



Newsletter



PRINCIPAL'S REPORT

Dear Parent Community

The Science Alive Incursion we hosted yesterday continues our current curriculum focus on Science teaching and learning. The children enjoyed the activities and learnt a lot from it.

This Science focus commenced last year with the construction of our purposely converted Science Room located in the Junior Block. Our Middle and Senior classes conduct their Science lessons in this room and is especially set up to encourage the hands-on activities, which is an important part of Science learning.

We are fortunate, due to the initiative of Miss Rollings, to have been included in an after-school STEM Club project arranged through Scitech. A select group of Middle and Senior children meet after school to participate in a range of high interest science-based activities. The children had to apply to be involved in the project.

Later this month our Kindergarten, Pre-Primary and Year 1 classes are going on an excursion to Scitech. Details of this exciting learning activity will be sent home soon.

The gathering and analysis of data is an important part of our activities as a school. In this way we can determine how successful our teaching is at Coolbellup. For the last two weeks our children in Pre-Primary, Years 1 and 2 have been participating in a test with their class teacher called On Entry. On Entry, which is only conducted in Western Australia, is compulsory for Pre-Primaries, but we use it for the other years so we can track the children's overall progress from Pre-Primary to Year 2. Our children customarily make huge gains over those three years.

The next piece of valuable data comes for our participation in NAPLAN, which is Australia wide. The NAPLAN test window is almost upon us. Our children in Years 3 and 5 will be completing their NAPLAN in Week 7 which is the week after next, 13 to 22 March.

Neither the On-Entry nor the NAPLAN is an absolute measure of any individual child's level of academic achievement, given that it is one test on one day. It gives us an indication or broad view. I would encourage parents to reassure their children that this is just another activity for them to do and not worry or stress unduly.

I wish all of our children and their families a safe a relaxing long weekend.

See you all on Tuesday.

Kind regards

Ray Knight

PRINCIPAL

Number 2

1 March 2024

Coolbellup Community School
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COOLBELLUP WA 6163

Telephone: (08) 9487 9500

coolbellup.cs@education.wa.edu.au

PRINCIPAL
RAY KNIGHT
DEPUTY PRINCIPAL
ALEX ROBINS

Dates to Remember:

Monday 4 Mar:

Labour Day
Public Holiday

Friday 8 Mar:

Assembly - LA14

**Wed 13 Mar -
Fri 22 Mar:**

NAPLAN -
Years 3 & 5

Thurs 28 Mar:

Easter Bonnet
Parade

End of Term 1

Tues 16 April

Students
commence for
Term 2, 2024

2024 VOLUNTARY CONTRIBUTIONS

Thank you to parents/carers who have already paid their child's voluntary contribution for 2024. There's been a few earlybirds already!

The contributions component is set at \$60 per child.

Contributions are voluntary, however, the quality of our teaching and learning programs will be maximised when each family makes its contribution to the cost of supplementing funding gained from other sources, including the State and Federal Governments.

These contributions assist with the purchase of items such as:

- Technology resources, Maths resources
- Library resources
- Sports equipment
- Reading books, Student workbooks

Payment can be made at the front office by cash or EFTPOS.

For your convenience, payment can also be made directly into the school bank account. Details are:

Name of Account: COOLBELLUP COMMUNITY SCHOOL
BSB Number: 016 454
Account Number: 4979 17497

Please state "student name/Voluntary Contribution" as your reference.

SunSmart Tips

It does not have to be hot for sunburn to occur - UV radiation is not the same as heat. Most people get burnt when the temperature is between 18 and 27 degrees.



Slip



Slop



Slap



Seek



Slide



Seton Catholic College Term 1 Tour

We warmly welcome you to Seton Catholic College for a tour of our campus and an opportunity to meet our staff and students. Our Term 1 tour is on Wednesday 13 March at 9.30am. Please be aware that Year 7 placements for 2025 and 2026 are at capacity; however, we are still accepting Expressions of Interest, which will allow us to add children from these cohorts to our wait pool. We are currently inviting and processing students intending to enrol in Year 7 in 2027.

Please note Year 4 is the ideal year to start exploring secondary education options.

College Tour

MARCH 13, 2024 | 9.30AM

Please register your attendance via
www.seton.wa.edu.au/college-tours

Our tour takes approximately 40 minutes and will be followed by an informal morning tea where you can ask questions in a relaxed setting. Children are most welcome to attend.



