



Clifton Park Primary School

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Newsletter No 7**TERM 2****18 May 2017**

School Motto: With Pride We Strive

SCHOOL HAPPENINGS

We have already enjoyed many activities and events at the school this term including:

- Mother's Day stall (thanks P&C),
- A Golf Frisbee skills session (thanks Mrs Garton and Cristal Inorganic Chemicals Australia),
- The Fathering Project evening meeting (thanks Mr Pitts and the P&C).
- A retirement function for the staff to celebrate the career of Mrs Davy.
- Years 2/3 and 4/5 excursion to Harvey Ag. School.

ASSEMBLY

You are invited to join us in the undercover area on Friday at 9am for the Year 4/5 hosted assembly. As always the host class are excited and busily preparing for their big annual event. There will be a P&C coordinated fundraiser supplying some treats for purchase at the canteen before and following the assembly.



FATHERING PROJECT

The P&C 'Fathering Project' held last Monday was a wonderful and informative session for the dads that attended. Paul Valentino presented some very worthwhile pointers and reminders to the group. If you are interested in being a part of this group or simply would like to know more about how to be a more effective father or father figure. For information see Dean Pitts or Paul Ferrari. I have included an article in this newsletter by Michael Grose that is not specific to dads but can be very helpful to all parents. It's titled 'Six tips to help kids avoid anxiety, develop positive self-esteem and not be scared of making mistakes.'

ARRIVAL TIME AT SCHOOL

It is recommended that students arrive at school as close to 8:30am as possible as adequate supervision cannot be guaranteed. If children arrive at school before 8:35am they are to wait outside the front office area and when the siren sounds may move to their classroom.

COMING EVENTS

May

- 18 Student Banking ANZ 8:30am-8:50am
- 19 Year 4/5 Assembly (9am)
- 29 Dental Screening (PP, Yr3 & Yr6)

June

- 5 WA Day Public Holiday
- 12 School Council (6:15pm) and P&C Meeting (7pm)
- 13 Resilience Games (Yr1-Yr6)
- 14-15 Book fair
- 16 Year 5/6 Assembly (2pm)
- 21 Cross country (selected students)

LUNCH ORDERS

Just a reminder that Kiwi Kai, located in the old Deli, are providing a lunch order service for students and staff on Mondays and Wednesdays each week. Use the brown bags for the students to fill in. The menu can be found in the last newsletter and where the students place their lunch orders.

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 2 dates are Thursday May 18 and Thursday June 22. These dates are on the term planner. New customers are welcome. For more information please contact ANZ Australind Branch. Ph: 6164 2303.



GIVE A CAN GIVE A DAMN

As part of 'Give A Damn, Give A Can' campaign we have a collection box in the school office. If you are able to send along some cans to support this worthwhile charity we are happy to collect them and pass them on.

Ric Gates
PRINCIPAL

HAVE SUM FUN MATHS ACTIVITY!

Put your thinking caps on and
'Have Sum Fun'

We gave everyone the opportunity to sharpen their skills and knowledge by providing problem solving tasks in our last School Newsletter. The first challenge was -

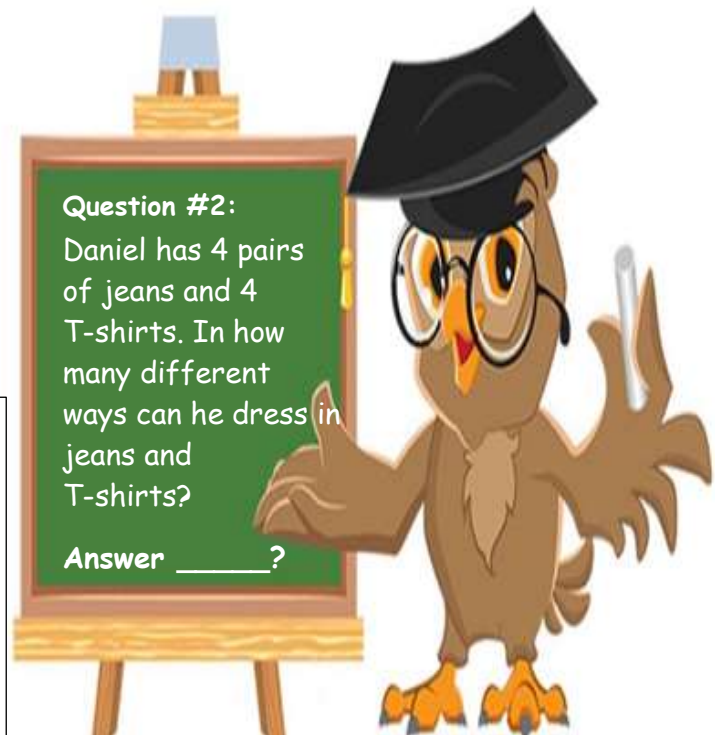
Q #1: What number comes next in this pattern?

