



# Clifton Park Primary School

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## Newsletter No 7

## TERM 2

## 23 May 2018

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### School Motto: With Pride We Strive

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#### COMING EVENTS

May

25 Year 6 Assembly

June

4 WA Day - Public Holiday

11 Uniform Shop Open 2:45pm-3:15pm

14 ANZ Student Banking  
(8:35am - 8:50am)

15 Eisteddfod - (Choir)

#### YEAR 6 ASSEMBLY

The Year 6 class is hosting our next assembly this Friday 25 May at 2pm. All are welcome to watch our senior class present their performances to the audience.



#### WALK TO SCHOOL

About 60% of our school participated in Walk to School day which is a pretty good effort. Thank you to all students, community members and staff who participated in this health initiative.

#### NATIONAL SIMULTANEOUS READING

To help promote the joy of reading the school is participating in this Australian wide event this week. All over the country, primary students will share in the reading of the book *Hickory Dickory Dash* by Laura Wood at the same time. We have participated in simultaneous singing previously and look forward to this memorable event.

#### KINDERGARTEN INTEREST FOR 2019

Kindergarten applications for 2019 are now open. Application for enrolment forms are available at our school office. If you have relatives or friends you think would be interested in enrolling for Kindergarten in 2019 at Clifton Park Primary School, they are welcome to collect a form at the office from Mrs Clarke or Mrs Clayton. Applications for enrolments are due by 20 July 2018.



#### SCHOOL UNIFORM (REPEAT)

We are all feeling the change in the weather and the children are starting to come dressed up for the colder days. Sometimes this can mean a drift away from the school uniform, with a diversity of leggings, jumpers and hoodies starting to appear. If you need to revisit the School's Uniform Policy there is a copy of it on the school website.

If your child does come to the school not in school uniform a 'Student Dress Code Notice' will be given to them to bring home. Could you please ensure that your children maintain our close conformity to the school uniform?

Please label all clothing so it can be easily identified.



#### STUDENT BANKING

Please be advised dates have changed for this Term. 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 on Thursday June 14. This is a meaningful way to teach your child to save by banking at the school every month. New customers are welcome. For more information please contact ANZ Australind Branch. Ph: 6164 2303.



#### GIVE A DAMN GIVE A CAN

We are in the closing stages of this charity drive. If you are able to send along some non-perishable goods to support this worthwhile charity we are happy to collect them and pass them on. We have a collection box in the school office.

The service organisation that organises this event is very concerned about the lack of donations this year and has asked us to strongly support this venture. One of the reasons for the poor response is that plastic collection bags were not provided to every household via their letterboxes. In previous years these bags, with donated food items, were then left on the landowner's letter box ready for collection. The use of plastic bags is being strongly discouraged across all sectors, and the flow on effect for this particular fundraiser has been significant.



## WHY DO WE COMMEMORATE WA DAY?

WA Day (formerly known as Foundation Day) is a public holiday in Western Australia. It is celebrated on the first Monday in June each year and commemorates the founding of the Swan River Colony in 1829. This colony, of course, was the start of the European settlement of the future state of Western Australia.



### History:

25 April 1829 - HMS Challenger, under Captain Charles Fremantle, anchored off Garden Island.

2 May - Capt. Fremantle officially claimed the western part of Australia for Britain.

31 May - The merchant vessel Parmelia – with the new colony's administrator, Lieutenant-Governor James Stirling, other officials, and civilian settlers on board arrived in the night and sighted the coast on 1 June.

6 June - The warship HMS Sulphur arrived, carrying the British Army garrison.

11 June - The Swan River Colony was officially proclaimed by Gov. Stirling. Ships carrying more civilian settlers began arriving in August.

12 August - the wife of the captain of HMS Sulphur, Mrs Helena Dance, standing in for Mrs Ellen Stirling, cut down a tree to mark the founding of the colony's capital (now called the City of Perth).

## ANXIETY

Anxiety is increasing in our society, especially in our youth. Many of us are not skilled nor do we have strategies in how to deal with it. I have included in this newsletter an article entitled '6 Positive Ways to respond to your Anxious Child' by Dr Jodi Richardson. This may be helpful to you.