 **A** Marchant Rd Samson WA 6163
P (08) 9314 1816
W seton.wa.edu.au
every interaction matters

Mobiles in School's Policy



We would remind parents of the Department of Education's mobiles in school's policy.

Children are to leave their phones in the office before school and collect them at the end of the day.

Smart watches capable of communication are to be switched to flight mode whilst at school.

Information from the School Nurse

Attached to this newsletter is some information supplied by the School Nurse. The information regarding colour blindness relates to the pre-primary students. The scoliosis and health information brochure relates to upper primary students.



OPEN DAY

Unlock your child's potential and discover the opportunities on offer at Fremantle College.

- Immerse yourself in a College Tour and learn about the array of educational opportunities available to your child
- Explore our diverse Specialist Programs, book into an information session
- Engage in conversations with our dedicated teaching staff
- Gain insights into our wellbeing and pastoral care practices
- Be entertained by our Specialist Contemporary Music Students from the FC Solar Stage
- Enjoy a sausage sizzle and engage with community members

**Monday
22 April 2024
3:30 – 5:30pm**



**FREMANTLE
COLLEGE**



Book today via QR code, or at:
<https://fremantlecollege.wa.edu.au/fremantle-college-open-day/>

Administration

Contact Details and Student Mobile Phones



Please ensure you keep the school up to date with your current phone number and address.

This information is vital should we need to contact you in an emergency.

It is also a requirement for children who come to school with a mobile phone, personal iPad or the like, to hand them into the office upon arrival at school for safe-keeping for the day.

Arriving Late to School

If your children arrive at school after the 8.45am siren, please direct them to collect a Late Note from the office **before** proceeding to class.

Thank you.

LATE ARRIVAL

NOTED ON INTEGRIS



Coolbellup Community School - Bank Account Details

Please use the details below when paying direct to the school's bank account for payment of voluntary contributions, swimming, excursions, incursions, camp.

Name of Account: COOLBELLUP COMMUNITY SCHOOL
 BSB Number: 016 454
 Account Number: 4979 17497

We also have EFTPOS facilities available in the front office.

(Please be aware the P&C has it's own bank account for "Special Lunch Order days" and uniform orders, details of which are provided on correspondence distributed by the P&C.

The school's EFTPOS facilities cannot be utilised for payment of P&C events.)

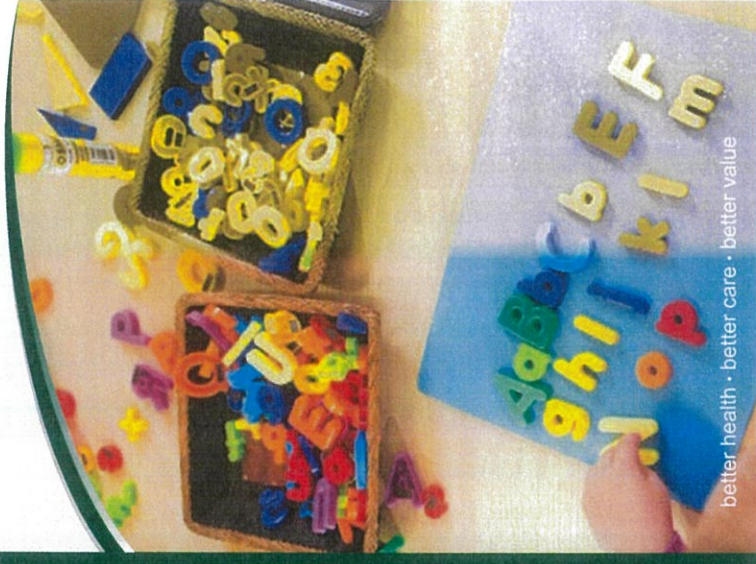
SMS - Absence Messages

For the parents who would like to send an SMS in the morning to advise of your child's absence, the number is :

0438 947 795

This number is available for text messages only.

colour blindness



better health • better care • better value

For more information contact

- Local school health nurse
- Local family doctor or optometrist
- **Colour Blind Awareness and Support Group**
members.optusnet.com.au/~doverton
- **Raising Children Network**
www.raisingchildren.net.au
- **HealthyWA**
www.healthywa.wa.gov.au

This document can be made available in alternative formats on request for a person with a disability.

