



# Clifton Park Primary School

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## Newsletter No 10

## TERM 3

## 25 July 2018

### School Motto: With Pride We Strive

#### SCHOOL EVENTS AND NEWS

We have had a very smooth transition back into schooling this term and are looking forward to another productive term including many events to look forward to such as; the Winter Carnival for our senior students, the Year 3 and Specialist (Japanese and Music) assemblies, Book Week activities, School Open Night and finally In-term swimming lessons to finish the term off. I trust you all enjoyed spending a little more time with your children over the break and were able to share some special things with them.



#### ASSEMBLY

We are eagerly looking forward to our next assembly on August 10 hosted by the Year 3 class. This will be commencing at 2pm in the undercover area and you are most welcome to join us. There will be some plates of snack food available to purchase from the P&C Cake Stall.

#### GRADUATION PHOTOGRAPH

The photographers are coming back on Monday August 6 to take the Graduation Class Photograph for their Graduation.



#### WINTER CARNIVAL

The Forrest Division Interschool Winter Carnival is on Friday August 31 at the Leschenault Leisure Centre. We will be participating in Netball, AFL and Soccer. All squads have commenced training and from these the final teams will be selected shortly. Notes will go home for all students selected to represent our school. If you are available, I invite and encourage you to come on down to support them.

#### SCHOOL EVENTS/PLANNER

A copy of the Term 3 Planner is included in this newsletter, it can also be found on the webpage and Skoolbag app. Please keep it in a handy spot for future reference.

### COMING EVENTS

#### July

- 30 Uniform Shop Open 2:30pm-3pm
- 31 'Disability Awareness Day'  
(Wear LOUD clothing)

#### August

- 1 P&C Meeting 7pm
- 6 Year 6 Graduation Photo  
ASHS Q&A for Yr 5 & 6 2018 Parents
- 9 ANZ Student Banking 8:35am-8:50am  
Maths Competition (Selected Students)
- 10 Yr 3 Class Assembly 2pm
- 16 Book Week Guest
- 17 Book Week 'Dress Up' Day

#### AUSTRALIND SENIOR HIGH SCHOOL (ASHS) Q&A Parent Meeting

Parents of Year 5 and 6 students of 2018 will be invited



to attend a parent meeting at the school with a team from ASHS who will come to Clifton Park PS on Monday 6 August at 6:00pm to conduct their Q & A Parent Meeting. This is a really valuable opportunity to hear details about ASHS and also to ask any questions to relieve your concerns. This is open to all parents even if you are still undecided where to send your children.

#### STUDENT BANKING

A representative from the ANZ Bank, Australind will be in the school corridor between 8:30am and 8:50am to assist with your child's banking. Term 3 dates are August 9 and September 6. These dates are on the term planner. Teach your child to save by banking at the school every month. New customers are welcome. For more information please contact ANZ Australind Branch on 6164 2303.

## POSTIVE BEHAVIOUR SUPPORT (PBS)

We had a very good response on our poster competition and since then we have discussed all the ideas with a graphic designer. We will continue meeting with him to finalise a product that we are happy with.

## LOST CLOTHING

Don't forget to put your family name on jumpers as this will ensure that they get back to your children. Thank you.

## STUDENT LEADERS

Thank you to our outgoing student leaders and congratulations to the following students for being voted by their peers to the position of School Councillor:

- ❖ Term 3 – Bailey Harkness and Elijah Hehir
- ❖ Term 4 – Brooke Dovey and Jackson Eaton

These councillors will join our head girl Abbey Jones and head boy Jarvis Castle as the Student Council.

