

Every day in every classroom every student is learning and achieving

Newsletter 5 Monday 3 April 2017

From the Principal

This is the last newsletter for the term. Where did the term go? It seems like yesterday we were welcoming students back for a new year!

This term, when I go into the classrooms, I have seen students being accountable for their own learning. They look engaged with their learning and understand how to be successful. I have seen students enjoying what they are learning and love coming to school. I see staff working closely with all students to get the best possible outcomes. I see parents who want to be involved in their child's education and the school. This is a great school and I have been very lucky to have the opportunity to lead it this term. Thank you to everyone in the community for your support.

I wish everyone a safe and enjoyable break with your children. The first day back next term is Wednesday 26th April.

Staffing Update

I would like to inform the community that Mrs Tucker will be starting back at Duncraig next term. I am sure that students and parents will be very happy to hear that. I am looking forward to having Mrs Tucker back as she fosters a positive and caring learning environment. Although she is a Dockers supporter, the staff here at Duncraig are also looking forward to having her back too!

ANZAC Service

A reminder to all families that our Anzac service will occur this Thursday from 9.15am. All students will need a flower to place at the base of the flagpole during the ceremony. I would ask that students wear full school uniform- no faction shirts if possible. Parents and other community members are invited to attend. There will be some seating available.



Excess furniture

We have the following items that are available for the community. If you, or know of anyone/business, that would like any of the items please contact the office to arrange immediate pick up. 5 computer desks, wooden art trolley, four blue student chairs- red dot, 9 old pink student chairs- upper primary size, 6 grey swivel chairs on wheels, 1 old desk- teacher, 1 old desk – student, 2 computer desks, 2 wooden student desks- small, 33 blue student desks, 2 trapezium desks, 36 blue chairs- red/yellow/black dots, 10 blue student desks.

Taylor Webb

Acting Principal

ADMINISTRATION

Principal
Taylor Webb
Deputy Principals
Leah Clegg
Tabitha Stewart
Manager Corporate
Services
Jennifer Ryan

School Officers
Sue Hutchinson
Leanne Gray

DIARY DATES

Thursday 6 April

9.15am
ANZAC day assembly
All welcome

Friday 7 April

Hopalong Lapathon

Last day of term one

Wednesday 26 April

*Students return for
Term 2*

Merit Certificate Winners

Assembly 23 March 2017

Nyah and Madeleine Rm 15 PP - Mrs Sutherland/Mrs Waters	Sam and Lucy Rm 7 Yr 3 – Mrs Stewart/Mrs Watkinson
Conor and Emmeline Rm 17Yr 1 – Mrs Parramore	Anthony and Taylah Rm 8 Yr 2 – Miss di Martino
Judd, Amber and Emelia Rm 13 PP/Yr 1 - Mrs Firman	Krish and Grace Rm 6 Yr 3 – Mr Miller
Campbell and Khaylan Rm 18 Yr 1 – Mrs Spiers	Jack and Asha Rm 5 Yr 4- Mrs Cox/Mrs Adams
Matheo and Chloe Rm 12 Yr 2 – Mrs Plummer/Mrs Collett	Sydney and Benjamin Rm 3 Yr 5 – Miss Oldroyd
Georgia and Logan Rm 11 Year 2 Mrs Cole/Mrs Calton	Hayden, Jayden, Holly, Josie and Brooke Rm 2 Yr 5/6 - Mrs Jones/Mrs Gordon
Tessa and Nicholas Rm 4 Yr 5 - Mrs Wylde/Mrs Adams	Ruby, Ridha and Rajneet Rm 1 Yr 5/6 - Mrs Garcia/Mrs Gordon
Oliver and Evan French Mme Wilderspin	



CAKE STALL

The Room 2 cake stall raised a fabulous total of \$.148.45 Thank you to the parents who cooked goodies and those who supported the stall.

MATHS FACTOR Winners



Week 8 Room 8



Week 9 Room 11

KINDY KITCHEN GARDEN DAY

Kindy Gardening Program

Last Friday the Kindy children enjoyed a fun morning joining in some hands on gardening experiences. Parents, teachers and students had the opportunity to plant seeds, build a worm farm, explore compost and make mud pies. A big thank you to Angela Hawryluk for coordinating the event, alongside the Kindy teachers Mrs Phillips, Mrs Heteby, Mrs Krauskopf and Mrs Kunzli.



KIDS MATTER

Mindfulness for children and parents

Self-awareness and social awareness are two of the key social and emotional learning skills that children should develop.

Some of the benefits of mindfulness training for children include increased self-awareness, social awareness and self-confidence.

Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to build positive relationships.

What is mindfulness?

Mindfulness is about training yourself to pay attention in a specific way. When a person is mindful, they:

- focus on the present moment
- try not to think about anything that went on in the past or that might be coming up in future
- purposefully concentrate on what's happening around them
- try not to be judgemental about anything they notice, or label things as 'good' or 'bad'.