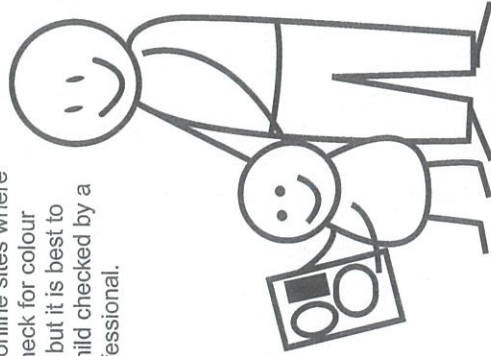
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 **HealthyWA**
healthywa.wa.gov.au

What you can do

- Test all the boys in your family if there is a history of colour blindness. This testing is easier to do once your child starts to know numbers (around the time that he starts school).
- If people on both sides of the family have colour vision problems, also test all the girls.
- Ophthalmologists (eye specialists) and optometrists (opticians) can test for colour vision. Some school health services and some doctors can also test children's colour vision.
- After a colour vision problem is found, your child may need more tests to tell exactly what the problem is.
- There are online sites where you can check for colour blindness, but it is best to get your child checked by a health professional.



Helping children who are colour blind

- It usually helps children to know why they are having problems when others are able to do something easily. They may believe that they are 'stupid', when their eyes just work differently to others. Talk to your child about being colour blind, how to explain it to others, and keep supporting him at school and at home.
- Tell the school – if teachers know your child is colour blind, they can choose ways of teaching and learning that do not need him to pick colour differences.
- When your child is old enough to read, label coloured pencils and other objects so that he can choose the 'right' one. Ask his teacher to do this in the classroom too. This can help your child avoid being embarrassed or teased.
- Check out support groups and websites for colour-blind children and their families – see below.

Children who are colour blind can see as clearly as other people, but can't tell the difference between some colours or see colours differently from other people.

Very few people who are colour blind are 'blind' to all colours – most often they see red and green as very similar.

It's good to know if a child is colour blind because he may have difficulty at school with activities that use colours, such as drawing and sorting blocks, and with computers.

When do children know colours?

- Very young children can see the difference between colours if they are not colour blind. They do not see colours very well at first but soon begin to like colours, especially bright colours.
- However, children under about 4 years may not understand that a green ball is the same colour as green grass. They can be confused when we use the same describing word for 2 very different things.
- Children need more understanding of things like colours, shapes and sizes to 'see' that different things can be the same colour.
- Many children are able to recognise and name colours by the time they are 4 years old.

What is colour blindness?

In the retina at the back of the eye – the part of the eye that picks up light coming in – there are 2 types of cell, 'rod cells' and 'cone cells'.

- Rod cells work in low light but they do not 'see' colours. At night, our rod cells allow us to see things around us, but only in shades of grey and white.
- Cone cells react to daylight and they help us to see the detail in objects. They also pick up colours.

There are 3 types of cone cells: ones that pick up red light, others green and others blue.

- By combining the messages from each set of cone cells, we get the wide range of colours that we can normally see.
- If one or more of these types of cone cells is faulty, a person can be colour blind.

How do I know if my child is colour blind?

It can be hard to tell if children are colour blind as they won't know that they have problems with their colour vision. Some children will seem to know their colours because they've been taught that a strawberry is red and that grass is green. If your child seems to have trouble identifying colours after the age of four, such as sorting objects by colour or colouring in, talk to your doctor or community health nurse.

Who is colour blind?

Colour blindness is usually inherited. If you have inherited colour blindness, it won't get any better or worse.

Most people inherit colour blindness from their mother, who is a carrier but is probably not colour blind.

Around 8 in every 100 boys, but only 4 in every 1,000 girls, have some level of colour blindness.

Some foods, particularly green vegetables, can look repulsive to colour blind children.



