

Karridale Catch-Up



growing through learning
active bodies, healthy minds

KARRIDALE PRIMARY SCHOOL NEWSLETTER

ISSUE 3, 22 MARCH 2019

Laps, Laughs and Fun on the Run

Loads of laps were run at the annual P&C Fun Run fundraiser held on Friday 8 March 2019.

The children were determined to complete as many laps as possible with the knowledge that the money raised will be spent this year on something each class collectively decides upon. Everyone did their very best and it was impressive to see that some children completed a whopping 22 laps of the school oval—well done!

Room 4 proceeds will go towards their Year 5-6 camp and Room 1 and 2 are still deciding on what to do or buy.

Thank you to all the parents and supporters who came along on the day—to either barrack from the sidelines or complete laps alongside the children and staff.



L-R Lottie, Maggie-Bee and Felicity having fun on their run!

The fruit and vegetables donated by families were greatly appreciated by the runners who enjoyed visiting the fruit stand during the run to boost their energy levels. Thank you to everyone who contributed fruit and for sponsoring this great annual event.

We will let you know the total amount raised in the next issue once all the funds are in. Please be sure to return sponsorship forms and funds if you have not done so already.

“Kindness is a gift that everyone can afford to give.”
Unknown

Do you know...

- Over 1 billion pairs of running shoes are sold world-wide each year?
- 12 of the world's top-20 distance runners are members of the Kalenjin tribe of northwest Kenya?
- In the feet, 26 bones, 33 joints, 112 ligaments and a network of nerves, tendons and blood vessels have to work together when we run?
- the youngest marathon runner in the world, Budhia Singh, has already finished 48 marathons before his 5th birthday?

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

Coming Up in 2019

TUES 26 MAR	• Sports Day 1: 400m & Jumps, 9am
WED 27 MAR	• Canteen • P&C AGM, 3:15pm
THUR 28 MAR	• Sports Day 2: Team Events, 9am
FRI 29 MAR	• Student Council Assembly, 9am, UCA
TUES 9 APR	• Interschool Sports Day 1: 10am Augusta PS
WED 10 APR	• Canteen
THUR 11 APR	• Interschool Sports Day 2: 10am St Thomas More Primary School, Margaret River
FRI 12 APR	• ANZAC Assembly 9am UCA, Last Day Term 1

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.

Better Buddies Keeps on Caring at Karridale

"Buddies is kind of like having a little brother—we have fun."

Jack Davy

Now in its 10th year, the Better Buddies program is still a winner with the children when it comes to creating a friendly and caring environment at Karridale Primary.

At our school through Better Buddies, Kindy to Year 2 children buddy up with the Year 5 to 6 children to learn the values of:

- caring for others
- friendliness
- respect
- valuing difference
- including others
- responsibility

What Do You Know About Energy Drinks?

Energy drinks are not suitable for children and teens. They are also not recommended for pregnant women, people with heart disease, or people who are sensitive to caffeine.

Energy drinks typically contain:

- caffeine (ranges from 30mg/250ml to 150mg/250ml, depending on the brand)
- guarana (a caffeine extract from a plant)
- sugar (in higher quantities than sports drinks)

Every Friday before lunch our "Buddies" get together to learn these values through formal and informal activities, including their interactions with the purple Buddy Bear mascot.

When looking after and caring for smaller children, older children learn the skills associated with empathy and compassion through activities in the classroom and in the playground. Buddy systems help reduce the likelihood of negative behaviours such as exclusion.

Better Buddies is an initiative of the Alannah & Madeline Foundation that helps younger children to feel safe and cared for while older children feel valued and respected.

www.betterbuddies.org.au

- protein (the amino acid taurine is often added to these drinks)
- Vitamin B.

The high caffeine content of these drinks can produce a variety of unpleasant side effects. The high sugar levels in these drinks can reduce the body's ability to absorb water, meaning that it is dangerous to consume these drinks before, during or after physical activity. It is particularly dangerous to mix energy drinks with alcohol.

www.druginfo.adf.org.au

Harmony Day Activity Brings Children Together

"I loved seeing all the kids working inclusively and happily together."

Sharon Doyle, School Chaplain

Small groups of children of mixed ages came together to learn about Harmony Day through discussion and a craft activity to embrace this year's theme "Everyone Belongs".

Each child decorated four paper people to reflect individuality and belonging.

The colourful and creative people paper was assembled to form a chain and is now on display in the school library soon. So please pop in and have a look at the creations the children have made.