Congratulations also to the following students who were voted by their peers last week as Sport Leaders for this semester:

| BLUE FACTION                   | GOLD FACTION                        | RED FACTION                   |
|--------------------------------|-------------------------------------|-------------------------------|
| CAPTAINS                       | CAPTAINS                            | CAPTAINS                      |
| Raven Tyrell<br>Branwyn Tyrell | Luke Ferrari<br>Dakota Santostefano | Seth Gutsell<br>Leonie McAdam |
| Vice Captains                  | Vice Captains                       | Vice Captains                 |
| Max Sharp<br>Mackenzie Prosser | Addison Maskell<br>Alyssa Ennor     | Ethan Scott<br>Lexie McAdam   |

## Student Leaders Semester 2



Absent: Elijah Yr 6, Leonie Yr6 and Lexie Yr5

## STUDENT LEADERS' THANK YOU LUNCHEON

On Tuesday the 2018 past and present Student Leaders enjoyed a school-provided tasty lunch. This was a way for the school to say thank you for the service they provide to the school. The giving of their personal time covers a wide range of roles. Without this service many of our school programs would struggle to run efficiently. We honour their commitment and thank them.



**Ric Gates**  
PRINCIPAL



## National Consistent Collection of Data (NCCD) for School Students with Disability

The Nationally Consistent Collection of Data on School Students with Disability provides Australian schools, parents, education authorities and the community with information about the number of students with disability in schools, where they are located and the adjustments they receive. It counts the number of students who are supported based on the professional judgement of teachers and their understanding and knowledge of their students. The aim of the national data collection is to collect better information about school students with disability in Australia.

Clifton Park Primary School will contribute to this project as it helps the government and the Department of Education better provide for all students in Western Australia.

If you would like to learn more about NCCD you can visit the website:  
[www.deewr.gov.au/students-disability](http://www.deewr.gov.au/students-disability)



**Character  
Dress-Up  
Day**

## ***MYSTERY BOOK BORROWING***

**August 6<sup>th</sup> (Monday)**

**August 10<sup>th</sup> (Friday)**



**Dress up as a  
Book Character.**

**Friday**

**August 17<sup>th</sup>**

**Grand Parade at 8.50am  
in the Undercover area.**

**Followed by a whole  
school paired reading.**

## **Visiting Illustrator.**

Rebecca Cool will be speaking to the students about her work as an illustrator. She will then lead the students in creating a mural, which will be hung in the corridor. Rebecca is an accomplished illustrator, who has illustrated several books, including *Isabella's Garden* which is held in the library. Rebecca has won several awards for her illustrations, including being short listed for the Crichton Award in 2010. Mrs Van Wyk has been working with the students, who have been creating their own 'Rebecca Cool inspired' artwork. Thank you to the school and the P&C for the funding for this amazing experience.



**Competitions  
throughout  
August.  
Great prizes.**







# NON VERBAL

## AWARENESS DAY

**"I MAY NOT  
SPEAK  
BUT I HAVE  
MUCH  
TO SAY".**

**WHEN:** TUESDAY 31ST JULY

**WEAR:** LOUD CLOTHING

(BRIGHT COLOURS, PRINTS OR PATTERNS)

**GOLD COIN DONATION**

PROCEEDS TO THE INDEPENDENT LIVING CENTRE

**LOTS OF FUN 'ALTERNATIVE COMMUNICATION'  
ACTIVITIES PLANNED FOR THE DAY.**

# How to talk to your child when they're highly emotional

by Michael Grose

One of the hardest jobs for a parent to do is to talk to your child when they are angry and upset.

There are two common mistakes that we make when kids are angry.

First mistake is talking or shouting over an emotionally-charged child or teen. Usually this drives up anger rather than diffuses it. The reptilian brain (our old brain) generally takes over when children are angry so they'll either take flight (shut down, run away, go to their room) if they perceive a challenge or they'll fight (argue, shout, get more upset).

The second mistake involves parents talking too softly or passively, which can be perceived by an angry or upset child or teen as not being taken seriously. There are times when a calm "I can see you're upset, darling" just won't cut it.

Kids of all ages when they've been genuinely upset want one thing from you as a parent or teacher – they want to know that you understand them; that you get that they are feeling hurt, embarrassed or rejected or whatever has led to their anger. A genuine, empathetic 'I get it' has a powerful effect on a highly-charged child or teen.

So let's take a look at what to do.

