

KARRIDALE PRIMARY SCHOOL NEWSLETTER

KARRIDALE CATCH-UP

EXCITING TIMES

On Wednesday 29 April, our staff were all very excited to welcome back many of our children to our school. The weather was divine and spirits uplifted.

We have enjoyed working with 60-70% of our children these past two weeks and continue to connect with and support our families who have chosen to learn through distance learning.

At this stage we expect further announcements from the State Government during week 3 that will outline the way forward from week 4 for schools.

I'd like to acknowledge our staff who have all shown great capacity to adapt to changes and implement requirements so that learning can take place in a safe and healthy environment.

Parents have been supportive of our requests and we appreciate this. Please note that as we move into the cold and flu season we will be contacting parents if children come to school presenting with sniffles, coughs or feeling unwell. Please do not send your child to school if they are unwell.

Traditionally we would have enjoyed our annual Mothers' Day Breakfast this morning. Whilst we can't be together today, we hope you enjoy our photo flashback to 2014 on page four. We look forward to a combined parents breakfast later in the year when we can all be together again. Meanwhile, have a Happy Mothers' Day on Sunday!

Fiona



L-R: Harlow and Will happy to be back at school!

RESILIENCE TIPS

For family wellbeing

Gratitude—do you practise it—actively? Go on—it's a tonic! For a week challenge yourself. Before you get out of bed each morning, think of one thing you were grateful for yesterday and one thing you're grateful for today. It's life changing!

Respectful communication. Shouting, screaming, demanding—don't work as powerfully as respectful communication in families. Predictable rewards and reinforcements, talking early and talking will change behaviour quickly.

Source: bestprograms4kids.com



*growing through learning
active bodies, healthy minds*

200 NIGHTS READING

We're happy to report that many of our regular readers have already reached the first milestone of 50 nights reading at home! In fact, many children have passed 75 nights and some are heading towards 100 nights of reading—well done!

Thank you to the children for remembering to bring their home reading diary on Fridays so we can tally the number of nights read for that week.

Our distance learners working at home are also asked to keep us informed each week of your nightly reading progress and let your class teacher know or call or email us Karridale.PS@education.wa.edu.au.

As you know, 2020 is the fifteenth birthday of our reading literacy program. We really need everyone to be super committed this year and work towards achieving the final goal of 100% of children at Karridale Primary achieving 200 nights reading! We can do it!



**50+ Nights Reading achievers
as at 8 May 2020**



OUR CLEAN TEAM

With the Department of Education's commitment to provide additional cleaning in schools during COVID-19 we've formed our *Clean Team* to further strengthen the cleaning requirements during Term 2.

Our Clean Team is led by our experienced cleaner Peta Marshall and assisted by Nelson Dahlberg who was officially appointed to work along with Peta in a permanent part-time position on Tuesday 28 April 2020. We also welcome Marley Brooks (pictured above) and Michelle Mottershead as casual cleaners for Term 2.

Marley and Michelle will be regularly doing the rounds cleaning and sanitising high contact surfaces in areas frequently used by staff and students during the day. This arrangement will be in place for Term 2.

We wish to thank each of our cleaners for being so flexible with the hours they can work and for their dedication to keeping our school safe, clean and sanitised!

RAISING CHILDREN

Children are as individual and as different as their parents and making decisions about what's best for raising children is very personal.

The Raising Children website offers up-to-date, research-based material on more than 800 topics spanning child development, behaviour, health, nutrition and fitness, play and learning, connecting and communicating, school and education, entertainment and technology, sleep and safety.

The website cover is comprehensive and has information about grown-up children, newborns (0-3 months), babies (3-12 months), toddlers (1-3 years), pre-schoolers (3-5 years), school-age children (5-9 years), pre-teens (9-11 years), and early teens (12-15 years).

There are also tips, videos and other useful resources.