"No act of kindness, no matter how small, is ever wasted."

- Aesop



L-R Buddies Ada and Calahni playing cards.



L-R Buddies Mia, Elizabeth and Evelyn.



L-R Hunter and Loraine "Buddy-up" for art.



L-R Sam D and Sam H with their portraits of the two Sams!

How Do We Take Care of Others at School?

“I like KPS as there are nice people around that care about everyone.”

Year 5-6 Student, School Survey 2019

People around the world have been touched by the tragic events that unfolded in New Zealand on Friday. Our hearts go out to the people of Christchurch as the unthinkable becomes their reality. People’s sense of safety has been rocked and reshaped.

These events may have caused you to also reflect on your sense of safety for your children and the trust you place in the schools your children attend. At Karridale Primary we take your child’s safety seriously. Our approach to developing your child as part of a community in its simplest form is:

1. Be kind
2. Be quiet or walk away and
3. Ask for help from an adult if you are unsure

Sitting behind this basic rule of thumb are many practices from sign-in books and fencing—to working with the local authorities. Other practices at our school also include:

- Proactively teach **Protective Behaviours-Skills for Life**;
- Proactively teach in **social and emotional regulation** across the school and within the curriculum;
- We teach and use **The Zones of Regulation**;
- We teach and use the resources published by **Best Programs 4 Kids** (join their facebook page if you use this platform-wonderful tips for parents and always so relevant);
- We have really **low adult to student ratios** in class and in the playgrounds. There is always someone close by to help when needed;
- We **work with families** to make adjustments when they let us know they are worried about personal situations that may impact on their family or impact on the school;

- We note any unusual activity near the school and work with the authorities;
- We teach **cyber safety**;
- We work with families to keep individual **Health Care Plans** up to date and ensure medications stored on site are current;
- We are part of a **strong public school system** that has great planning in place covering many scenarios and staff that can help that work in district, regional and central office;
- We undertake **risk management planning** specific for our school and review this monthly;
- We **practice emergency response** as a school at least 3 times a year that could include evacuating off site, enacting a lockdown or evacuating to a particular area within the school;

We really appreciate you coming forward and chatting about anything that this article may have raised for you or if you need more information on these or other matters. Please contact the office staff or your child’s teacher.

What are Protective Behaviours?

All staff in all public schools complete training in Protective Behaviours so we can provide care and help to families.

The Protective Behaviours program is built around two themes;

- We all have the right to feel safe at all times
- We can talk with someone about anything, no matter what it is.

The purpose of the program is to develop lifelong skills of assertiveness, self-confidence, problem solving, communication and how to seek help.

To support the work in school there is also a **Parent Resource** you may wish to access. This resource assists schools and parents to work together to keep children safe. Ideas around the two themes are explored. Please contact the school for a hard copy.

21 MARCH
HARMONY DAY

Celebrates how all of our differences make Australia a great place to live!
www.harmony.gov.au



L-R Cooper, Max and Jake in harmony.



L-R Cyrus, Stevie and Jack working together.



L-R Buddies Jack and Lughan team up.



L-R Chelsea, Maali and Cooper.



L-R Rayne, Lilly and Edith celebrate Harmony Day 2019.

“Kindness is the opportunity that we all have every day to change the world.”

- Unknown

Desperately Seeking Alphabet Reading Books

The search is on for some missing books and we need your help to find them!

Over the years our valuable stocks of two books series *Alphakids* and *Of Primary Importance* (see photo right) have dwindled.

We are on the hunt for A, B, D, G, H, I, M in the *Alphakids* series and C, F and Z in the *Of Primary Importance* series.

Sports Day Updates

We hope to see you at our **Faction Sports** to be held next week with 400m, jumps and throws at 9am Tuesday 26 March and running and team events at 9am Thursday 28 March.

Please remember to bring a plate of food for the morning tea on Thursday 28 March!

Interschool Sports will be held in the last week of school with Day 1: 10am, Tuesday 9 April at Augusta Primary. Day 2: 10am on Thursday 11 April at St Thomas More Catholic Primary in Margaret River.