3, 7, 10, 17, 27, ___

Answer #1: 44

Congratulations Lacey from year 3,
you are this weeks Mathematics star!

- Families are encouraged to work together to discuss strategies and solve the problem.
- Each student may enter one answer.
- Answers can be written on any type of paper.
- **Answers need to be put into the box located outside of TA5 by Friday 26th May 2017.**
- Please ensure answers are named clearly, including classroom form (e.g. TA5).
- A small prize will be presented to the first correct answer drawn at the mini assembly on Monday 29th.



HOME READING

What to Read?

Home reading does not need to be restricted to fiction texts. Encourage your child to read factual texts as well as fiction.

The reading of nonfiction material such as magazines, newspapers, brochures and cook books, for example, requires additional reading skills.

Look for labels on diagrams and short explanations under pictures. Children may not realise the wealth of information that is contained in these short statements. The actual diagrams and pictures themselves are all sources of information. When this information is put together with the text, the reader has more detailed understanding of what they are reading. See how they are used in the example below.

Rainwater wets the ground. It softens a seed until it bursts open. Then up grows a baby sunflower with roots, a stem, and little green leaves.



Social and Emotional Focus

In 2017 the school has raised the awareness of social and emotional literacy by focusing on resilience.

Each fortnight you will see a poster in the classrooms and around the school.

Keep an eye out for this poster.

Living the 7 Habits

I Learn Through Failure

- ✓ I learn more from my failures than my successes
- ✓ The biggest mistake is to try never to make mistakes!

"I missed more than 9000 shots in my career. 26 times I was trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

— Michael Jordan



I'VE LEARNED SO MUCH FROM MY MISTAKES, I'M THINKING OF MAKING A FEW MORE.

Habit 2: Begin With The End In Mind - I set goals for learning things, developing new skills, and completing hard tasks.
Habit 3: First Things First - I have the self-discipline to persevere and do whatever is needed to achieve my goals.
Habit 7: Sharpen The Saw - I learn something new every day of my life. This might be a physical skill or learning with my brain.

Six tips to help kids avoid anxiety develop positive self-esteem and not be scared of making mistakes

*This is an extract from Michael Grose's new book *Spoonfed Generation: How to raise independent kids that's been released nationally by Penguin Random House. You can get your copy at parentingideas.com.au.**

When parents solve all children's problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness. So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats? Here are six practical ideas to get you started.



1. Turn requests into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'

2. Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

3. Coach them through problems and concerns

So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what's going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

4. Prepare kids for problems and contingencies

You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won't fall apart when things don't go their way. Remember the Boy Scouts motto – be prepared!

5. Show a little faith

Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations, such as by saying 'Don't spill it!' to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, 'Now don't stuff it up!' 'You'll be okay ... won't you?' 'You're not very good at looking after yourself!'

6. Applaud mistakes and stuff-ups

Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'That's really annoying, you can be clumsy sometimes' response or an 'It doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts a child's natural tendencies to extend themselves down quicker than an adult who can't abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don't get a perfect examination score.

P & C NEWS

P&C
Next Meeting
Monday
12th June 7pm

Watch this space for information about
The Fathering Project...

ENJOY TIME WITH YOUR KIDS
 AND BUILD A STRONGER
 SCHOOL COMMUNITY...
**ARE YOU A
 CHAMPION
 =DAD?**



Uniform Shop

The uniform shop will be open in Term 2 on the following dates:-

Monday 22nd May
 Monday 19th June

OPEN TIME
 8:45am – 9:15am
Winter is coming!
Get in early to order your winter uniforms!

