

# Karridale Catch-Up



growing through learning  
active bodies, healthy minds

KARRIDALE PRIMARY SCHOOL NEWSLETTER

ISSUE 3, 15 MARCH 2018

## Fresh Fruit Sustains Fun Runners

Well done to everyone who participated in our annual Fun Run fund raiser and thank you to those who contributed fruit to keep the runners energised!

The fruit platters looked refreshing and inviting and proved to be a great incentive for the participants completing laps of the oval.

Thank you to the parents and staff who joined the children on the day and to the event organiser's Rohan Bevan and Natalie Mulvey.

At the last count of incoming pledges \$924 was tallied—a terrific effort! If you haven't returned your sponsorship forms and cash, please send to Admin as soon as possible.

### Meet our IPS Reviewers

Don't miss the opportunity for parents and community members to meet with our Independent Public School (IPS) reviewers Mr Ross Sweeney and Mr Phil de Garis. There are two timeslots available on **Tuesday 20 March 8.55am** or **2.45pm** in the **STEAM Room**. We would really appreciate you



L-R: Lexie Elson keeps an eye on the fun runners Phil Wood, Tahlia, Maggie-Bee, Maali and Monica as the swing by the fruit station.

turn up for a chat with Ross or Phil about your perceptions of our school. Our reviewers are keen to hear your views on how our school communicates with parents, about teacher/student relationships and about our school culture and environment in general.

The visit by our reviewers is primarily to verify our school's commitments to our Business Planning 2015-2017, and to help us to ensure we have effective processes in place to bring about improved student

learning in the future.

### About Canteen Next Week

A super special Harmony Day menu on Wednesday 21 March thanks to wonderful our volunteers for providing the Harmony Day menu.

*"He who lives in harmony with himself lives in harmony with the universe."*

Marcus Aurelius.

### Did you know...

- almost half of Australians were either born overseas or have a parent who was?
- more than 7.5 million people have migrated to Australia since 1945?
- we identify with around 300 ancestries?
- over the past 70 years more than 7.5 million migrants have made Australia home?
- apart from English the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi?

## Diary Dates - 2018

<b>TUES 20 MAR</b>	• Parents to Meet the IPS Reviewers, 8.55am or 2.45pm in the STEAM Room (old Art Room)
<b>WED 21 MAR</b>	• Harmony Day—Special Canteen & Cultural Dress (or just wear something orange!)
<b>THU 22 MAR</b>	• P&C AGM, 3.15pm • After School Sports Training, 3.15pm-3.50pm, Yr 3-6
<b>FRI 23 MAR</b>	• Student Council Assembly, 9am, UCA
<b>TUE 27 MAR</b>	• Sports Day 1: 400m + Jumps
<b>THU 29 MAR</b>	• Sports Day 2:
<b>FRI 30 MAR</b>	• Good Friday: School Closed
<b>MON 2 APR</b>	• Easter Monday: School Closed
<b>TUE 3 APR</b>	• Easter Tuesday: School Closed
<b>THUR 5 APR</b>	• Canteen

## 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 to bring the correct change if paying cash.**

**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.

# Harmony Day Activities To Celebrate on 21 March

**Karridale Primary School will celebrate Harmony Day on Wednesday 21 March 2018.**

Australia is a vibrant and multicultural country, representing the oldest continual culture of our first Australians to the newest arrivals from all around the world.

Harmony Day is a celebration of Australia's cultural diversity: a day of cultural respect for everyone who calls Australia home.

Harmony Day coincides with the United Nations Day for the Elimination of Racial Discrimination. The message of Harmony is "everyone belongs".

There are three special events being held on Harmony Day and we'd love you to be involved. We invite you to:

### 1. Dress Up

Wear a costume representing a culture or country that you know about. Maybe this is part of your family background, or you've travelled there or you have an interest. Or you can dress in **ORANGE** the colour chosen to represent Harmony Day. Orange

signifies meaningful conversations relating to freedom of ideas and is a symbol of mutual respect for our multicultural society.

### 2. Harmony Day Special Canteen

A special menu for Wednesday 21 March will be available for recess and lunch. Please use the lunch order sheet provided.

Thanks to our volunteers who will be preparing *palitaw*, a sweet sticky rice cake, a favourite from the Philippines for recess. The lunch option is soft shell tacos with salad for lunch.

