

# Karridale Catch-Up



growing through learning  
active bodies, healthy minds

KARRIDALE PRIMARY SCHOOL NEWSLETTER

ISSUE 2, 1 MARCH 2019

## All On Deck for Marine Safety Visit

The Department of Transport's Marine Safety crew set a course for an exciting and informative incursion yesterday when they visited our school with one of their three vessels that service Busselton, Bunbury and Augusta.

Living in the southwest surrounded by rivers and oceans it is especially important that the dangers and precautions associated with boating are understood from an early age.

Everyone had the chance to climb aboard the Marine Safety boat and learn about the role of a Marine Officer. The children were also shown the different safety equipment that boat owners who venture out on the rivers and the ocean are required to have—so parents be prepared for an inspection by your child if you own a boat!

A highlight of the visit was the release of the colourful safety flares, the blasting of loud sirens and the chance



L-R Antoinette, Phil and Liz from the Department of Transport, Marine Safety, and the P-2 children with the activity books they received.

to put on a life jacket—correctly! The children actively participated in fun games and discussions on marine safety and as always asked many interesting questions!

At the end of the session each child received a Junior Crew activity book to help reinforce the important marine safety messages.

On behalf of our school we wish to send a big thank you to Senior Regional Officer Phil and Education Officers Antoinette and Liz for taking

the time to share their valuable knowledge with our students. It was a hoot...literally!

Keep an eye out for Phil, Liz, Antoinette and their boat at the Augusta River Festival on Sunday 3 March as they continue to spread the marine safety message.

For more on marine safety: [www.transport.wa.gov.au/marine](http://www.transport.wa.gov.au/marine)

*"The safety flares are very bright."*

Taj, Marine Safety Visit

### Do you know...

- the Blackwood River is the longest continually flowing river in WA at 270km long?
- the term "river" is used to describe channels in which water can flow including creeks, streams and brooks?
- there are 208 major waterways in WA and they extend over more than 25,000km?
- waterways and water have important spiritual and cultural significance for Aboriginal people?
- pouched lampreys are primitive eel-like fish found in the Margaret River?
- there are 76 rivers in the world that are over 1,600km long?

## 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 4 MAR</b>	• Labour Day Public Holiday (no school)
<b>FRI 8 MARCH</b>	• Student Council Assembly, 9am, UCA • Fun Run
<b>WED 13 MAR</b>	• Canteen (orders due Tuesday 12 March)
<b>THUR 21 MAR</b>	• Harmony Day
<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
<b>FRI 29 MAR</b>	• Student Council Assembly, 9am, UCA

**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.

## Councillor and Faction Captain Catch Up

As mentioned in our last newsletter we appointed our Year 6 Student Councillors at the first assembly for the year. Eleanor Taylor and Jack Davy were overseas on holidays and missed the photo opportunity and write up in our newsletter. So without further ado we present our final two Year 6 Student Councillors—Eleanor

Taylor and Jack Davy (see photo on the right). Congratulations!

Also the editor erroneously reported that Jack Wood was the Faction Captain for The Emus this year, when in fact it is Jack Davy. Sincere apologies to Jack Davy and his family and the Woods family for this error.



**L-R** Emus Faction Captain Jack Davy with fellow Student Councillor Eleanor Taylor.

## Raising Children Network

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.

It covers grown-ups, newborns (0-3 months), babies (3-12 months), toddlers (1-3 years), preschoolers (3-5 years), school-age children (5-9 years), pre-teens (9-11 years), and

early teens (12-15 years).

There are 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](http://www.raisingchildren.com.au)



**L-R** Eleanor, Jack, Neve and Indi trying out the Marine Safety life jackets.

## Drinks—What Should Children Drink?

Drinking plenty of water is essential for people of all ages. When your children are thirsty, encourage them to drink plain water.

### It is recommended that:

- children aged 5–8 years drink 1000ml per day (4 big cups)
- children aged 9–12 years drink 1500ml per day (6 big cups)
- young people aged 13+ years drink 2000ml per day (8 big cups).

