

# Karridale Catch-Up



growing through learning  
active bodies, healthy minds

KARRIDALE PRIMARY SCHOOL NEWSLETTER

ISSUE 1, 9 FEBRUARY 2018

## New Beginnings and A Fresh Start

Welcome to 2018 and special welcome to our five Kindy children, Liam Bevan, Jake Wensveen-Coventry, William McDonald, Tayne Mutimer, Hunter Petterson and Ava Grace Mutimer (PP) who started this year.

We have 36 families across the school and I look forward to working with you all throughout the year.

Over the holidays we continued our revamping of the school. An internal doorway now links the Library and the STEAM (Science, Technology, Engineering, Art and Maths) previously known as the "Art Room". Reorganising the Library has also refreshed this area. External painting and installing a ceiling into the Early Years Shed completed our refresh. Watch this space for more items that will be offered through tender in the weeks ahead.

### Everyone is in Good Form!

Thanks to so many of you who have quickly returned forms to Admin. This means



Above: Xavier and the newly-hatched Wanderer butterfly the Year 3-4 children saw transform from egg to caterpillar to pupa to butterfly and released back into the environment.

we can get on and update records so that we can contact you easily, especially in an emergency or evacuation.

Census day is 16 February and we need accurate information to be entered into our system before then. The information affects our school funding, including accurate information

regarding parent occupations, so please support us by returning your forms ASAP. We don't want any child missing out on funding they deserve.

**Student Council Assembly**  
Please come along at 9am on Thursday 15 February to welcome our 4 Student Councillors!

*"Your wings already exist—all you have to do is fly!"*

Author unknown.

### Did you know...

- the life cycle of a butterfly has 4 steps: eggs, caterpillar, chrysalis, adult.
- scientists discovered butterflies had ears in 1912?
- metamorphosis is the process by which the caterpillar transforms into a butterfly?
- metamorphosis usually takes 10-15 days, depending on the butterfly species?
- a group of butterflies is sometimes called a flutter?
- most butterflies fly at 8-20km per hour?
- caterpillars usually begin by eating their own egg shell?
- butterflies "taste" with their front feet?

### Payments Due!

Please finalise your payments as soon as possible.

Cost: \$5.00 WCE Footy Clinic, (3-6)  
\$45.00 Voluntary Contributions (K-6)

You can pay via cheque, cash or direct deposit.

Direct deposit (bank-to-bank transfer) is our preferred option.  
Please include your child's name and a brief description.

BSB: 016 520 Account: 4992 64442

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

### Diary Dates - 2018

<b>WED 14 FEB</b>	• WCE Footy Clinic in MR—Yr 3-6, \$5
<b>THUR 15 FEB</b>	• Student Council Assembly, UCA, 9am
<b>THUR 22 FEB</b>	• Canteen
<b>FRI 2 MAR</b>	• Student Council Assembly, UCA, 9am • Fun Run School Oval—K-6, 2.15pm
<b>MON 5 MAR</b>	• Labour Day, Public Holiday—school closed
<b>THUR 8 MAR</b>	• Canteen

**Vision Statement:** At Karridale Primary School, in partnership with the whole school community, we aim to provide an inclusive education for all students, in a safe, caring and interesting environment so that students can become adaptable and participating members of the community.

## Morning Reading In the Library

Thanks to those parents who have been able to make it to the library before school to listen to children read.

This activity is so important in many ways as it really helps the school

promote the development of literacy and reading for all children.

Even if you can only spare five minutes, your participation would be greatly appreciated.

## School Board Update

Our first meeting is scheduled for Monday 12 February. With Josh Todd having graduated, Justin Todd has retired and Lexie Elson is also retiring due to family commitments.

At this stage we have vacancies for up to three new nominations. Watch for

more information about nominating for the School Board in the next newsletter.

At this meeting, the Annual Report of the School Board 2017 will be tabled. This is an open meeting and you are all invited to attend.

## Playground Stencils A Colourful Addition

Amber from Bunnings Margaret River returned to our school during the holidays to stencil some brightly coloured games onto the area of bitumen beside the basketball court. This colourful addition to the playground has been enthusiastically

embraced by the children (and staff!) unable to resist following the fun pathways and circuits.

A big thank you to Amber for her time and bringing some extra colour to our world!

## Changes During the Holidays

Local painter Steve Hogan has been busy revamping lots of our outdoor equipment and some faded areas on our buildings. This includes the playground fort and gym equipment, outdoor tables and seats, the administration verandah and the new Pre-primary storage cupboard.

