



# Bicton Primary School

AN INDEPENDENT PUBLIC SCHOOL

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8 May 2018

Newsletter: 10

## CALENDAR OF COMING EVENTS

Tues, 8 May	Year 6 Camp
Wed, 9 <sup>th</sup> May	Early Close 2.30pm Uniform Shop Open 2.15pm – 3.00pm Year 6 Camp
Thurs, 10 <sup>th</sup> May	Year 6 Camp Mothers' Day Stall for Kindy 1 & 3
Fri, 11 <sup>th</sup> May	Mothers' Day Stall for Kindy 2, Pre primary – Year 5 students Year 5 Facilitated Assembly 8.45am Year 6 students return from Camp

## FROM THE PRINCIPAL

Resilience is a large focus at Bicton Primary School.

The following information from KidsMatter is extremely beneficial for understanding how to support your children in this area. More information can be found on the KidsMatter website:  
<https://www.kidsmatter.edu.au/mental-health-matters>

### **Everybody's life has ups and downs**

Adults sometimes look back on their childhood as a time when they were always happy, but life's ups and downs are a part of childhood too. Children need to build resilience skills to be able to both enjoy good times and deal with hard times. Helping children learn how to manage life's ups and downs and build their coping skills supports their mental health and wellbeing now and into the future. Feeling good protects mental health and wellbeing.

Did you know that experiencing positive emotions such as joy, pleasure and having fun are essential experiences for building and maintaining a healthy mind across our whole lives?

### **Skills and qualities that help children cope with life's ups and downs**

- **Trust** - that the world is safe and that there are caring people to help them.
- **Belief** - in their ability to do things for themselves and achieve their goals.
- **Feeling good** - about themselves and feeling valued for who they are by their parents and carers.
- **Optimism** - that things generally turn out well.
- **Regulation** - Ability to manage their feelings, thoughts and behaviours.

Children develop these skills and qualities and learn to keep a balance over time, initially through their experiences in coping with small stresses with help from supportive adults. When bigger stresses come along, even though at first they might feel quite distressed, children can draw on what they have learned about helping themselves to cope and feel better. Looking to others for support continues to be an effective way of coping.

### **How are your child's resilience skills developing?**

Resilience is the ability to cope with life's ups and downs. Children's resilience is enhanced when they:

- are loved by someone unconditionally
- have an older person outside the home they can talk to about problems and feelings
- are praised for doing things on their own and striving to achieve
- can count on their family being there when needed
- know someone they want to be like
- believe things will turn out all right
- have a sense of a power greater than themselves
- are willing to try new things
- feel that what they do makes a difference in how things turn out
- like themselves
- can focus on a task and stay with it
- have a sense of humour
- make goals and plans, both short and longer term.

Mrs Kerryn Woodhouse  
**PRINCIPAL**

### **WASTE WISE WEDNESDAY**

The pre primary 2 students are conducting a tally each Wednesday of those students who have no packaging in their lunch box. The winning class gets to keep the Waste Wise trophy. Let's see which class can win this week. It is encouraging to see so many children already bringing their lunch to school in containers and not in plastic wrapping.

The Waste Wise Schools program targets schools in WA with educational strategies for reducing waste to landfill by implementing the 3Rs, reduce, reuse, recycle - while developing positive environmental values in students and the whole school community.

## NAPLAN WEEK FOR YEARS 3 & 5

NAPLAN is next week Tuesday 15<sup>th</sup> May, Wednesday 16<sup>th</sup> May and Thursday 17<sup>th</sup> May. If you have any questions please check with the classroom teacher or contact our Deputy Principal, Donna Madden. Please see the table below for the scheduled times.