Drinking milk is also important, as it provides children with the calcium

they need for growing bones and teeth. If your child doesn't drink milk, try yoghurt, cheese or calcium-fortified soy milk.

The drinking of cordials, soft drinks and fruit juices should be limited, as the sugar in these drinks may contribute to tooth decay and unhealthy weight.

Energy drinks and artificially sweetened drinks are not suitable for children.

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



**L-R** Elizabeth, Rayne, Arielle and Jack on board with Phil from Marine Safety.



**Above** Liz from Marine Safety demonstrates the orange flare used for the day time.

*"Excellence is doing ordinary things  
extraordinarily well."*  
- John W. Gardner

**Right** Lost property. Jewelry items handed into Admin Office. Please reclaim them if they're yours.



## Get Ready to Float Ya Boat at the River Festival

Children from P-4 recently made model boats in class from recycled materials for possible participation in the *Float Ya Boat* event at the Augusta River Festival to be held at 9am on Sunday 3 March.

Families who wish to be involved in the event simply turn up on the day with their child's boat and float their boat in the shallows at the Augusta River Festival.

### KARRIDALE SCHOOL P&C

#### Notice of AGM 3.15pm, 3 April

The AGM of the Karridale P&C Association will be held on Wednesday 3 April 2019 at 3.15pm at Karridale Primary.

All positions on the committee will be declared vacant and we will be seeking nominations and voting at the AGM to fill the positions for 2019.

We are particularly seeking someone keen to fill the president

There are three sailing divisions: K/P, Year 1/2/3 and Year 4/5/6. All boat floaters in each division go into a lucky dip draw at the end of all the fun. Some great prizes to be won from local sponsors including Deck Chair Gourmet Café and Deli, Blue Oceans Fish and Chips, and Augusta Extreme Sports.

The event is run by Myles Rees, Principal, Augusta Primary.

**P&C Bank Details—Pay Online!**  
**Name:** Karridale Primary School P&C

position as Tim McGimpsey and family have left the school. If you would like to know more about the president's role please see Fiona or give her a call to see what the position entails.

Our school really needs your support and would greatly appreciate your attendance at the AGM and the general P&C meeting that will follow the AGM.

## Who Will You Nominate For the School Board?

Nominations are called for up to three places on our School Board. Parents and Staff members are encouraged to nominate to join the School Board.

The School Board meets twice a term, generally for an hour each meeting. These meetings are conducted after school on a day of the week that is suitable to committee members, as decided by the committee. The timing of the meetings is agreed by the Board at our first meeting.

If you need more information please see the note and nomination form sent home today

that describes the role of the School Board.

Also current members are most willing to chat to you about the role of the current School Board and feel free to approach Kristy Hathaway, Nat Mulvey, Tamara Manser, John Wilson, Margaret Martin and Fiona Cormack, or past staff members of the School Board Rohan Bevan, Bev Caudle and Vicki Fiorentino.

Nominations are due by 3.15pm on Thursday 14 March 2019 and spare nomination forms are available from the Admin Office.



**L-R** Hunter, Arielle, Sam and Elizabeth with boats created from recycled materials for the Augusta River Festival event "Float Ya Boat".



### Why baseball caps shouldn't come to school.

Eighty-four per cent of primary schools have a legionnaire's, bucket, or broad-brimmed hat as part of the uniform. There's a reason for this – they are the best choice to protect kids from the sun and to reduce their risk of skin cancer.

However, around 16% of primary schools in WA still allow their students to wear caps.

#### Caps do not provide adequate sun protection

Baseball caps don't protect the parts of the body that are most susceptible to skin cancer, that is, the ears, the sides of the face and the back of the neck. Research backs this up, but it's also pretty obvious if you have a look at the photos below.



*"Strive for Excellence, not Perfection."*

- H Jackson Brown Jnr

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**KARRIDALE WA 6288**  
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**PRINCIPAL:** FIONA CORMACK  
**E:** Fiona.Cormack@education.wa.edu.au  
**MANAGER:** NICHELLE DODD  
**E:** Nichelle.Dodd@education.wa.edu.au

**Karridale Catch-Up**  
**NEXT ISSUE OUT:** Friday 22 March 2019  
**DEADLINE:** Friday 15 March 2019  
**Please email your information for inclusion**  
**to:** Louise.vanVliet@education.wa.edu.au

## Our School Virtues Excellence

### What is Excellence?

Excellence is doing your best. It is giving your best to any task you do or any relationships you have. When you practise excellence you are not trying to be better than anyone else. You are trying to be the best that you can be.