Big Ben Builders were also onsite during the holidays and have put in a new doorway between the Library and the Art room. This has opened up the access and allowed these areas to

be utilized in new ways. The builders also installed new sinks with drainers in the art room.

Our Technology Shed has had the ceiling plastered by Smith Ceiling contractors and Steve Hogan has also painted the inside so that we now have a great storage area. The last thing to be completed in this Shed is the electrical. We are waiting for Rhino Electrical to return and fit some new LED lights which hopefully will happen this week.

## It's All Happening In Admin!

It's not all forms and payments in Admin—although these tasks do take up a good part of the day!

Robyn and Louise wish to remind families that Admin staff are here to support families, staff and assist visitors, maintenance workers and more!

Please know that if you can't catch up with a teacher in the morning, you're welcome to pop into Admin and have a chat with Louise or Robyn and they will pass your message on, be it

written or verbal.

**Canteen orders** are to come to Admin and placed in the orange orders box—please make sure your money is secure!

**Notes home** can come straight to Admin unless instructed otherwise.

**P&C Uniform orders** can also be left at Admin and they will be forwarded to Donna McDonald to place. Again, please ensure any enclosed money is secure!



**L-R:** Liam, Jake and Hunter on their first day of Kindy.



**L-R:** Siblings Ava (PP) and Tayne (Kindy) on their first day at Karridale, happy to be joining big brother Kowan (Year 4).



**L-R** Raphael and Jack try out some of the new sand pit equipment.



**L-R:** Zia, and siblings Liam and Lughan trying out the new playground stencils.



# KARRIDALE SCHOOL P&C

Membership is only \$1 and needs to be paid as soon as possible to make sure you are covered for insurance when volunteering.

## Bull Sale Catering

Yesterday, members of the P&C catered for the sale hosted by Julie and Gary Buller. Congratulations to all volunteers and thanks to Donna McDonald for coordinating this event.

## Canteen is Now Closed for 2017

The first canteen was held today thanks to Emily Davy and Marisa Van Der Horn for stepping up to run it.

The Canteen is in need of helpers and

## Talking With Our School Chaplain

We wish to let you know that our School Chaplain, Sharon Doyle, is at our school every second Wednesday and every Thursday.

## 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!*

volunteers, so please pop into Admin or contact Emily directly on 0448 122 677 if you can help in any capacity.

## Uniforms

Donna McDonald is our Uniform Coordinator role and we thank her for opening the shop over the past week. You're welcome to drop into Admin and leave your order for Donna to collect and she will fill it and have it sent home with your child/ren. Order forms are available from Admin.



**L-R:** Emily Davy and Marisa Van Der Horn preparing meals for the first canteen in 2018.



**L-R:** Alana, Lottie and Edith tuck into the garden fresh pesto pasta at canteen.

## Best Food Choices for School-aged Children

The early school years are a time of rapid learning and slow and steady physical growth.

Children need a variety of foods to meet their nutrient needs. As body size increases so does the amount of food needed.

When children are very active they have higher energy (kilojoule) needs. Appetites usually increase to meet these needs.

The Australian Guide to Healthy Eating will help you select the type of foods to make the best choices for your child.

Amounts are suggested for children aged 4 to 8 and 9 to 11, but remember the amounts your child eats will vary depending on their appetite, activity levels, individual needs, and body size as they are growing.

## Healthy Foods Children Will Love

- Frozen fruit, such as grapes, banana, pear or rockmelon, make healthy iced snacks, perfect in hot weather.
- Blend fruit such as strawberries, banana or mango with milk and a spoon of low-fat yoghurt to make a

delicious fruit smoothie.

- Toast bread, muffins or fruit bread topped with ricotta cheese and slices of banana, dust lightly with cinnamon.
- Cut vegies into bite-sized pieces and serve in a small container so that children can help themselves.
- Children prefer vegies raw or lightly cooked as in a stir-fry.
- Scrambled vegetables make a great breakfast or tasty snack. Simply add lightly cooked vegetables – leftovers are fine – to lightly beaten eggs. Melt a little polyunsaturated margarine in a pan, add mixture and cook gently over low heat until eggs are firm. Season with pepper and serve on toast.
- Add chopped tomato and green capsicum to a can of baked beans. Use as a 'topper' on toast or muffins, or a 'filler' for baked potatoes or jaffles. Sprinkle with a little grated low-fat cheese.