photo: Peter Lettenmaier

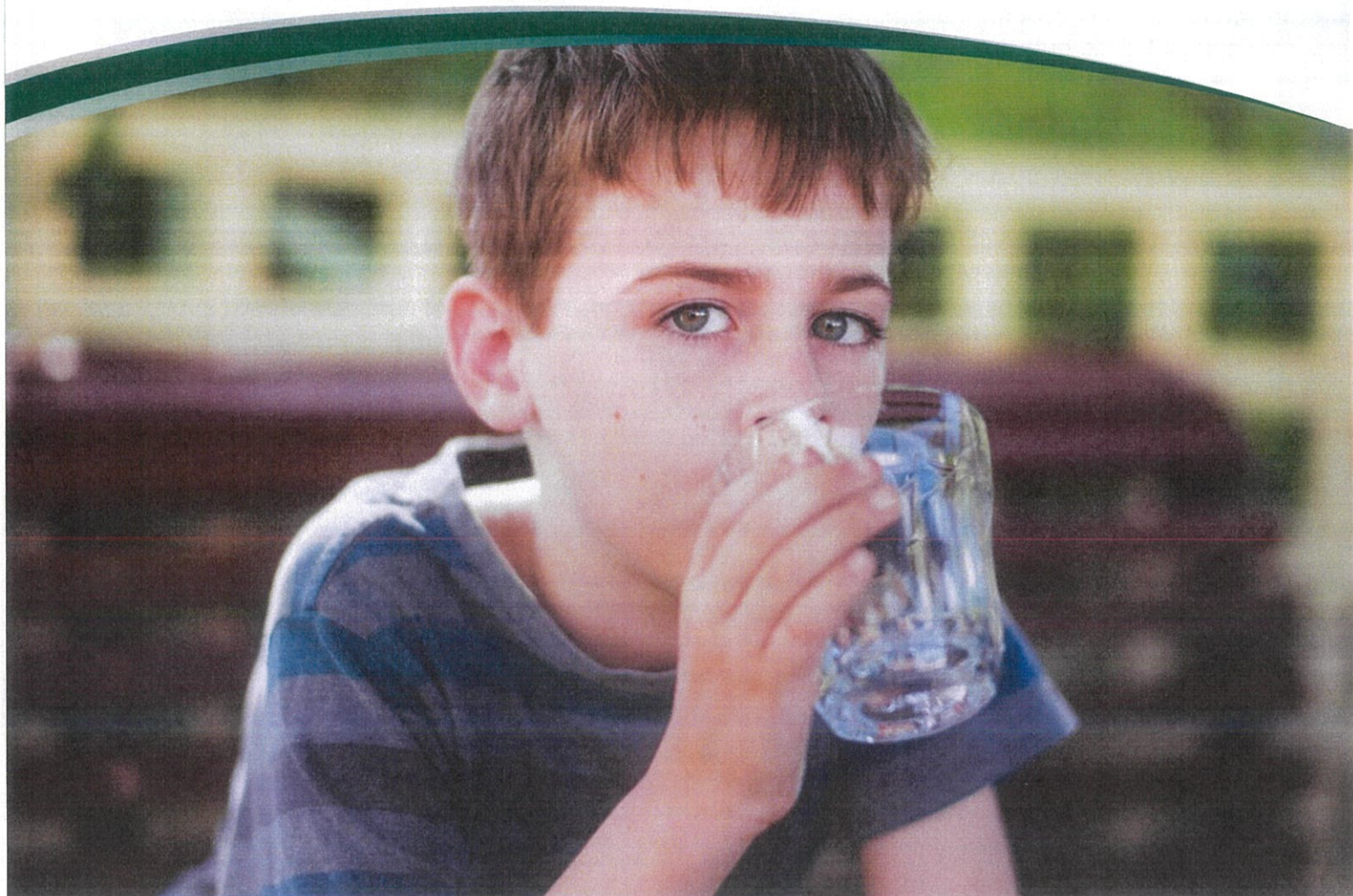
Why is it a problem?

- Many daily activities, such as choosing food or reading involve colour. People who can't see the difference in colour have to rely on other differences, which may be harder to pick.
- In the classroom, teachers use colour for contrast, sorting, marking, and even to provide an attractive environment. A young child with colour vision problems might have to sort coloured coded blocks by size differences alone.
- Colours are often used in print and on computer screens to highlight important words. The only way some children may know that the words are important is if the shade is slightly lighter or darker.
- It can be hard to tell if fruit is ripe, meat is properly cooked, or if the sauce is tomato or chocolate. Some foods, particularly green vegetables, can look repulsive to colour blind children.
- Pedestrians and drivers may only be able to tell red and green traffic lights apart by their position (red above green). In normal daylight this may be easy, but can be very difficult on a dark, wet night.
- There are some jobs that are hard or unsafe for people with colour blindness, such as where wiring or warning lights are colour coded.



School Health Services

Health information for parents and carers of upper primary children



Your child will soon be a teenager, so now's a good time to think about some important health issues.

School health services

School health nurses provide a school health service through primary and secondary schools. If you have any concerns about your child's health, contact the school health nurse through your school office.

Other people who may be able to help are the school psychologist, your child's teacher, your doctor, or your local child development centre – see healthywa.wa.gov.au/childdevelopment

Healthy lifestyle

- Encourage children to keep physically active, choose healthy food, and get sufficient sleep.
- Eat dinner as a family to promote good communication and connection.
- Your child should have a dental health check every year. Contact the school dental health service or a private dentist.



