

# Karridale Catch-Up



*growing through learning  
active bodies, healthy minds*

KARRIDALE PRIMARY SCHOOL NEWSLETTER

ISSUE 1, 15 FEBRUARY 2019

## A Smooth Start to the School Year

The 2019 school year is well underway and everything is flowing nicely.

We welcomed 55 students this year including four Kindy children.

The children are adapting well to their new routines and staff are motivated by the involvement of parents who are supporting us in many ways including the swift return of notes, home reading, reading before school in the library and canteen.

### Reading Before School

We really do appreciate the parents and carers who come and listen to the children read in the library every day before school.

This activity is so important in many ways as it really helps the school to promote the development of literacy and reading for all children. So keep coming along, even if you can only spare five minutes, your participation is greatly appreciated—and the children love it!



Above L-R Reggie, Aiyana, Emily and Seth on their first day at Kindy.

### School Chaplain

Sharon Doyle is continuing in her role as School Chaplain for 2019.

Sharon is at our school every second Wednesday and every Thursday.

Sharon works with the children, families and staff—so please get in touch with her for a chat. You can

contact Niche or Lou in the Office on 9758 5517 or catch Sharon at school on the days she is working.

### Hats and Water Bottles

Please remember that all children require a hat and a water bottle each day!

*"From small beginnings come great things."*

Proverb

### Do you know...

- 30% of fresh water is in the ground?
- Your body is between 60% to 70% water?
- A five minute shower uses 200 litres of water?
- You use 8 litres of water to flush the toilet about the same as you use to brush your teeth?
- A kilo of cotton—enough for a shirt and a pair of jeans—needs 10,000 litres of water to produce?
- There are about 1.5 billion cubic kilometres of water on Earth—that's about 1.5 billion trillion litres or 800 trillion Olympic pools?

## Payments Due!

Please finalise your payments as soon as possible.

Cost: \$45.00 Primary Voluntary Contributions

You can pay via cheque, cash or direct debit.

Direct debit is our preferred option.

Please include your child's name & brief description.

BSB: 016 520 Account: 4992 64442

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

## Calendar 2019

<b>MON 18 FEB</b>	• School Board Meeting, 3.30pm, Staff Room
<b>WED 27 FEB</b>	• Canteen (orders due Tuesday 26 Feb)
<b>MON 4 MAR</b>	• Labour Day Public Holiday (no students).
<b>FRI 8 MAR</b>	• Student Council Assembly, 9am, UCA • Fun Run
<b>TUES 26 MAR</b>	• Sports Day 1: 400m & Jumps, 9am
<b>WED 27 MAR</b>	• Canteen + P&C AGM, 3:13pm
<b>THUR 28 MAR</b>	• Sports Day 2: Team Events, 9am

**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.

## The School is In Capable Hands

We held our first assembly for the year today and our newly appointed Student Councillors all delivered impressive speeches as they accepted their Student Councillor badges. Well done everyone for a great delivery.

Our Student Councillors are all determined to perform well in their role and I have no doubt that they will succeed.

There are 11 Year 6 students this year and all of them have a role as a Student Councillor.



*L-R Our 2019 Student Councillors: Calahni, Mia, Neve, Bailee, Nathaniel, Loraine, Cyrus and Cooper (absent Eleanor and Jack).*

## Introducing Our 2019 Faction Sports Captains

At the Student Council Assembly held today we announced our Faction Captains for 2019. Congratulations to:

**The Emus Captains:** Neve Hart and Jack Wood.

**The Boomers Captains:** Loraine Del Rosario and Cooper Thompson.

**Hat and Sports Shoes Please!**

The children have already started training for the sports days, so please send your child to school in suitable footwear and with their hat and water bottle every day.

### Sports Days to Diarise

- **Faction Sports Day 1:**  
9am Tuesday 26 March  
Karridale School Oval  
Jumps, Throws, 400m
- **Faction Sports Day 2:**  
9am Thursday 28 March  
Karridale School Oval  
Team Games, Flags, Races, Relays

The Interschool sports days will be advised in next issue of this newsletter.



*Above The Emus Faction Captain, Neve (Jack absent)*

## Naturaliste Community Health Nurse Team

Welcome to the new school year.

The Community Health Nurses work in schools to promote healthy development and wellbeing so students may reach their full potential. A major part of our work is focused on early intervention and the School Entry Health Assessment program.

Community Health Nurses serve as a health contact point for children and

their families, providing information, assessment, health counselling and referral.

The services provided are free and confidential.

If you have a concern about your child's health or development, please contact:

**Jill Rogers 9753 6475**  
**Karen Bryen 9753 6476**

## A Healthy Lunchbox—Some Handy Hints

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

**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 children 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](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html)



*L-R The Boomers Faction Captains Loraine and Cooper.*

*"The greatest wealth  
is health."*

**- Virgil**



## What's Happening In the Admin Office?

We welcome Nichelle "Niche" Dodd to our school as Manager Corporate Services whilst Robyn Dennis continues her leave.

Nichelle is well known in the area having lived in the region for 25 years.

In this time Nichelle has worked at the MRSHS and Cowaramup Primary and also at our school.

Nichelle's daughter Aiyana is one of our new Kindy children this

year and it's lovely to have her here at Karridale as well.

Niche joins Louise van Vliet in the Admin Office and together they support the students and their families, staff and assist visitors, maintenance workers and more!

Admin office hours are 8am-4pm and you can call Niche or Lou on 9758 5517 or send an email to: [Karridale.PS@education.wa.edu.au](mailto:Karridale.PS@education.wa.edu.au)



**Above:** Say hello to Nchelle Dodd, Manager Corporate Services.

## Mandala Making for Augusta River Festival

Carolyn Tenardi visited our school this week to show the children how to create a mandala by loom weaving using recycled CD's.

