

KARRIDALE PRIMARY SCHOOL NEWSLETTER

KARRIDALE CATCH-UP

COLOURFUL CREATURES

Congratulations to Rosette and Liam whose attractive entries in the recent FAWNA Colouring Competition saw them both win a prize in their age group category.

Both children received a skateboard for their winning entries, Rosette in the 8/9 age category and Liam in the 7 years and under.

Liam said "this is the best life" when Fiona Cormack announced he had won.

We wish to thank the Far South West Coast Division of FAWNA (*Fostering and Assistance for Wildlife Needing Aid*) for inviting our students to participate in their competition along with other local schools and acknowledge them for the important work they do caring for our injured wildlife.

www.fawna.com.au



L-R: Rosette and Liam happily display their winning entries and prizes in the FAWNA colouring-in competition.

UpDATE your Term Planner

TUES 17 MARCH

- Day 1 Faction Sports, 9am, School Oval

THURS 19 MARCH

- Day 2 Faction Sports, 9am, School Oval

FRI 20 MARCH

- Student Council Assembly, 9am, UCA

WEDS 25 MARCH

- Canteen, final for Term 1

TUES 7 APRIL

- Day 1 Interschool Sports, 10am

WEDS 8 APRIL

- Day 2 Interschool Sports, 10am

THURS 9 APRIL

- ANZAC Assembly, Last Day of Term 1

RESILIENCE TIPS

Managing screen time. Help your child by limiting screen time during the school week. Keep screen time to a specific amount of time and encourage your child into other activities like free play, reading or sport.

Keep screens out of bedrooms.

Empathy. Everyone sees life a little differently. What has your child, your partner, your child's teacher been through today, last week, this year? We only see the tip of the iceberg so be gentle with, accepting of and compassionate to others.

Source: bestprograms4kids.com



*growing through learning
active bodies, healthy minds*



FLY A KITE FOR HEALTH

Even in this digital age, the simple joy of making and flying your own kite is still real and with the added benefits to your health through creativity, mindfulness, socialising, nature and exercise...why wouldn't you fly a kite?

So who better to foster a love of kites for our students than The Kite Man (aka Michael Alvares) who has over 40 years experience in kite design and creation and at least 50 years of kite flying under his wing. Michael and his wife Jan last visited our school in 2016 and we were happy to invite them again for some workshops this year.

Michael's love of kites is infectious and he is always a hit with the children as he shares his extensive knowledge of kite culture and customs in his workshops.

In addition to the mythology and cultural history of kites, Michael and Jan also explored the theme of Australian flora and fauna with the children and encouraged them to incorporate these elements into their box kite designs.

Later, the pleasure the children took in flying their own creations was evident in their laughter and squeals as they flew their box kites on the oval. The pure happiness as they chased Michael's giant whale shark kite as a group when he released it to the sky was lovely to witness.

There are more reported benefits to kite flying and these include stress reduction, promotion of self-expression, improved eye and neck health and happiness.

So make sure you free up some time to fly a kite. It's good for you and it offers some quality time outdoors with your child.



Above: Lilly creating her box kite in Room 4.

GO EMUS & BOOMERS!

Your little Emus and Boomers are ready for our school faction sports next week to be run over two days. Be sure to come along and support your team and socialise! The action starts at **9am-11.30am** on **Tuesday 17 March** for the 400m, jumps and throws and on **Thursday 19 March** for running, flags and team events. Children in The Boomers wear black shorts and blue t-shirt (school shirt is fine) and The Emus dress in black shorts and black t-shirt—and team streamers, teddies and paint are welcome!

As a SunSmart school, we know the five ways to protect ourselves from skin cancer: slip, slop, slap, seek shade, slide on sunglasses. So please see that your child has sunscreen, a water bottle, a broad brimmed hat and a collared shirt.

Spectators are invited to sit in the shade—unlike those in 1962 (see picture right) who sat in the sun at the edge of a dirt running track! How things have changed over time...we have a beautiful lush oval, plenty of trees and shade tents for the children.

We still need **helpers** on both days, so please pop your name on the list in the Office, if you can hold a finish line rope, measure distances or judge! No prior experience required. Learning on the day is easy! The children love to see you involved.

If you can please **donate-a-plate** of food for the **P&C morning tea** fundraiser on Day 2 of the faction sports—Thursday 19 March—that would be terrific. Thank you!



Above: 1962 Karridale Primary School Sports Day

15 YEARS OF READING

2020 is the 15th birthday of our much-loved home reading literacy program where we aim for 100% of the children to achieve 200 nights of reading. This program endures due to strong family support—we can't do it without you!

Now we're mid-Term we expect families to have established nightly routines for home reading and daily support of morning reading in the library when possible.

By now, each child will know to bring their reading diary daily and read to an adult or senior student each morning in the library before school. Parents are invited to listen to the children read in the library in the mornings, check diaries to see that nightly reading has occurred and award faction points if required. The children love having you there and we appreciate your time when you can make it.

Friday is tally day and all diaries are collected to record the weekly progress. Children who achieve reading milestones are rewarded and all are encouraged to keep their eyes on the 200 nights target.

Thank you for your support.

FUN RUN

Thank you to our wonderful families who supported our annual Fun Run fundraiser. Whether you ran a few laps, helped your child seek sponsors, sponsored your child, donated fruit or encouraged the runners from the sidelines...we thank you for being involved.

So far we have raised \$530 but we're still counting! Please remember to send in your funds and forms without delay. Thank you.