**Ric Gates**  
PRINCIPAL

# My Home Reading

## SAMPLE PAGES

Below is an example of a recording page complete with comments and progress.

The image shows a sample recording page for 'My Home Reading'. It is a grid with columns for 'Date', 'Book Title', 'Pages Read', and 'Comments'. The page is filled with handwritten entries and colorful stickers. Annotations with arrows point to various parts of the page:

- Record the date:** Points to the date column.
- Show how you feel:** Points to smiley face stickers.
- Parent or student can comment:** Points to handwritten notes in the 'Comments' column.
- Parents or teacher can comment to provide encouragement:** Points to a sticker with a star.
- Customise with the stickers provided:** Points to a 'READ' sticker.
- A running total of days reading a student has achieved:** Points to a '75' sticker.
- Students can place stickers on the awards once they reach their milestones!** Points to a '75' award card.

How is your child/ren's daily reading practice going?

Is it part of your family's routine?

To assist with this very valuable strategy to improve reading, the school has provided all students in Yr 1 - Yr 6 with a Reading Journal. Recording the daily reading in the way suggested in the picture below, provides an opportunity for you to talk about what has been read and develop a love of reading. To add further incentive, the school provides little acknowledgements after every 25 journal entries. Daily reading is a great habit to get into.



# 6 Positive Ways to Respond to your Anxious Child

By Dr Jodi Richardson

When our kids feel anxious they come to us for help. Help to stop the worrying thoughts spinning around their head, help to get rid of the feeling of dread that wells up inside their tummy and help to feel safe, calm and happy. We want so much to be able to do that for them. They turn to us because they know how much we love them, and they trust us (all knowing beings) to do and say all the 'right' things. But what are the right things to do and say?

While there's no such thing as the perfect script for parenting anxious kids there are things we can do to make a powerful difference to how they feel. These ideas will help you to help your kids feel understood, valued and empowered to manage their anxiety.



## 1. Empathy first, always

When they're feeling anxious, the very first thing kids need to know is that we get it. That we understand how they feel. When we show empathy, anxious kids feel validated. Different to sympathy, where they know you care about their suffering, empathy shows you feel their suffering, that you know what it feels like to experience fear, anxiety and worry. If you stay calm, cool as a cucumber, not showing any emotion, this is actually a sign to anxious kids that you don't get it. This can lead to them turning up the dial on their emotions and behaviour so you eventually do get it. You don't have to agree with their reaction or what they're saying, but a powerful first response to anxiety is to validate how they're feeling.

## 2. The antidote to mental time travel

When kids start thinking about the 'if onlys' and 'what ifs' they're engaging in something us humans are all too good at - Mental time travel. And usually not in a good way! Helping bring their attention to the present moment using mindfulness can help down-regulate their emotional response. A really effective way to do this is to help your child, no matter what age, tune into their senses. Ask them to name 5 things they can see, 4 things they can hear, 3 things they can touch and so on. Bringing their attention back to the here and now is an incredibly powerful thing to do when anxiety shows up.

## 3. Press the button

Anxious thinking can have our kids endlessly ruminating over thoughts and fears. As we teach them to tune into what they're thinking, we can teach them that they don't have to believe everything they think. Thoughts are just a bunch of words, like the ones on this page. It's how they tune their thoughts that hurts them. A fun way of helping younger kids see their thoughts for what they are is the 'Press the button' technique. I use this with our 7 year old. Let's say she's thinking "A scary clown is going to chase me" in her dream when she falls asleep. That's her thought. Now it's time to press the button. The 'button' is actually my nose. And when she presses it I say her thought in the most ridiculous voice I can muster. She laughs her head off. Then she does the same. I press her nose and she repeats the thought in an even sillier voice! We both crack up laughing. We keep going back and forth using silly voices. It takes all the sting out of the thought, and helps remind her that it's just a thought, not a fact.