### You can show excellence by:

- Giving your best whatever you do
- Giving your best to relationships
- Setting noble and realistic goals for yourself
- Remembering to plan and practise
- Not trying to do everything
- Developing your own special talents

### Canteen—Weds 13 March

#### RECESS

Fresh Fruit with Vanilla Yoghurt (low fat)	\$2.00	G
Cheesie ½ English Muffin & Low Fat Cheese	\$1.00	G

#### LUNCH

Fried Rice	\$3.00	G
Boiled Egg with Baked Beans & Salad	\$2.00	G

#### Drinks

Water	free	G
Cup of Milk (reduced fat)	\$1.00	G
Cup of Flavoured Milk (reduced fat)	\$1.00	G
Cup of 100% Assorted Fruit Juice	\$1.00	A

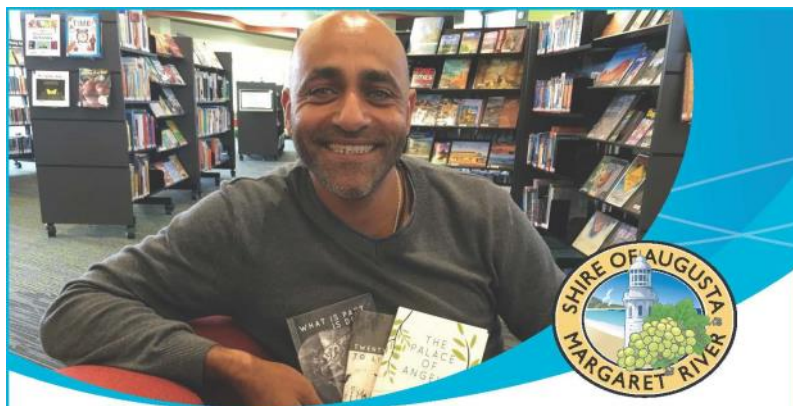
## Community Notices & Events

### Augusta River Festival

**Blackwood River Foreshore Sunday 3 March, \$5 entry**

All day event comprising entertainment and water and land based activities for the whole family. Events include the Blackwood Regatta, Live Music, over 70 market stalls, food, drinks, fireworks and more!

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



### 'Living In The Strange' by Mohammed Massoud Morsi

**Margaret River Library**  
**Thursday 14 March 2019**  
**6 – 7:30pm**

**Free event with light refreshments provided**  
**Signed novels by the author will be available for sale**

Join us for a fascinating talk by Mohammed Massoud Morsi as he shares his journey to living in Australia from Egypt and his life experiences from the array of career choices he has made such as photographer, journalist, activist, fisherman and diver just to name a few.

Morsi has been published in The Westerly, and in 2018 released his third title 'The Palace of Angels'.

RSVP to [amrlibrary@amrshire.wa.gov.au](mailto:amrlibrary@amrshire.wa.gov.au) or 9780 5600 by Thursday 14 March 2019.

Margaret River Library | Fearn Ave, Margaret River  
P: 9780 5600 | [amrlibraries.com](http://amrlibraries.com) | [amrshire.wa.gov.au](http://amrshire.wa.gov.au)

### Prohibited Burning Period Extend

Residents and visitors are advised the Prohibited Burning Period for the Shire of Augusta Margaret River has **been extended by 14 days until midnight on 27 March 2019.**

The extension is due to dry fuel loads and continuing warm weather creating ongoing high fire risk conditions.

Fire season dates may be subject to further changes as conditions require with all of the latest information advertised on the homepage of the Shire's website. Please refer to the 2018-2019 Bush Fire Management Information Booklet for more information, and for your local Fire Control Officer contact details

*"Excellence is not a skill. It is an attitude."*

- Ralph Marston