Some of the benefits of mindfulness for children

There are many benefits of mindfulness training for children, including:

- increased self-awareness, social awareness, and self-confidence
- increased ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques
- building resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

Mindfulness training has also been shown to reduce the severity of depression, anxiety and ADHD in children.

What parents can do to encourage mindfulness in children

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves!

Research shows that parents and carers who practice being mindful around their children contribute to improving their child's sense of self-worth and self-esteem.

The more present and mindful you are with your children, the more happy, mindful and resilient they will be.

Here are four ways to practice mindfulness with your children:

1. Mindful play: Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that's fine –

that's just what minds do! Use your child as an anchor to come back to every time your mind wanders away.

2. Mindful cooking: Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.

3. Mindful dinnertime: Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It's a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.

☺☺☺ Smiling Mind – helping children and parents develop mindfulness meditation skills

Smiling Mind is a free program that provides resources to support the development of mindfulness and meditation skills.

These skills help to manage stress, increase awareness of emotions, improve attention and focus, and can prevent difficulties from getting worse.

To access the program go to: <http://smilingmind.com.au/>

KINDERGARTEN & PRE-PRIMARY ENROLMENTS 2018

Friday 21 July is an important date in your child's education

Families need to apply to enrol their children in a public school for 2018 if they are:

- starting Pre-primary (first year of compulsory school) – 5 years old by 30 June 2018
- starting Year 7 (first year of secondary school)
- changing schools.

Families can also apply to enrol children in Kindergarten for 2018 if they are 4 years old by 30 June 2018.

All children from Pre-primary to Year 12 are guaranteed a place at their local public school.

Apply by Friday 21 July 2017.

NUMERO[®] CLUB

Would like to thank Duncraig Fresh IGA for their generous support of Duncraig Primary School's Numero Club.

Numero Club runs every Wednesday from 8 – 8.30am in Rooms 1 and 2. Everyone welcome.

Numero is an exciting card game that encourages mental maths mastery across all age groups.





The P&C would like to say a huge thank you to Duncraig Fresh IGA for its very generous donation of supplies for our election day sausage sizzle. Thank you also to all parents who donated their time to help out on the stall or baked delicious goodies.

hbf run
FOR A REASON
Sunday 28 May

Brant Garvey **BRANT GARVEY**

HBF Run for a Reason

Duncraig Primary School hosted Paralympian and Inspirational Speaker Brant Garvey on Friday 31st March. Brant shared his inspirational story of overcoming challenges and pushing beyond physical boundaries to achieve success at the highest international level. Brant, formally an Australian Wheelchair Basketball champion and the first Australian above knee amputee to compete in an Ironman Triathlon educates and inspires others to face their fears, overcome obstacles and chase big dreams. Brant competed at the 2016 Rio Paralympian Games and is the founder of NoXcuses. He is working towards competing in the 2020 Tokyo Paralympic Games and as part of his preparation is planning to visit DPS during our weekly running club times. On Sunday May 28, Brant is hoping to break the record for the largest team to compete in the HBF Run for a Reason. If you and your family would like to JOIN Brant and the RUN DRC team in the 4km run please enter at www.hbfrun.com.au. Please select 'Brant Garvey's Team NoXcuses' at registration. If you have already registered as part of the RUN DRC team there is an option for you to change teams, if you want, by managing your registration through your confirmation email where you can change your team in the top right hand corner. For any questions regarding running club please contact Jen Szijarto on 0400013096 or jen_szijarto@yahoo.com.au

RUNNING CLUB NEWS

Running Club is held every Tuesday morning during school term. Meet by 8am at the Marri Rd top oval (directly opposite the school oval). In the case of inclement weather, meet at the school undercover area. Everyone is welcome, no need to pre-register.

Sessions are run by Mr Orzel and school parents, one of whom is a trained fitness professional. Parents are not required to stay - but if you can, we encourage parents and siblings to join in also! The emphasis is on fun, fitness and participation. You don't need to be a super athlete!

There is the opportunity to join fellow DPS families entering community events such as the HBF Run for a Reason and the City to Surf as part of the school team.

HBF RUN FOR A REASON - Join the Duncraig Primary Team - RUN DRC!

RUN DRC is back in black (well, back in blue!) for the HBF Run For a Reason for 2017! Sunday 28th May 2017

Join our RUN DRC team and get some FUN into your RUN! 4km, 12km or 21km - choose your distance.

If entering the 4km event, please register in B Category so we can all gather to start the event together and see above information for joining .

We had nearly 50 fun runners last year. Let's get an even bigger team entered this year - the largest school team registered wins \$1000 of sports equipment for their school! So get the whole family registered with the RUN DRC team and help us get some equipment for our school!