	<b>Tuesday 15<sup>th</sup> May</b>	<b>Wednesday 16<sup>th</sup> May</b>	<b>Thursday 17<sup>th</sup> May</b>
<b>9.00am - 10.00am</b>	Language Conventions	Reading	Numeracy
<b>11.05 - 12.05pm</b>	Writing		

## MOTHERS' DAY STALL

The P&C will be holding their annual mothers' day stall this Thursday and Friday. Our Thursday kindy students will be able to visit the stall while the remainder of the classes will visit on Friday. There will be gifts for students to purchase between \$3 and \$10. We also have a raffle for 50c a ticket. This event has always been a very successful activity for the students. They love coming in and picking their own present for mum. Thanks to Sam Osborne and the team for organising this event.

## EAGLES CUP

Well done to all our Eagles Cup teams who competed against Attadale Primary School last Friday. It was certainly a fantastic afternoon and we look forward to our next game on Friday, 18<sup>th</sup> May when we play Brentwood Primary School. Parents are encouraged to come and cheer on the teams.

## STUDENT ILLNESS

### *(Communicable Diseases Guidelines 2015)*

School staff and parents assist in preventing the transmission of diseases in the school environment. While it is often difficult to prevent the transmission of common respiratory (colds/flu), viral and **gastroenteritis** infections that occur, every effort should be made to minimise the spread of infection by encouraging:

- students to stay at home in the early stages of illness as at this stage they can be infectious and shed the virus, bacteria or parasite through coughing, sneezing, contaminating surfaces and personal contact
- students who are ill should not return to school until they are symptom free if they have a cold or flu and for at least 24 hours if they have had gastroenteritis
- parents to seek medical advice if their child has on going symptoms of illness.

Please notify the office should your child be unwell with a serious communicable illness.

## STUDENT UPDATE FORMS

Student update forms are to be sent home this week... Please ensure you make any corrections and return these forms to the front office by Friday, 25 May. It is important that student records are kept up to date throughout the year. Should there be any change to address, contact, medical or access restrictions please advise the school as soon as possible.

## 2018 KINDY ENROLMENTS

Enrolments are now being taken for children entering Kindy in 2019. Application forms are available for collection from the front office. Completed application forms must include a copy of your child's birth certificate, proof of residential address (eg utilities bill), visa subclass details (if applicable) and the ACIR Immunisation History Statement.

## SCHOOL SECURITY

The gardener and cleaners have to spend a lot of time cleaning the school grounds especially the verandahs after the weekends. We would appreciate your help keeping an eye out for any inappropriate behaviour and contact School Watch on 1800 177 777 if necessary.

## DOGS ON SCHOOL PREMISES

The school community is reminded to please pick up after their dog when bringing them onto school grounds after hours. It is the health and safety of the students that is our concern. Thank you to dog owners who do the right thing. If your child does bring your dog to school after hours could you please remind them it is their responsibility to pick up after the dog and keep them on their lead..

## P&C

## UNIFORM SHOP

The uniform shop will be open this week on Wednesday 9<sup>th</sup> May from 2.15 – 3.00pm. This is a great opportunity to go in and organise your child's winter needs. Parents are reminded the school has a school dress policy and it is important students wear the correct uniform. The policy is available on the school website. Parents are also welcome to order online or at the office.

Please log onto [www.quickcliq.com.au](http://www.quickcliq.com.au) to order your child's school uniform. Please email Belinda or Sam if you need any clarification at [bictonuniformshp@gmail.com](mailto:bictonuniformshp@gmail.com)

## ENTERTAINMENT BOOKS

We are providing the opportunity for parents to buy this year's Entertainment Book. Parents will be sent home with an order form. Each book sold raises money which goes to purchase resources for the school. Orders can be placed online or into the box in the office.

## **AFTERSCHOOL ITALIAN LESSONS**

The ITALO-AUSTRALIAN WELFARE & CULTURAL CENTRE INC is sponsoring the Italian after-hour language and cultural programme at Bicton PS again this year. These courses are of ninety minutes duration after school and are conducted on a weekly basis during the school year. In 2018 there will be a charge of \$25.00/student/semester (non-refundable) payable by cheque or cash to the **Italo-Australian Welfare & Cultural Centre Inc** on enrolment at the first lesson. The Italian after-hour lessons are in Science Room from 2.30pm to 4.00pm and will run for the duration of the school year.