## 4. Ahhhh Statements

Ahhhh statements are a brilliant way to validate how your child is feeling and to remind them that their thoughts are not facts. Repeating back what you're hearing about how they're feeling shows you're listening and trying to understand. It's also a great way to help your child's develop a more nuanced emotional vocabulary.

"Ahhhh, you're feeling anxious right now..."

"Ahhhh, you're having one of those 'I might mess it up' ideas..."

"Ahhhh, you're feeling disappointed that didn't work out for you..."

## 5. Thought bubbles

Helping our kids to notice their thinking is such an important skill. We all have this kind of mental chatter constantly going on in our minds. When our kids are caught up in a thought it can be extremely worrying and anxiety provoking. A bit like getting swept down a river. But when we can get our kids 'out of the river' and start 'watching from the riverbank', it's far easier for them to see their thoughts for what they are. You can ask younger kids what their 'thought bubble' is saying, and liken it to what they see when they read a comic. You can ask older kids to start paying attention to the thoughts that come and go in their minds. This really helps kids get some distance between themselves and their thinking.

## 6. Is it helpful?

Let's say your child come's home and tells you "I'm terrible at maths". Instead of trying to dispute this by saying "of course you're not", "you're being too hard on yourself", "remember last year when you won the 'mathematician of the month' award", try asking your child if what he/she said is helpful. It's a simple but powerful question. They'll say "no" which opens up a conversation to discuss what would be helpful. Maybe more support, perhaps a chat with the teacher, more time spent practicing or possibly even a tutor. It will help your child calm down and develop a growth mindset, with an understanding that ability isn't fixed, and that effort and persistence will move them forward, no matter how stuck they feel.



# P & C NEWS

The NEW 2018 / 2019 Entertainment Memberships are here!



Help us fundraise, and purchase yours today!  
**P+C Fundraiser**  
 Contact - Jacqui 0427 957053  
 ebookcpps@outlook.com

To Order:  
 1/ Contact Jacqui or  
 2/ Online  
 www.entbook.com.au/915109a



Discover thousands of valuable 2-for-1 and up to 50% off offers for many of the best restaurants, cafés, arts, attractions, hotels, travel, shopping and much more – choose the style of Membership that suits you best:

- The traditional Entertainment™ Book Membership
- The Entertainment™ Digital Membership for your smartphone!

## Uniform Shop

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

Monday 11<sup>th</sup> June

OPENING TIME

2:45pm – 3:15pm

*Our uniform shop is located in the undercover area in the canteen*

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



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

# Community News

## FIRST AID FOR PARENTS

Bookings required

Creche Available

**\$49**  
by 1 June

Kindy Room, Clifton Park PS  
 9.30-11.30am  
 RSVP:  
 Jo on 0447710229

## Clifton Park PlayGroup

Clifton Park Playgroup is excited to welcome **St John's Ambulance Service** to deliver a short, non-accredited first aid course for parents.

**Friday 8th June**

This hands-on course is suited to people that would like to learn resuscitation and first aid skills, and those wishing to refresh their skills.

Course content:

- ◆ Basic infection control
- ◆ Recovery position for unconscious
- ◆ Respiratory system and choking
- ◆ Control external bleeding
- ◆ External defibrillator demonstration
- ◆ Stress management awareness.

Please contact Jo for registration details.  
 Registration closes on 1 June.

# Community News

**BUNBURY RUNNERS CLUB**

**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

**WORK SMART**  
Apprentices & Trainees

**Bendigo Bank**

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

For more information contact Gail Falloon: [benesecoffee@vestrum.com.au](mailto:benesecoffee@vestrum.com.au)  
Or Fiona Collins: [onnus@activ8.net.au](mailto:onnus@activ8.net.au)

**Parenting Connection**  
Supporting Parents

**TUNING IN TO TEENS Parenting Workshop**  
A FREE 4 SESSION PARENTING PROGRAM FOR PARENTS OF CHILDREN AGED 10 -16

WOULD YOU LIKE TO LEARN HOW TO:

- Communicate with your teen more effectively?
- Learn how to Emotion Coach your teen through those difficult emotions?
- Help to prevent behaviour problems in your teen?
- Help your teen develop coping skills, resilience and emotional intelligence?
- Guide your teen around problem solving and managing conflict.