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.



**Choir
Pants
\$25
Order**

Lauree Sims
Uniform Coordinator
Monday – Friday
during school hours
PH: 0400 239 144

The NEW Entertainment Memberships are here!



Clifton Park Primary School is raising funds. Here's how you can help...
 Help us raise funds for our school by buying an Entertainment Membership from us. You'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time!

Over \$20,000 worth of offers the whole family will love!



and much, much more...

Just \$70 (plus you own \$20,000 of value!)

Clifton Park Primary School
 Contact: Jacqui Sharp Phone: 0427957053 Email: sharpj@cpss.wa.edu.au

To order your Book or your Digital Membership securely online visit:
www.entbook.com.au/915109a

Alternatively, please complete your details below to: 60 Lucy Victoria Avenue AUSTRALIND, WA 6233

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*CV# is the 3 digits on the back of your credit card

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20% from every Membership sold contributes to supporting our School!

Community News



PERTH WILDCATS
2017 REGIONAL TOUR

The Perth Wildcats are on tour again and we're coming to Bunbury!

Don't miss the rare opportunity to meet the stars and get involved in basketball clinics and events run by the Perth Wildcats players and coaches themselves.

Sunday 11 June
10am - 12noon Ages 6-12 | 3pm - 5pm Ages 13-17 | Eaton Recreation Centre

Monday 12 June
4pm - 6pm Ages 6-12 | Eaton Recreation Centre

\$65.00 per participant
(Includes a Perth Wildcats supporter membership and merchandise pack)



BUNBURY

Places are limited for each clinic so register your details to avoid missing out!

For more information or to register visit wildcats.com.au




alcohol thinkagain

The Perth Wildcats will be making visits to a range of community organisations as well as some local schools. If you wish to be considered for any of these visits in your area, please register your interest at wildcats.com.au/perth-wildcats-regional-tour-visits

Year 5/6 Camp Committee & Dardanup Primary School P & C Association Inc. present...


Adolescence Unplugged

with Maggie Dent



From Maggie's extensive experience of working with adolescents for more than 30 years she has created an innovative, dynamic seminar for families, schools and communities to build resilience and connectedness in 12-25-year-olds. Adolescents need adult allies to help them navigate the tricky waters of the teenage years – the art of guiding, and encouraging empowerment while strengthening self-esteem and personal autonomy is one that can be learned. This seminar explores the shift in raising children to raising adolescents, and what works and what won't.

Venue: Eaton Community College
20 Recreation Drive, Eaton
Date: Tuesday 13th of June, 2017
Time: Doors open 5.30pm for presentation from 6 - 8pm
Cost: \$30
Inquiries: dardycomp@gmail.com
Booking: Please book online by 5pm, 13th of June
www.trybooking.com/PMPC



****All Proceeds from this Event will go to The Year 5/6 Camp Committee, Dardanup Primary School****

www.maggiedent.com **Maggie Dent**
strong opinions. love.


SAVE THE DATE!

Harvey Music, Movement and Play Expo

For children aged 0-5 years and their parents/carers/families



Tuesday 24th October 2017
9am-12pm
At the Harvey Recreation Centre



Bunbury's annual fundraiser Give a Damn, Give a Can returns for another year. The community is once again asked to dig deep and help out a wonderful cause. Donations can be dropped to Clifton Park Primary School's collection box and we are happy to pass them on.



WA Performing Arts Eisteddfod



We're Searching for Volunteers

It is that time of the year again when we are seeking the assistance of **FABULOUS** volunteers to help us with our 59th EISTEDDFOD

The season dates are:
Thursday 25th May through to Saturday 17th June
(no Sundays or the Public Holiday on the 5th June)

SESSION TIMES ARE:-
MORNING 9.00am- 12.30pm
AFTERNOON 1.30pm- 5.30pm
EVENING 7.00pm – 10.00pm

If you can spare some of your valuable time....
PLEASE EMAIL US or GIVE US A CALL!!

bunburyeisteddfod@bigpond.com
Office Telephone: 9791 2556