## Manage your reactivity first (practise)

High emotion can be contagious. We can easily be upset or angry at the person or the incident that caused our child to be angry or upset. Alternatively, the strength and manner of our child's emotion can be highly upsetting in itself so we react to quell the emotion. It's vital that we manage how we react to our child's emotion so that we can provide an effective, **empathetic** response.

The best way to manage your own reactivity when kids are upset is to **breathe**. Yes, breathe. This will help you regain control and remain calm. You need to feel comfortable with silence to do this successfully. You may even have to move away from the source of stress (that is, your upset child) momentarily to enable you to remain calm. This includes stepping away, closing your eyes, looking elsewhere so that you don't get caught in the contagious nature of your child's high emotion.



## Talk your child's emotion down

Picture your child coming home from school fuming about an injustice that happened during the day. On an emotional scale from 1 to 10 where one is passive and ten is out of control your child is an eight. He is screaming that he hates that "so and so" teacher and he'll never go back to her class again. Match your child's outburst by responding just below his emotional intensity – at a seven. "Yep, that's really upsetting. I don't blame you for being upset." It's essential that you say it strongly – just below the volume and intensity of his original outburst.

Your child will probably continue with his angry outburst but more likely at a lower level of intensity. He may say at level 6: "Yes, I hate him. He's always picking on me." This time reflect back how he's feeling but do so at level 5 of intensity. "You are upset. You have every right to be as it can be awful when you are treated unfairly." Don't take sides. Don't challenge your child's views. Just reflect back his feelings letting him know you understand something has upset him.

Your child may respond again but hopefully his emotional intensity is at 4. "He's been picking on me all term. I don't know why he doesn't like me." Again, respond by going just under his level of intensity. "It's natural to get upset when people don't treat you fairly. I get that" You are getting closer to talking about the issue. But don't discuss the issue or problem until your child and you are calm. In many cases, that may mean putting some time and space between managing the emotion and counselling to find the solution. Be happy that you've helped your child calm down while maintaining a good relationship with him.

## Practice makes us better parents

This technique I've just described is a powerful strategy that you can use to talk down children's emotions when they are upset. It's an advanced parenting and teaching technique (I'll be covering this and others in our new Parenting Emotionally-Intelligent Kids Online Course to be released in May) that requires practice, practice and more practice!

Start by practising in non-stress situations. Listen to your child and partner speak and purposefully match their emotional intensity. Practise going below and above their baseline and watch how their responses will begin to go up and down accordingly.

Then try talking your child's emotions down when they are upset. Stay calm. Match their level. Talk them down. Don't give up if you mess up. Great parenting skills don't come with ease but they are so worth their weight in gold when we have them.

You've got to keep sharpening those skills!