SLEEPING TIPS

Did you know that school-age children need 10-11 hours sleep a night? Getting a good night's sleep will help your child to be more settled, happy and ready for school, and will strengthen his/her immune system.

Here are some sleep tips:

- Have a bedtime routine – this will help your child wind down from the day.
- Keep the bedroom dark, cool (ideally about 19°C) and quiet – this will help your child drift off easily.
- If anxieties or worries are keeping your child from relaxing, acknowledge the feelings and deal with them straight away or plan to sort the issue out in the morning after a good night's sleep.

Remember, medication is not the answer to children's sleep problems.

Contact your local Community Health Nurse or go to <http://raisingchildren.net.au> for more information.

Source: Naturalist School Health Team



L-R: Sam, Annysa and Whiti enjoying healthy snacks at the Fun Run fundraiser.



L-R: Elli and Xavier recording the number of laps they ran at the Fun Run.

P&C AGM

Our P&C Annual General Meeting was held on Wednesday 4 March 2020. The 2020 committee remains mostly unchanged except for the secretary role vacated by Natalie Mulvey that will be shared by Kristy Hathaway and Emily Davy. Thank you to Kristy and Emily for volunteering, we are grateful to have you!

We also wish to acknowledge and thank Natalie Mulvey for all the work she has done as a parent and staff member for the P&C to benefit the children at Karridale since she joined our school community in 2012. The commitment, dedication and personal style Nat has given to the various roles, events and activities she has undertaken is always evident and we thank her for valuable work as a P&C volunteer.

Our P&C Committee for 2020:

President: Nanette O'Connor

Vice President: Donna McDonald

Secretary: Kristy Hathaway & Emily Davy

Treasurer: Eline Wensveen-Coventry

Book Club Co-ord: Sandra Wood

Canteen Co-ord: Bree Taylor

Uniform Co-ord: Donna McDonald

FESTIVAL FUNDS

\$250 for our P&C funds were received in return for our volunteers who worked at the Augusta River Festival for the benefit of the children at this school. Big thanks to Nanette for corralling and rostering our wonderful volunteers—Kristy, Donna, Amber, Rohan & Liza, Emily, Nanette & Paul, Eline & Andrew, the Luttons, Jo, Michelle & Josh—we thank you for giving your time to fundraise for the P&C.

KARRIDALE SCHOOL P&C

P&C Bank Details—Pay Online!

NAME: Karridale Primary School P&C

BSB 633 000 Acct No. 154 038 079

Include your child's name & a description!

BERRY NICE CANTEEN

Bree and Jay Taylor teamed up again this week for some berry, berry delicious blueberry muffins and blueberry smoothies for recess followed by a tasty mini burgers and pasta for lunch. The next and final Canteen for Term 1 is on **Wednesday 25 March**. The Canteen scheduled for 8 April is cancelled due to the Interschool Sports being held off site in Margaret River.

Bree would still love some volunteers to help out in the Canteen. Call Bree (0474 194 418) or just swing in on Canteen day.



L-R: Lottie and Felicity enjoying a berry nice recess!



Prohibited Burning Period Extended

The Prohibited Burning Period in the Shire of Augusta Margaret River has been extended by two weeks and will apply until midnight, **Sunday 29 March 2020.**

This means no fires can be lit in the open air. For more information about the prohibited period please refer to the Firebreak Notice and Bushfire Information 2019-2020 or visit:

www.amrshire.wa.gov.au

PAYMENTS DUE

Payment of outstanding items would be greatly appreciated. If you are experiencing financial difficulty, please contact Robyn in Admin to arrange a payment plan.

Please make payments as soon as possible. You can pay via cheque, cash or direct debit.

\$45.00 Kind, Pre-primary, Primary Voluntary Contributions (K-6)

\$10.00 Above & Beyond Education Sessions (K-6)

\$5.00 Kite Man incursion (P-6)

Direct debit is our preferred option. Please include your child's name & brief description.

Karridale Primary School BSB: 016 520 ACCOUNT: 4992 64442

**Please try and bring the correct change if paying cash*

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 3 April 2020 DEADLINE: Friday 27 March 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

COMMUNITY NOTICES & EVENTS

THE ACT-BELONG-COMMIT UNDALUP

BUNURRU FESTIVAL

SATURDAY 14TH MARCH, 2020 1PM-9PM

*we would like to acknowledge
the Wadandi/Pibulum
Cultural Custodians
of this land we live
and work upon
and pay our respects
to Elders,
past, present
and emerging*

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TODAY'S SOUND

SOUTHERN PORTS

MARGARET RIVER REGION

Keep Australia Beautiful

WA

**RIFLEBUTTS RESERVE - PREVELLY PARK - MARGARET RIVER
IN THE HEART OF WADANDI BOODJA**



COMMUNITY NOTICES & EVENTS



Southern Capes Motorcycle Club

Jindong Motocross Track @ 37 Gibb Road, Kaloorup

presents

RIDE PARK DAY – 15 March 2020

Anyone can ride - No Club membership or licence required

Come along and have some fun at this family friendly club.



Gates open 8:00am
Sign On 8:00 – 2:00pm
Riders' Briefing 9:00am
Riding from 9:30am
Closes 5:00pm



Minimum Riding Gear Requirements:
Approved helmet, Gloves, Long sleeve shirt and pants, Off road boots,
Goggles.

Juniors (under 16) must wear body armour
Two wheel motorbikes ONLY, with side stand removed

Email: southerncapes@hotmail.com or
Contact Brad on 0407 356 428