**EMOTIONAL INTELLIGENCE (EQ) MAY BE A BETTER PREDICTOR OF 'SUCCESS' THAN IQ!**

Where: Bunbury Senior High School, 10-44 Hoag Crescent, Bunbury WA (Library Conference Room)  
When: Tuesday 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> May, 2018. Time: 5.00pm-7.30pm  
Cost: FREE  
Facilitator: Sue Niccolò, Parenting Connections Southwest  
Phone: Sue: 9720 9204 or 0432 874 936 or email: [sue.niccolo@anglicarewa.org.au](mailto:sue.niccolo@anglicarewa.org.au) to book your place.

Supported by:

Presented by:  
Bunbury SHS P&C Assn Inc.

**Anglicare WA**

Bunbury Musical Comedy Group  
proudly presented in association with  
Stagelight Youth Theatre's  
productions of

**Disney**

**HIGH SCHOOL MUSICAL**

Book by David Serraglio

Based on a Disney Channel Original Movie Written by Peter Barsocchia

Original songs by:  
Matthew Sklaroff & Robbin Harli  
Ray Churn, Greg Churn & Andrew Zelaye  
Brendy Petersen & Kevin Gutter  
Andy David & Adam Wolfe  
Brian Lusselle, David R. Lowmire & Faye Greenberg  
Janie Houston  
Music Adapted, Arranged and Produced by Brian Lusselle

**May 2018**

Director/Musical Director - Nigel Mills

New Lyric Theatre  
7 Bourke Street  
9791 4696

Evenings 7.30pm - May 19th, 25th & 26th  
Matinees 1.00pm - (Saturday) May 19th & 26th  
Matinees 2.00pm - (Sunday) May 20th & 27th

[www.trybooking.com/UFGR](http://www.trybooking.com/UFGR)

Licensed exclusively by Music Theatre International (Australia)  
All performance materials supplied by Hal Leonard Australia



## Lost Property



- 2x camp chairs
- Eagles hoodie
- Basketball
- Kids golf set

Please contact CPPS office on 9725 2400 if any of these items belong to you.

# Community News



COMMUNITY CLUB  
FOOTY FOR KIDS  
OF ALL ABILITIES

South Bunbury Footy Champs

Starts Friday 4th May 2018  
4:30pm to 5:30pm  
Hands Oval

Contact Steve Kirby  
0429 916 756  
[SteveKirby64@hotmail.com](mailto:SteveKirby64@hotmail.com)  
Or  
[president@southbunburyfootballc.com.au](mailto:president@southbunburyfootballc.com.au)  
more information at [southbunburyfc.com.au](http://southbunburyfc.com.au)  
See you there!!! ☺

**What's Footy Champs All About?**  
'Footy Champs' is all about getting kids with special needs and disabilities, in fact anyone who is uncomfortable with a mainstream team involved in existing community based junior football clubs just like all their friends but participating in a program that is suitable for their needs.

**Who can play?**  
The 'Footy Champs' program is available to all boys and girls aged between 6 - 16.

For more information contact  
Sally Morgan 0429 004 657



Rotary Club of Bunbury Leschenault  
PO Box 1067  
Bunbury WA 6251  
District 9460, Western Australia




## GIVE A DAMN GIVE A CAN

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 non-perishable goods to support this worthwhile charity we are happy to collect them and pass them on.



**Protect your child against meningococcal disease**  
**Get the free vaccine**

For children aged 12 months to 4 years  
See your GP or immunisation provider  
[healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation)



waapa  
Edith Cowan University

## WAAPA Winter School 2018

WAAPA at ECU is offering an exciting performing arts program for children and young people these July school holidays. For the first time, we are including courses for students from Years 1 to 12. The Winter School includes classes in drama, acting, screen acting, dance, musical theatre and RAP.

For information about the many courses on offer please visit [Winter School](#) or contact Gabrielle Metcalf at [g.metcalf@ecu.edu.au](mailto:g.metcalf@ecu.edu.au) or 9370 6775.