The Raising Children Network provides information that can help parents with the day-to-day decisions of raising children. It also provides information to help parents and carers look after their own needs. The information is based on the best science in parenting, child health and development, presented in language we can all understand.

This is a website for Australian mothers, fathers, grandparents and anyone else who has responsibility for the care of children.

www.raisingchildren.com.au

Source: *Naturaliste School Health Team*

R: Self portrait by Blakely, Kindy.



L-R: Sam, Angus, Jack, Jesse & Buster enjoying canteen last term.



We wish all our Karridale
Mums, Grandies, Step-mums
and Carers a beautiful
Mothers' Day!



Enjoy a trip
down memory
lane with a
flashback to our
2014 Mothers'
Day Breakfast!



HERE'S CHIA FOR MUM

Cheers to our wonderful mums. Why not whip up this healthy breakfast for mum on Mothers' Day this Sunday?

Blueberry Chia Pot

15 minutes—serves 2

Ingredients

- 3/4 cup reduced fat milk
- 1/2 teaspoon vanilla extract
- 1/4 cup chia seeds
- 1 apple, 1 half chopped—1 half grated
- 2 tbs blueberries (fresh or frozen), to serve
- 1 tbs coconut flakes, to serve

Method

1. Combine milk, vanilla, chia seeds and grated apple in a medium-size bowl.
2. Spoon mixture into 2 small bowls or jars and refrigerate for at least 30 minutes or until mixture is set.
3. Top with blueberries, apple and flaked coconut to serve.

Source: www.heartfoundation.org.au/Recipes/blueberry-chia-pot



HEALTHY LUNCHES

Healthy lunches and snacks are important for keeping active kids alert and focused and providing them with the nutrition they need every day.

A healthy lunch box should include:

- **Fruit**, at least one serve of fresh seasonal fruit. If you don't have fresh fruit, canned (in natural juice) is a good substitute. Dried fruit is high in sugar and should be avoided
- **Vegetables**, vegetable sticks, salads or a mix of raw (with dip) or grilled vegetables
- **Dairy**, one serve of milk, yoghurt or cheese supports optimal growth and development in children. If your child can't tolerate dairy provide a suitable alternative.
- **Protein**, lean meat or poultry, fish, eggs, tofu, legumes/beans, or nuts and seeds.
- **Grain foods**, wholegrain and high fibre varieties are best.
- **Water**, the best drink to keep hydrated.

Remember, children who help plan and prepare their own lunch are more likely to eat it. Your child might like to try out this fun, 'Interactive Lunchbox' website: www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html



Above & below: Students planting in the bushland in 2019 and checking their progress in 2020.



GREAT GROWTH

One year on and the native seedlings our students planted in our school bushland last May are thriving!

Last week the Room 4 students spent time working to remove the supportive stakes and protective bags that have helped our little seedlings thrive in their first year.

Thanks to our successful application for a Woolworths Junior Landcare Grant of \$1000 we can continue our bush rehabilitation project.

Today the children planted another 220 native plants to further the regenerative process of our bushland. We wish to give thanks to Nature Conservation Margaret River Adopt-a-Spot program for providing the plants.

The big storm that hit the region this week has generated considerable leaf litter and thrown tree debris onto the path, so we will need to dedicate some time this Term to maintaining the walkway in the bushland.

Karridale Primary School

12612 BUSSELL HIGHWAY | KARRIDALE WA 6288

Ph: 9758 5517 or 9758 5586

PRINCIPAL: FIONA CORMACK **E:** Fiona.Cormack@education.wa.edu.au

MANAGER: ROBYN DENNIS **E:** Robyn.Dennis@education.wa.edu.au

Karridale Catch-Up Newsletter

NEXT ISSUE OUT: Friday 22 May 2020 **DEADLINE:** Friday 15 May 2020

EMAIL: Karridale.PS@education.wa.edu.au

Our Vision

We create a safe and friendly learning environment where children thrive and succeed.

www.karridaleps.wa.edu.au