## 2018 TERM THREE PLANNER

| Wk        | Monday  | Tuesday                                 | Wednesday                                 | Thursday  | Friday  | Sat           | Sun       |
|-----------|---|---|---|---|---|---------------|-----------|
| <b>1</b>  | <b>16 July</b><br>School Development Day                              | <b>17</b><br>Students resume            | <b>18</b>                                 | <b>19</b>   | <b>20</b><br>*Kindy 2019 App for Enrol due<br>*Play Group First Aid   | <b>21</b>     | <b>22</b> |
| <b>2</b>  | <b>23 July</b>  | <b>24</b><br>Leaders' Lunch             | <b>25</b>                                 | <b>26</b>   | <b>27</b>   | <b>28</b>     | <b>29</b> |
| <b>3</b>  | <b>30 July</b><br>Uniform Shop Open 2:30pm – 3pm                      | <b>31</b><br>'Disability Awareness Day' | <b>1 August</b><br>P&C Meeting 7pm        | <b>2</b>  | <b>3</b>  | <b>4</b>      | <b>5</b>  |
| <b>4</b>  | <b>6 Aug</b><br>*Yr 6 Graduation photograph<br>*ASHS Yr 5 & 6 Q&A 6pm | <b>7</b>                                | <b>8</b>                                  | <b>9</b><br>*ANZ Student Banking<br>*Aust. Maths Comp - Selected Students | <b>10</b><br>TA5 Assembly 2pm   | <b>11</b>     | <b>12</b> |
| <b>5</b>  | <b>13 Aug</b>   | <b>14</b>                               | <b>15</b>                                 | <b>16</b><br>Book Week Guest  | <b>17</b><br>Book Week 'Dress Up' Day                                 | <b>18</b>     | <b>19</b> |
| <b>6</b>  | <b>20 Aug</b>   | <b>21</b>                               | <b>22</b><br>Uniform Shop Open 8:30am-9am | <b>23</b>   | <b>24</b>   | <b>25</b>     | <b>26</b> |
| <b>7</b>  | <b>27 Aug</b><br>*Council Meeting<br>*P&C Meeting                     | <b>28</b>                               | <b>29</b>                                 | <b>30</b><br>School Open/Parent Night                                     | <b>31</b><br>Winter Carnival – (Yr 5/6 Selected Students)             | <b>1 Sept</b> | <b>2</b>  |
| <b>8</b>  | <b>3 Sept</b>   | <b>4</b>                                | <b>5</b>                                  | <b>6</b><br>ANZ Student Banking   | <b>7</b><br>*Specialist Assembly 2pm<br>*Uniform Shop Open 3pm-3:30pm | <b>8</b>      | <b>9</b>  |
| <b>9</b>  | <b>10 Sept</b><br>Swimming Lessons                                    | <b>11</b><br>Swimming Lessons           | <b>12</b><br>Swimming Lessons             | <b>13</b><br>Swimming Lessons   | <b>14</b><br>Swimming Lessons   | <b>15</b>     | <b>16</b> |
| <b>10</b> | <b>17 Sept</b><br>Swimming Lessons                                    | <b>18</b><br>Swimming Lessons           | <b>19</b><br>Swimming Lessons             | <b>20</b><br>Swimming Lessons   | <b>21</b><br>Students last day Swimming Lessons                       | <b>22</b>     | <b>23</b> |
| <b>H</b>  | <b>24 Sept</b><br>Queens Birthday                                     | <b>25</b>                               | <b>26</b>                                 | <b>27</b>   | <b>28</b>   | <b>29</b>     | <b>30</b> |
| <b>H</b>  | <b>1 Oct</b>  | <b>2</b>                                | <b>3</b>                                  | <b>4</b>  | <b>5</b>  | <b>6</b>      | <b>7</b>  |



# P & C NEWS

## Uniform Shop

The uniform shop will be open in Term 3 on the following dates:

**Monday 30<sup>TH</sup> July – 2:30pm – 3pm**

**Wednesday 22<sup>ND</sup> August 8:30am – 9am**

**Friday 7<sup>TH</sup> September 3pm – 3:30pm**

### Uniform Coordinators

All enquiries to:-

Kristy Hamilton 0438 215 016 or

Sharman Lee 0411 174 866

**Monday – Friday: during school hours**

School Uniform Order Forms are available at the front office. Complete and place them in the uniform box in the front office and they will be processed as soon as possible.

**Reference:** Please use first three letters of student SURNAME along with UNI = Uniform or DON = P&C Donation



**IS NOW AVAILABLE  
IN THE UNIFORM  
SHOP!**

## The NEW 2018 / 2019 Entertainment Memberships are here!

**We're fundraising with entertainment**

Discover thousands of valuable 2-for-1 and up to 50% off offers for many of the best restaurants, arts, attractions, hotels, travel, shopping and much, much more!

**Just \$70 giving you over \$20,000 of value!**

OR

Help us fundraise, and purchase yours today!

**P+C Fundraiser**

Contact - Jacqui 0427 957 053  
ebookcpps2outlook.com

To Order:

1/ Contact Jacqui or

2/ Online  
[www.entbook.com.au/915109a](http://www.entbook.com.au/915109a)



**We're fundraising with entertainment**

OR

### Keep the kids 'Entertained' these school holidays

With the school holidays approaching, now is the perfect time to buy an **Entertainment Book or Entertainment Digital Membership**. 20% of the proceeds from every Entertainment Membership we sell will contribute towards fundraising for our school!