### 3. K-6 Multicultural Activity

Building on the success of the Christmas Care Fest of Term 4 2017, we will hold a similar event from 1.00pm to 3.05pm on Wednesday. The Year 6 Student Councillors will run a series of activities that groups will rotate through during the afternoon to explore and celebrate diversity.

We start all together at 1pm in the Undercover Area and parents are most welcome to join in.

**HARMONY DAY 21 MARCH**



[www.harmony.gov.au](http://www.harmony.gov.au)



**Above:** Palitaw—a sweet, sticky rice cake a favourite from the Philippines—is on the recess menu for Harmony Day.



**Above** Rayne enjoying the fruits of fun run!



**L-R** Children, parents and teachers all doing their fun run laps.



**L-R** Liza Bevan preparing fruit with Tara and Bailee for the fun runners.

## Public Tender – Various School Items

Please submit written tenders **by 12noon Wednesday 21 March**. Items can be viewed on school days between 8am-4pm and must be paid for and picked up by **2pm Monday 26 March 2018**.

Successful tenders will be notified.

**Enquiries to Robyn:** 9758 5517 **Email:** Robyn.Dennis@education.wa.edu.au



### Tender Items

1. Fluro Light bank with plug-in socket.
2. Bird cage with accessories.
3. Metal 3 shelf cabinet, no doors.
4. Lino squares FREE!
5. Two-sided pin up board.
6. Narrow wood shelving unit.

# KARRIDALE SCHOOL P&C

## P&C AGM 3.15pm Thursday 22 March

A reminder that the AGM is on next week and we'll be seeking nominations for office bearers.

The P&C only meet once per term and there are not many fund raising events planned for 2018, so the commitment is not overwhelming.

At this stage, all positions will be declared vacant, and we are particularly seeking someone to take on the role of secretary.

Please see Tim McGimpsey or Fiona Cormack if you would like any more information about any of the positions

## Big Toy Action with Grinders, Loaders and Trucks

### Buckets of Thanks Glen!

Huge thanks to Glen Taylor from South West Tree Services for using his stump grinder on five stumps near our septic system behind the school. Glen kindly removed these stumps as a P&C member at no cost to the School or P&C and this has helped us begin the clean up project at the rear of the School. The school community thanks Glen for his valuable service.

There will be a temporary caution tape put around the septic tanks (pictured) as this could easily be driven onto accidentally and broken.

At a later date a more permanent barrier will be constructed around the septic tanks so please be aware

## Best Programs 4 Kids

Our school has committed to rolling out this exciting program across the school Kindy to Year 6.

Not only will we have resources to promote health and well being for our children but there's also a wealth of information for parents and staff.

These materials are based on current Australian research and represent best practice in developing life skills ESSENTIAL to social and emotional health and to learn resilience.

For people who use Facebook, there is a great page you can join called BestPrograms4Kids.

### 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!*

available.

Please come along to the AGM, the children will be busy with after school sports training—making you free to join in and see what is happening!

### Membership

P&C membership is only \$1 and needs to be paid as soon as possible to ensure you're covered for insurance when volunteering. Membership forms are available from Admin, so please complete one when making your payment.

that they are there when driving or parking behind the School.

### Tidying Up the Rear Entry to School

Cleaning up is in progress behind the school with our green waste being removed.

Further work will be taking place, when the cooler weather arrives, in conjunction with the Karridale Volunteer Bush Fire Brigade and the Karridale Progress Association to improve the appearance of the rear School entry.

### Winter Garden Preparation

We recently had a significant load of manure delivered for our garden beds in preparation for winter planting.

During the time your child is at school they will learn about being a Highway Hero. Highway Heroes have special tools that help them to recognise bumps and deal with hazards on the Highway of Life.

We have access to mini guides for parents on topics such as: Discipline Systems that Work 2–12yrs, Managing the Rigid Thinking Child, The Power of the Pause, When Parent Anger Becomes an Issue, Taming Your Drama Lama and Toxic Childhood Friendships. See Fiona if you wish to access these resources.

[www.bestprograms4kids.com](http://www.bestprograms4kids.com)



**Above** The remains of the trees grinded near the school septic system—keep clear!



**Above** Green waste being removed from the school's rear access.



**Above** Ray Colyer supervising the manure delivery to the school's garden.



**Above** Pirate Man and the children with the treasures they created.



**Above** By simulating the ocean with the cloth, the children then "swam" beneath the waves they created with the Pirate Man.

