5th August

Term 3—Canteen Orders

Tuesdays & Thursdays

The Term 3 'Canteen Delivery' menu is below. 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 submitted 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
Sushi - 2 x Hand Rolls no mixed packs \$7.00 Teriyaki Chicken / Tuna / Vegetable Hotdog (with or without sauce) \$4.50 Add Cheese \$0.50 Party Pie Combo \$7.50 4 x Party Pies, Sauce & Brownies Milk (Berry or Choc)	SANDWICH and SALAD BAR - wholemeal only Cheese (V) \$3.50 Cheese and Tomato (V) \$3.70 Cheese and Salad (V) \$4.30 Ham \$3.50 Ham and Cheese \$4.00 Ham, Cheese and Tomato \$4.20 Ham, Cheese and Salad \$4.80 Chicken \$4.00 Chicken and Cheese \$4.50 Chicken, Cheese and Salad \$4.80 Vegemite \$3.00 Vegemite and Cheese \$3.50 Change to Wrap or Roll \$0.50 Change to Turkish Bread (toasted) \$2.00 Add Avocado \$1.00 Salad Tub Lettuce, Tomato, Cucumber & Carrot \$4.50 Add Avocado \$1.00 Add Ham or Chicken \$2.00 Add Cheese \$0.50	HOT FOOD Lasagne \$5.00 Macaroni Cheese (V) \$5.00 Macaroni Cheese (GF) \$6.00 5 Nuggets and Corn on the Cob \$5.00 Corn on the Cob (V) (GF) \$1.20 Sauce Sachet \$0.50 DRINKS Brownes Hilo Milk 225ml \$1.50 Add Sipahh Straw (assorted flavours) \$0.50 Brownes Flavoured Milk 300ml \$2.50 Berry or Choc Glee Sparkling Fruit Juice 250ml \$2.50 Blackcurrent / Raspberry / Tropical / Grape Emma & Tom's 100% Fruit Juice 250ml \$3.00 Orange / Cloudy Apple / Fruit Smoothie Water 600ml \$1.50
THURSDAY		
Cheeseburger \$5.50 Beef patty, cheese and sauce Cheeseburger Deluxe \$6.50 Cheeseburger with lettuce and tomato Homemade Pizza \$5.00 Cheese & Bacon / Hawaiian / BBQ Chicken / Margarita Beef Pie \$4.50 Sausage Roll \$4.50		
All orders are to be made online via QuickCliq BEFORE 9:00am. Visit www.quickcliq.com.au to create an account. Register your child/ren and add credit to your account. You can then order Canteen items.	Bull Creek Canteen is committed to offering your children fresh, healthy and well-presented food as required by the Government's Traffic light System. [V] = Vegetarian (GF) = Gluten Free	Please phone Kylie or Olivia on 08 6216 4414 or email kylie@bullcreekps.qld.edu.au with any enquiries. Please note we do not always have time to check our emails through the day.



HOW TO SET UP YOUR FAMILY'S

QuickCliqu Account...



REGISTER TODAY!
FREE, QUICK & EASY

WE ARE NOW A QUICKCLIQ MEMBER!

QuickCliqu

REGISTER TODAY AT
www.QuickCliqu.com.au

How to get started:

- Visit www.QuickCliqu.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 QuickCliqu helps you stay organised, order up to four weeks in advance.

REGISTER TODAY!
FREE, QUICK & EASY

QuickCliqu

Congratulations!

Your school has made an important decision to join the digital revolution of online ordering. The QuickCliqu 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, QuickCliqu 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. QuickCliqu 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?

QuickCliqu is department of education approved and all your information is hosted in Australia. QuickCliqu 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 fee 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@quickcliq.com.au

Using QuickCliqu helps you stay organised.

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

Learning Journey

EVENING...

Save the Date!

Everyone is invited to join us for the 2022 Learning Journey evening
on

Wednesday, 14th September

From 5.00pm—7.00pm



Please save the date—More details to come soon!



What's On In Sport?

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!

Faction Cross Country- Today was our Faction Cross Country Carnival. Results will follow in the next Newsletter.

Term 3 Carnivals- In Term 3 there are 3 main Carnivals. On Friday of Week 2 (29th July) is our Faction Cross Country Carnival. Year 3 and 4 students run 1500m and Year 5 and 6 students run 2000m. Tuesday of Week 5 (16th 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 (16th 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. Please keep an eye out for Information regarding parent helpers.



We have many exciting performance opportunities coming up this term for our various ensembles. Please take note of the following dates. More detailed information about these events including time, venue and transport costs will be sent home closer to the time.

Please note the following important dates:

String Orchestra - ABODA Festival Saturday 10th September

School Concert Band - ABODA Festival Saturday 10th September

Senior Choir - Massed Choir Festival Thursday August 25th (rehearsal), Monday September 19th (rehearsal) & Tuesday 20th (Performance)

All ensembles (including IMSS students and Junior Choir) - Learning Journey, Wednesday September 14th

INSIGHTS

Developing your child's emotional intelligence



Everything old is new again.

Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all." Socrates was talking about the development of what we now call emotional intelligence.

Current day muse Dr. Marc Brackett director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure just what they are doing.

So where do we start exploring the alien landscape, the new frontier of parenting? Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:

1. View emotions through the pleasantness lens.

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

2. Set your antennae to pick up emotion.

Ever have a child come home from school and misbehave in a way that is out of character? If so, did you focus on the behaviour or did you try to detect the emotion behind the behaviour? The default mechanism for many adults is to respond to children's behaviour rather than stand back and take notice of what may be going on beneath the surface. We respond to aggressive behaviour and sometimes fail to notice the anger seething below. Stop automatically reacting to behaviour and start noticing the emotion that may be driving the behaviour. You still need to manage poor behaviour but responding in this way may give you a valuable insight into your child's inner world.

3. Validate kids' emotions.

Children and teenagers who are upset or experience extreme emotions require to understanding and validation. You don't necessarily have to necessarily fix the situation, but it is important that your child knows that understand he is upset. Convey your empathy with statements such as, "Ahh, I see your upset that your brother..." ; " Yes, it's understandable to be annoyed....."; and "I can see that you are angry about this...."



4. Help your kids recognise, then regulate emotions.

Kids, like adults, need to recognise their feelings before they can regulate their emotional state. Emotional recognition is a complex process that takes practice. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality. Cue kids to their emotions by reflecting back to them how they maybe feeling rather than shutting them down or ignoring them. E.g. "It seems that pretty angry right now. Could I be right?"

5. Build your child's vocabulary of feeling words.

Emotionally smart kids generally have a wide vocabulary, which means they are better placed to shift their moods when required. Reflect back as accurately as possible how your child or young person may be feeling. The differences between emotions such as anxious, tense, nervous, worried and overwrought maybe small but they are important in terms of giving kids some wiggle room to shift their feelings.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. Impacting on family culture is the best way of creating inter-generational change. You'll know you've had generational impact when your children as adults identify you as the person who trained them in the skills of emotional intelligence. How cool would that be!



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!



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 to sign up.

Willetton Baseball Club

TEE-BALL REGISTRATIONS OPEN

2022-2023 SEASON

AGES 4+



WHERE TO REGISTER

SAT . AUGUST 6TH . 8:30AM - 12PM

Willetton Scout Hall
or Online at
wbcwildcats.com.au from 1.8.22