Flowers and Foliage for ANZAC Wreaths Please

If your family has an abundance of foliage and flowers in your garden, then we would love some so our Room 4 students can make wreaths on Wednesday 10 April

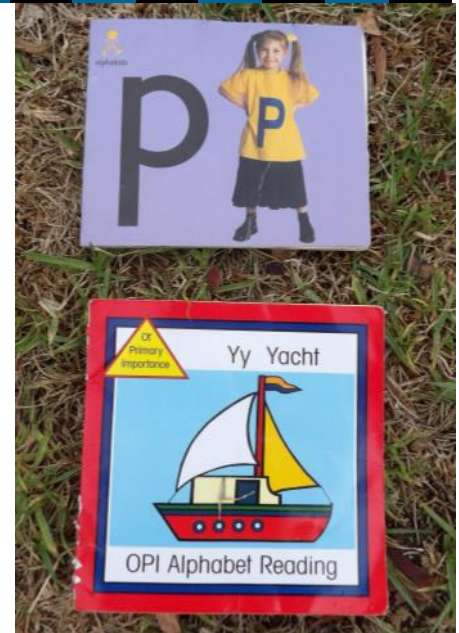
So, families would you please have a bit of a rummage around at home look under beds, inside cupboards and bookcases to see if you can turn up any of these books. If you do strike gold, please return the books to Ms McGill in Room 1...no questions asked...no eyebrows raised! Thanks for your help.

Please note that it is the LISA (*Leeuwin Interschool Sports Association*) bad weather agreement that should we need to cancel a day due to bad weather, there is no re-scheduling of this day.

On the subject of sport, we wish to congratulate two former Karridale Primary School students who competed in the MRSHS Faction Swimming Carnival recently. Tara McGimpsey won the Year 7 Girls Champion and Jaxon Nettelbeck won the Year 10 Boys Runner Up. Congratulations to you both.

in preparation for our ANZAC Day assembly on Friday 12 April at 9am in the Undercover Area.

Thanks in advance for your contributions everyone.



Above: Missing...have you seen books like these at home?



L-R: Kristy Hathaway, Emily, Cooper and Felicity running laps on the fun run.



L-R: Dempsey and Whiti enjoying some fruit on the fun run.



L-R: Cooper and Sam have a well earned rest on the fun run!

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

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!

voting at the AGM to fill the positions for 2019.

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.

"One kind word can change someone's entire day."

- Anon

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Karridale Catch-Up
NEXT ISSUE OUT: Friday 12 April 2019
DEADLINE: Friday 5 April 2019
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?

Canteen—Weds 27 March		
RECESS		
Fresh Fruit Sliced	\$1.00	G
Popcorn—plain & wildberry bites	\$0.50	G
LUNCH		
Pancakes with tinned corn and salad	\$3.00	G
Boiled Egg & Pasta in Pasta Sauce	\$3.00	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-Karridale Magpies Footy Muster

Tuesday 1 April, Augusta Footy Oval

Please support your local kid's footy team and get the kids signed up! Girls are welcome to join.

Phil Wood: 0407 722 778

Sounds-Write Training—Busselton

School holidays 9-3.30pm, 14-18 April 2019, Vasse Primary School

A 4 day evidence-based, linguistic phonics, teaching programme. The course is open to teachers, Education Assistants, Speech Pathologists, student teachers, parents with children experiencing literacy problems and Psychologists. Presented by The South West Literacy Network.

Helen Hampton: 0428 006 833

Maureen McDaniel: 0418 195 926

www.sounds-write.com.au

Online REGISTRATIONS NOW OPEN

2019 SOCCER REGISTRATIONS

Register online www.playfootball.com.au/register

FEE STRUCTURE FOR SEASON 2019
MINIROOS - \$160
FIFA - \$190

www.footballmargaretriver.club

KIDSPORT is Online!
 Are you eligible? Visit the website below to apply.
www.dsr.wa.gov.au/funding/individuals/kidsport

Book Chat Club

Calling all book lovers ages 10 and over!

The Margaret River Bookshop and Shire of Augusta Margaret River Library Service are partnering to start a Book Chat Club.

What is a Book Chat?

A group for people aged 10-14 who are enthusiastic about books. Each month we will chat about what we have read and give reviews and recommendations for other members of the club.

There will be prizes for best review of the month and even free snacks provided for the session.

The session will be facilitated by either a bookshop staff member or Librarian to assist in great book discussions.

Dates, time and location

4.30pm-5.30pm
 Margaret River Library
 Last Monday of the month

25 February 2019	24 June
25 March	29 July
29 April	26 August
27 May	28 October
	25 November

Free Event!

Contact the library on 9780 5600 for more information or visit amrlibraries.com