*"Be kind whenever possible. It is always possible."*  
- Dalai Lama

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*Karridale Catch-Up*  
NEXT ISSUE: Thurs 5 April 2018  
DEADLINE: Thurs 29 March 2018  
Please email your information for inclusion  
to: Louise.vanVliet@education.wa.edu.au

## Our School Virtues

### Kindness

#### What is Kindness?

Kindness is showing you care. You can be kind to people, to animals and to the environment. Kindness means you care for others and the earth as much as or more than you care about yourself.

#### Kindness is:

- Giving attention to someone who is sad or needs help.
- Doing things that give others happiness.
- Accepting people who are different.
- Taking good care of animals.
- Resisting being cruel in your actions or words.
- Practising habits that help the earth (reduce, reuse, recycle).

#### How will you be kind today?

### Naturaliste Community Health Immunisation Service

Margaret River Resource Centre  
P: 9753 6478. Free service.

Bring your Medicare Card and your child's purple book

#### Tuesdays:

- |           |             |
|-----------|-------------|
| 27 March: | 2pm-4pm     |
| 10 April: | 9.30am-12pm |
| 24 April: | 2pm-4pm     |
| 8 May:    | 9.30am-12pm |
| 22 May:   | 2pm-4pm     |
| 12 June:  | 9.30am-12pm |
| 26 June:  | 2pm-4pm     |
| 10 July:  | 9.30am-12pm |
| 24 July:  | 2pm-4pm     |

## Community Notices & Events

### Free Course Margaret River Surfer Rescue 365

Sat 24 Mar 2018, 9am-12pm (2hr CPR/first aid, 1hr rescue techniques) Gnarabup Beach, Margaret River

Local surfers interested in developing their ocean rescue skills can sign for a free rescue techniques and first aid course. The Shire of Augusta Margaret River and by Dept of Local Government, Sport and Cultural Industries and partnering with Surfing Western Australia to deliver the course, which recognises the value of recreational surfers in assisting distressed beachgoers. The course is an opportunity to learn about on-board rescue techniques and learn, or brush up on, CPR and first aid skills.

[www.surfersrescue365.asn.au](http://www.surfersrescue365.asn.au)

### MRNA Netball Registrations Open

Registrations are online only and close Sun 18 March

All players must register themselves for the Margaret River Netball Association 2018 season.

Division for Registrations are: SET (U9s) - players born 2009-2010, GO (U11s) - players born 2007-2008, Under 13s - players born in 2005-2006, Under 15s - players born in 2003 - 2004, Under 18s - players born in 2000, 2001, 2002

Registration info at the Facebook page **Margaret River Netball Association** or email **Belinda margaretrivernetball@gmail.com**

**Muster Sat 17 Mar, Rec Centre Foyer, 10am to 12pm.**

Everyone is welcome to ask questions, find out more info, meet committee members, provide feedback from last year's season.

#### Coaching Co-ordinator Required

This can be a one or two person role, and covers working alongside our coaches and team managers, issuing them with training manuals, organising any training and being a support base for them. E: [margaretrivernetball@gmail.com](mailto:margaretrivernetball@gmail.com)

#### Fundraiser Fri 16 March, with Arts Margaret River

Sausage sizzle at 6pm an amazing raffle! Movie Black Panther commences at 7pm.

E: [margaretrivernetball@gmail.com](mailto:margaretrivernetball@gmail.com)

### SciTech in the Southwest—2 Shows

**Lake Cave and Cape Naturaliste Lighthouse, Sat 17 Mar**

Shows are 30 minutes; can combine with a cave or lighthouse tour on the day. Cost: \$7.50 per child. Bookings essential. Parents welcome to attend and must be on site during presentation. Heritage Pass entry fee may apply for Cape Naturaliste. Cafés are open at each site.

**Bubble Show:** Discover the power of bubbles from the tiny to the giant and explore their scientific properties. What can bubbles be made of? What happens when they're set on fire?

**Element of Surprise** We love learning so much that we have built tools that allow us to extend our senses and discover even more. Together, we'll use some of the different tools to explore chemistry and reveal unseen properties.

**Lake Cave:** Bubble Show, 4-7 yrs @ 9am. Element of Surprise, 8-11 yrs @ 10am. Phone Lake Cave - 9757 7411

**Cape Naturaliste Lighthouse:** Bubble Show, 4-7 yrs @ 2pm. Element of Surprise, 8-11 yrs @ 3pm. Cape Nat - 9755 3955