Enter at www.hbfrun.com.au **Please select the 'team' option when registering. Team name is RUN DRC**

Congratulations to the following students for reaching milestone distances over the past two weeks:

100km - 100 Club Certificate

Grace M

75km - Emerald Certificate

Evie D

Tobias H

Wojzek T

42km - Marathon, Gold Certificate

Sophie W

Jessica M

Chaise A

Owen H

Finlay E

Jasmine P

Nicholas P

21km - Half Marathon, Silver Certificate

Rowan B

Addison B

Harper D

Daniel E

Ella M-M

Beau S

Ella B

Caitlin M

10km - Bronze Certificate

Juliet W

Taylor D

Samira J-G

William P

Damian S

For any questions regarding running club, please contact Jen Szijarto on 0400 013 096 or jen_szijarto@yahoo.com.au

URGENT SCHOOL BANKING HELP

Due to other commitments Leanne is no longer able to keep going in the school banking coordinators role. We need someone to take over the processing of school banking deposits. If no one is able to take over then we will unfortunately have to cease school banking at the school. If anyone is interested please contact Leanne on 0408 846 081.

Duncraig Primary School

Hop Along Lapathon & Easter Raffle

Friday, 7 April 2017



1:45pm-3:00pm

Raffle prizes for all participants!
Prizes for top earners in all each year group!

**Proceeds from this years' Lapathon will go
towards rejuvenating classroom reading
resources across all grades.**

For further details please contact duncraigpc@gmail.com



Board Game Club
4 week trial - 1st to 22nd May 2017
Day: Every Monday after school
Time: 3.15pm to 4.15pm
Location: School Library
Open to students in all years:
Cost: FREE

Board Game club

Board games are a great way for children to learn and socially interact with each other. So why not join us for some after school board game fun, it will be held every Monday over a 4 week trial, starting Monday 1st May – Term 2.

Unfortunately we cannot accommodate every child due to limited spacing, therefore cut off will be at 30 registrations. We will try to ensure that there is a good spread across the board for all year groups.

If your child is interested in attending, or if you have any questions, please contact Nisha Ladhani by email nishalakhman@hotmail.com. Cut off for registration is Friday 7th April. We ask that you commit to the full 4 weeks. We are hopeful that we will be able to run a 2nd 4week session in the second half of term 2.

N.B. If you are able to volunteer an hour a week, we are looking for parent volunteers to help run the club.

SCHOLASTIC BOOK CLUB
Book club is back for 2017

A reminder that book club orders can only be placed on – line. The link to register for the LOOP system and information about on-line ordering are below.

<https://mybookclubs.scholastic.com.au/Parent/Register.aspx> - this is the registration link

<http://www.scholastic.com.au/schools/bookclub/loopinfo.asp> - this is the info link



Keyboard lessons
On School Campus!



Small Group & Private Lessons

- Please **ENROL TODAY** – via PMI's website OR enrolment forms available at your school front office
- Lessons are held once per week on school campus – with lessons outside of school hours
- Only \$15.95 per child per small group lesson (2-5 students for 30 minutes)
- Our small group lessons provide a fun and affordable opportunity to learn instrumental music
- Private lessons also available (\$32.95 per child for 30 minutes)
- Learning plan for all students via "PMI Stars" program – structured objectives with progress visibility
- PMI teachers supply keyboards and textbooks for keyboard lessons
- Ten minutes per day of practice at home is all that is required to see improvement!
- Instrumental music can improve your child's school results – including for reading, maths, coordination
- Limited spaces available – so please enrol ASAP

P: 1300 362 824 E: admin@primarymusicinstitute.com.au www.primarymusicinstitute.com.au



**PROVIDING SAFE, FUN, OUTSIDE
SCHOOL HOURS CARE ON THE
SCHOOL GROUNDS**

- Kindy, Pre Primary and Junior students escorted to and from classroom
- Child led curriculum based on children's interest
- Healthy choice breakfast and afternoon tea
- Weekly learning online journals to see your child's involvement
- First aid, asthma and anaphylaxis trained staff on duty at all times
- Government rebate and benefits may apply

7.00-9.00am & 3.00-6.00pm Mon–Fri during School term.
7.00am–6.00pm Mon–Fri during School Development Days
and School Holidays.

www.zigzagsoshc.com.au 0421 369 516



The "Space is the Place" and "Circus" camps offer three days of fun-filled activities. Find out more about the Department of Sport and Recreation's day camps and overnight residential camps at three awesome locations! <http://www.dsr.wa.gov.au/camps/holiday-camps>



BOOTS FOR THE BUSH



Send your footy boots to our remote indigenous communities.

Together we can help them enjoy the sport we love to play in the comfort of your boots.

Every year kids need new boots, please don't throw your old boots away, send them somewhere where they desperately need them and they make a difference.

Wirrpanda Foundation are now starting Auskick in some remote indigenous communities, your boots will go to help these kids enjoy sport and keep fit.

Please drop your boots to the box kept in the old undercover area ASAP.

These boots will be collected and delivered to The Wirrpanda Foundation who will take them to remote communities throughout Australia.

For further information please contact the front office.