**SOURCE:** [healthywa.wa.gov.au/Articles/A\\_E/Best-food-choices-for-school-aged-children](http://healthywa.wa.gov.au/Articles/A_E/Best-food-choices-for-school-aged-children)



**Above:** Fiona Cormack lunching with the Pre-primary class.



**L-R:** Maali, Elli and Monica ready to dine!



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*Karridale Catch-Up*  
**NEXT ISSUE:** Thurs 22 February 2018  
**DEADLINE:** Thurs 15 February 2018  
**Please email your information for inclusion to:** [Louise.vanVliet@education.wa.edu.au](mailto:Louise.vanVliet@education.wa.edu.au)

## Our School Virtues

### Friendliness

#### What is Friendliness?

Friendliness is taking an interest in other people, being warm and courteous. When you are friendly, you happily share the things you have. You share your time, your ideas, and your feelings. You share yourself.

Friendliness is going out of your way to make others feel welcome or to make a stranger feel at home. Friendliness is sharing the good times and the bad times together.

Friendliness is caring without being asked to care. Friendliness is the best cure for loneliness.

#### Congratulations! You are practising friendliness when you:

- Like yourself and realise you have a lot to offer.
- Smile and greet people with courtesy.
- Have the courage to introduce yourself.
- Show an interest in others.
- Ask people about themselves.

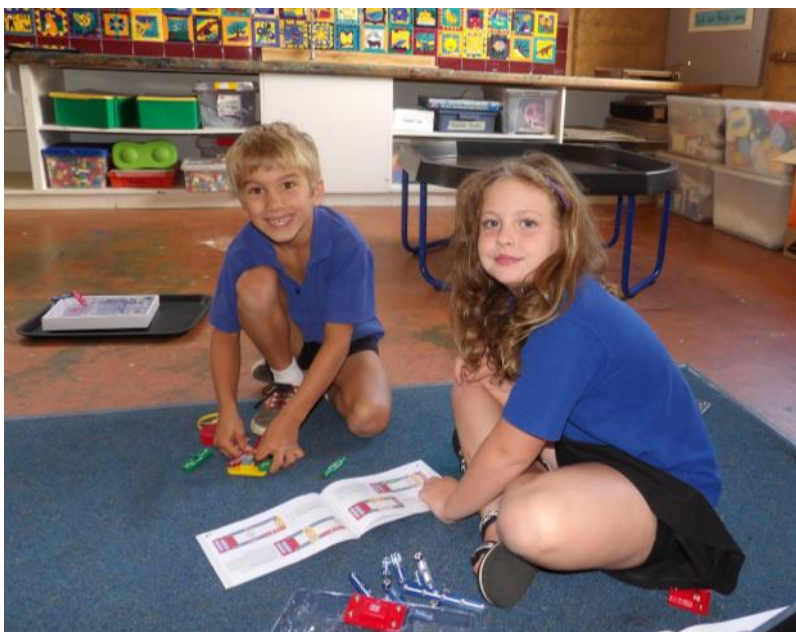
## Library Day is on Mondays

Please encourage your child/ren to remember their library books for exchange on Mondays.

**Please protect your library books and use a library bag.**

**Your P&C have library bags for \$10!**

## Full STEAM Ahead In Repurposed Room



**L-R:** Daniel and Annysha engaged in technology activities in the newly repurposed STEAM (Science, Technology, Engineering, Art and Maths) room. During the holidays, the Art room underwent some changes to create a multi-purpose space for STEAM.

## Community Notices & Events

*Maggie Dent Seminar—Boys, Boys, Boys*  
**\$35, Wed 14 Feb, MacKillop Catholic College, Busselton**  
Understanding, nurturing and connecting with Today's boys.  
**Tickets:** [www.trybooking.com/TECX](http://www.trybooking.com/TECX)

### Art Classes with Kate Dunn

**The Wash House Studio, Community Resource Centre, Tunbridge Street, Margaret River, suitable for 2-15 year olds. Classes start 20 February.**

Kate offers a variety of classes suitable for children aged between 2-15 years. Different times and sessions available. Kate is also available for private mentoring or art therapy sessions on Mondays between 10.30am-2.30pm.

**Kate:** 0431 020 222

**E:** [ughdarell@hotmail.com](mailto:ughdarell@hotmail.com)

### Community Survey

**Closes 5pm Tuesday 20 February**

The South West Catchments Council (SWCC) is considering launching a unique school holiday program in Western Australia's South West region in which fun and adventure are integral, not optional! Open to children aged 7-15 years, SWCC's vision is to encourage children to get back to nature and better understand the natural world around them. Children will also be offered a deeper insight into the natural world from a Noongar Aboriginal perspective, incorporating history, music, art and language activities.

**Is this a vision you share? Express your thoughts and ideas via this short survey. <https://www.surveymonkey.com/r/9FCQGN6>**