The memberships sell for \$70, and we keep \$14 for every one we sell. You only need to use it once or twice and it will have paid for itself!

#### Here is how you can save this school holidays in Bunbury:

- Visit Gnomesville and stop into Ferguson Valley for lunch at **Ferguson Falls Café** for award winning pizza – save up to \$30
- Take the kids to **Grand Cinemas** to watch the latest flick – usually \$22 per adult save \$12 for 2 adults
- On a fine day, feed the animals at **Bunbury Wildlife Park** – get one free admission – save \$10.50
- A family dinner at **Rose Hotel** – receive one main course free – save up to \$45
- On a rainy day, let the kids burn some energy at **Gravity ETC** – get one free admission – save \$17
- Take the kids for an awesome milkshake at **Corners on King** – save up to \$25

Plus hundreds of offers in Perth, Mandurah and Bali... all for \$70... valid to 1 June 2019!

Simply go online to purchase: <http://www.entbook.com.au/915109a>  
Or

Complete the Order Form on the reverse and give to Jacqui Sharp/Front Office.

If you have any queries, please contact Jacqui Sharp on 0427 957 053

Thanks for supporting our fundraising!

# Community News

## GALE FORCE FITNESS and SERVICES

### AFTER SCHOOL CIRCUITS

Come and join in the circuit fitness classes held in the undercover area of Clifton Park Primary School.

As I am a shift worker, classes are held on days to suit my rotating roster.

### \*NEW 5:30PM CLASS\*

- 5:30pm on selected weekdays
- 3pm on selected weekends
- 45 - 60 minutes in duration
- Resistance exercises as well as interval training
- Individual fitness levels catered for
- Supervised by a Qualified Personal Trainer
- Free fitness appraisal and Nutritional advice
- No two workouts ever the same
- Fun and effective way to achieve fitness goals
- For ages 17 and above
- \$10 for one Class or \$20 to attend classes for the "week"



To book your free trial circuit class, contact:

KIRSTEN GALE: 0422708861 or kgale515@gmail.com

MASTER TRAINER



The Astronomical Society of the South West (Inc) will be holding special Mars Astronomy Nights for the public at their Observatory, Keble Heights, College Grove, Bunbury. The Observatory will be open on Friday 3rd, Saturday 4th and Sunday 5th of August each night from 7.00pm to 9.30pm, weather permitting.

Mars will be appearing 5 times brighter than we normally see it in our night-sky as it has it's closest approach to Earth since 2003 and this rare opportunity wont happen again for another 30 years. There will also be other planets and many other night sky objects to be seen.

**Cost: Adults - \$12.00**

**Children - \$8.00**

**Family - \$35.00**

**Further Information, Phone:**  
**Cameron on 9795 8204**



**Vestrum**  
OBSTETRICS & GYNAECOLOGY  
Proud Sponsor of

5KM & 10KM  
**WOMEN'S  
FUN RUN** + 5KM WALK

**Sunday, 5th August - 8am**

Leschenault Inlet starting at Bicentennial Square



Proudly sponsored by



### FREE TRAINING SESSIONS

Enter online [www.bunburyrunnersclub.org](http://www.bunburyrunnersclub.org) • Entries close 2nd August, 2018



FIND US ON FACEBOOK  
Women's Fun Run

For more information contact Gail Falloon: [benessecoffee@westnet.com.au](mailto:benessecoffee@westnet.com.au)  
OR Fiona Collins: [onrun@activ8.net.au](mailto:onrun@activ8.net.au)



We're getting ready  
to  
**Paint the  
CAPE REaD!**

**Fri 3 August  
Busselton Library  
10:00am-11:30pm**

A Magical Egg  
will be discovered



There will be Rhyme Time, Music  
and Dancing with special guests

**All Welcome!**

**Kids  
receive  
FREE Book**

**Paint the CAPE REaD (#PTCR)** is a community initiative that helps children get ready for reading and writing at school and develop healthy brains and attachment.