The work the children produced was highly colourful and very attractive.

We wish to thank Carolyn for spending time with our students

and for involving us in this enjoyable activity.

The mandalas will be on display at the Augusta River Festival to be held on Sunday 3 March 2019, so be sure to include this event in your long weekend plans!

For more details about the Augusta River Festival visit:

[www.augustariverfestival.com.au](http://www.augustariverfestival.com.au)



**L-R** Maggie-Bee and Stevie with a beautiful mandala created for the Augusta River Festival.

## KARRIDALE SCHOOL P&C

### Join the P&C—we need you!

Please remember to become a financial member of your P&C (only \$1) each year so that you can participate in any activities the P&C run and importantly that you are covered by insurance when volunteering.

### Next Canteen Weds 27 Feb

Sandra Wood kicked off our first canteen on Wednesday 13 February and thanks everyone for placing orders.

Sandra would love the orders in on the Tuesday prior to the canteen on the Wednesday so she can plan and cater for all children. Menus will be sent home on Mondays and if you can please support Sandra by returning your order on Tuesday,

### 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!*

with the correct money in an envelope, that would be greatly appreciated.

### Bull Sale Catering

Big thanks to parents Donna, Nanette and Kristy who organized and ran the sausage sizzle at the Bullers Bull Sale recently. The school received \$124 in donations and a cheque from the Bull Sale hosts Julie and Gary Buller for \$300, all gratefully received a great start to year. Thank you!

### Next P&C Meeting

Next meeting will be advised as we may fit one in before the P&C AGM scheduled for Wednesday 27 March 2019.

Please support your P&C



## Items For Kindy!

Ms McGill would love the following items for her class room if you have any to spare!

- Small plastic yoghurt containers
- Shoeboxes
- Cardboard rolls (from inside foil or gladwrap).

*Karridale Primary School*  
**12612 BUSSELL HIGHWAY**  
**KARRIDALE WA 6288**  
**Ph:** 9758 5517 or 9758 5586  
**Fax & Emergency Phone:** 9758 6728  
**PRINCIPAL:** FIONA CORMACK  
**E:** [Fiona.Cormack@education.wa.edu.au](mailto:Fiona.Cormack@education.wa.edu.au)  
**MANAGER:** NICHELLE DODD  
**E:** [Nichelle.Dodd@education.wa.edu.au](mailto:Nichelle.Dodd@education.wa.edu.au)

*Karridale Catch-Up*  
**NEXT ISSUE OUT:** Friday 1 March 2019  
**DEADLINE:** Friday 22 February 2019  
**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're practising friendliness when you:**

- *Like yourself & 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.*

## Parenting support

As parents, you are the most important person in your child's life. Many parents find life with a child a joyful but challenging experience. Children's needs change as they grow and each stage brings new challenges. You may find the following resources helpful from time to time as you navigate some of these challenges as a parent:

- Raising Children Network [www.raisingchildren.com.au](http://www.raisingchildren.com.au)
- Healthy WA <http://healthywa.wa.gov.au/Healthy-living/Parenting>
- Triple P - Positive Parenting Program [www.healthywa.wa.gov.au/Triple\\_P](http://www.healthywa.wa.gov.au/Triple_P)
- Ngala [www.ngala.com.au/](http://www.ngala.com.au/)
- Child and Parent Centres <http://childandparentcentres.wa.edu.au/>

## Community Notices & Events

### *Leeuwin Karate Club*

**Training Times for Juniors and Seniors are Mon & Weds**

Located at 131 Bussell Highway, Kudardup.

Juniors & Seniors 5.45—6.30pm

Seniors 6.30pm—5pm

First two lessons are free!

**Contact: 0408 906 967**



### *Margaret River Hockey*

**REGISTRATION DAY 21<sup>ST</sup> FEB 3.45-5PM GLOUCESTER PARK**

Fielding teams from Pre-Primary to Year 12. 6 Junior Teams!

Hook in 2 Hockey (Pre-Primary – Year2). Mixed Boys and Girls Team

Years 3-5. Training Mondays in Margaret River

Boys Team Years 6-8 / Girls Team Years 6-8

Boys Team Years 9-12 / Girls Years 9-12

Training Wednesdays in Busselton

Senior Teams-Men and Women-Training Wednesdays in Busselton

Training starts in March – Season starts beginning of April

**Questions? Rebecca Gorta E.**

**[juniordoordinator@margaretriverhockey.org.au](mailto:juniordoordinator@margaretriverhockey.org.au)**

**M. 0404 746 122 register online at**

**[www.margaretriverhockey.org.au](http://www.margaretriverhockey.org.au)**

**BRINGING UP  
GREAT KIDS  
Parenting Program**

**REGISTER  
NOW FOR  
MARGARET  
RIVER  
2019**

**COST:  
FREE**



**DATES:**  
19 and 26 February 2019  
5 and 12 March 2019  
14 May 2019

**TIME:**  
9.30am – 12.30pm

**LOCATION:**  
Senses Australia  
171 Bussell Hwy  
Margaret River

Senses Australia in partnership with Parenting Connection WA is excited to provide the Bringing Up Great Kids Parenting Program to families.

This program encourages parents and carers to become more reflective and mindful in their parenting approach, building respectful, caring and nurturing relationships between parents and their children.

This is a fun and interactive program for parents or caregivers of children 0 – 18 years and is run over 5 sessions.

**Register via Trybooking by visiting:**  
**WWW.TRYBOOKING.COM**

Supported by



**For more information please contact:**

Petrina Yates  
0472 811 546

Suzanne Watts  
0472 811 544