# Community News






## Five steps to positive parenting

The Triple P – Positive Parenting Program has more than 35 years' research to back it up. These are Triple P's five steps to a happier family life.

- 1 Create a safe, interesting environment**  
Children need to play and explore their world so remove potential dangers from your home and teach basic safety. Provide plenty of interesting things for kids to do.
- 2 Have a positive learning environment**  
When your child comes to you for help or to talk, they're ready to learn. Give them positive attention, even if only for a minute or so.
- 3 Use assertive discipline**  
Children do best in a predictable, stable environment so set clear rules and boundaries and follow through with appropriate consequences. Encourage behaviour you like with praise.
- 4 Have realistic expectations**  
Nobody's perfect – children or adults – so don't expect your child to do more than they're capable of. And remember, all parents make mistakes sometimes.
- 5 Take care of yourself as a parent**  
It's all about balance. You've got to look after your own needs too so make sure you're getting some support, time with friends, fun – and maybe even a little time to yourself!

To find out more:  
[www.triplep-parenting.net.au/wa](http://www.triplep-parenting.net.au/wa)

Triple P provides simple ideas to help you raise confident, healthy children and build stronger family relationships.

## Positive Parenting

### Seminar Series Program /Bunbury District

For every parent of children 3-8 years

These 3 free sessions run over 3 weeks and introduce parents to:


- Key concepts of positive parenting
- Effective strategies to promote positive behaviour and development
- How to prevent & manage common child behaviour problems
- Positive strategies that encourage children to manage their emotions

Parents can choose or attend all sessions

Seminar One: *Positive Parenting* August 7th  
Seminar Two: *Raising Confident Competent children* August 14th  
Seminar Three: *Raising Resilient Children* August 21st

| VENUE   | DATE  | TIME                 | CRECHE  |
|---|---|----------------------|---|
| <b>Leschnault Recreation Centre</b><br>(Leisure Dr, Australind) | <b>Tuesdays</b><br>August<br>7/14/21 <sup>st</sup> 2018 | <b>9:15 to 11:00</b> | <b>Creche available</b><br>at centre<br>Ring 97974000 |

For Bookings or information: Please Phone 97952888  
or visit our website: [www.childhealth@health.wa.gov.au](mailto:www.childhealth@health.wa.gov.au)



Healthier country communities through partnerships and innovation Values Community | Compassion | Quality | Integrity  
To provide feedback on this publication email [wachecomm@health.wa.gov.au](mailto:wachecomm@health.wa.gov.au) Alternative formats can be provided on request. | © WA Country Health S

## Small changes, big differences.




### Free 2 hour Parenting Workshop

#### 'Dealing with Disobedience'

Come along to this parent group to find out reasons children misbehave and discuss ways that encourage positive behaviour & cooperation in children.

For parents/carers of children aged 3 to 8 years



VENUE: Hudson Rd Family Centre, BUNBURY (Corner of Parade & Hudson Rd)  
DATE: Wednesday August 29th, 2018  
TIME: 10am to 12pm  
Facilitator: Ruth McFall, Community Health Nurse  
Please note: **NO Creche available**

For Bookings or Information: Phone 97952888 or visit our website  
[www.childhealth@health.wa.gov.au](mailto:www.childhealth@health.wa.gov.au)




[www.triplep.net](http://www.triplep.net)

## Small changes, big differences.

### Free 2 hour Parenting Workshop



#### 'Managing Fighting and Aggression'

Come along to find out why children fight and to discuss positive ways to manage behaviour and encourage cooperation in children.

For parents/carers of children aged 3 to 8 years

VENUE: Hudson Rd Family Centre, BUNBURY (Corner of Parade & Hudson Rd)  
DATE: Tuesday September 11th, 2018  
TIME: 10am to 12pm  
Please note: **NO Creche available**

For Bookings or Information: Phone 97952888 or visit our website  
[www.childhealth@health.wa.gov.au](mailto:www.childhealth@health.wa.gov.au)

[www.triplep.net](http://www.triplep.net)