Good mental health

Good communication with your child is always the best way to promote mental and emotional health. If you have any concerns about your child, talk to your doctor, community school health nurse or school psychologist. Find out more at raisingchildren.net.au

Immunisations

With your consent, your child will be offered immunisation against diphtheria, tetanus, pertussis and human papillomavirus (HPV) in Year 7, and meningococcal (types A, C, W and Y) in Year 10. Find out more at healthywa.wa.gov.au/immunisation

Puberty

Now is a good time to discuss physical and emotional changes with your child. We recommend **Talk soon. Talk often. A guide for parents talking to their kids about sex**, available from healthywa.wa.gov.au/Talk-soon-Talk-often

Schools usually teach students about growth and development during Years 5 and 6. Your child's teacher can give you more information about these classes.

Scoliosis

This is an abnormal, sideways curvature of the spine. It can develop during early adolescence, usually between 10 and 13 years. Your school will give your child information about checking for scoliosis in Year 6. If you have any concerns, talk to your doctor or community school health nurse. Find out more at raisingchildren.net.au

Vision

Take your child to your doctor* or an optometrist* if your child:

- covers or closes one eye when reading
- holds books very close
- complains about eyestrain or headache
- complains about double vision or blurred vision with reading or blackboard viewing
- complains that words move on a page
- loses place with reading, or skips words and lines
- has a short attention span when reading
- rubs their eyes a lot.

*Check with your doctor/optometrist about bulk billing.



For more health information including child development:

- healthywa.wa.gov.au
- raisingchildren.net.au

This document can be made available in alternative formats on request for a person with a disability.

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Scoliosis



better health • better care • better value

For more information contact

- Local school health nurse
- Local family doctor
- Scoliosis Australia
www.scoliosis-australia.org
- Raising Children Network
www.raisingchildren.net.au
- HealthyWA
www.healthywa.wa.gov.au

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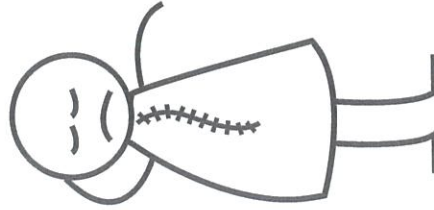
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Treatment for scoliosis

- Most scoliosis is very slight and needs no treatment.
- The earlier it is detected, the better the long-term result.
- Your doctor will watch small curves while your child is growing to see if they get larger. Most don't get large enough to need treatment.
- If the curve is large or getting larger and treatment is needed, the results are very good, especially when the curve is found early.
 - In most cases, your child will need to wear a spinal brace. These are worn almost all the time under clothes for several months.
 - In a few cases, your child may need an operation.
- People with scoliosis need to exercise normally and stay fit for their general health and wellbeing.
- Physiotherapy and chiropractic treatment cannot cure scoliosis.
- Untreated severe scoliosis can cause back pain and breathing problems.



What is scoliosis?

The normal spine has three curves – one in the neck, one in the upper back and one in the lower back.

You can see these curves from the side, but when you look at someone from behind, their spine should look straight.

If the spine has a sideways curve, this is scoliosis (sco-li-o-sis).

- About 1 in 15 girls develop some scoliosis during their growing period, from about 9 to 14 years. In most cases the curve is mild and does not need treatment.
- Scoliosis is less common in boys.
- Only about 3 in 1000 children have curves large enough to need treatment.

What causes scoliosis?

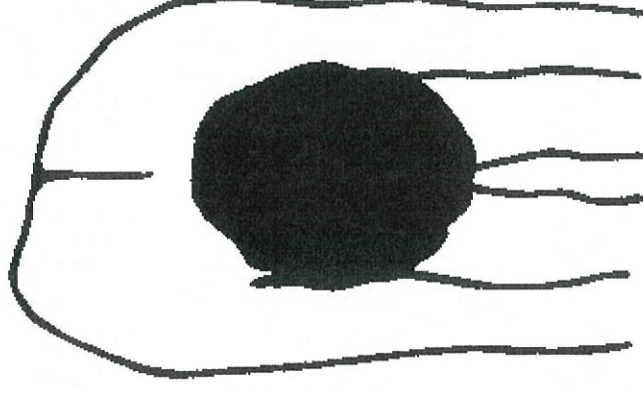
We don't know the cause of most scoliosis, although female scoliosis tends to run in families.

When we can't find a cause of it, it's called idiopathic scoliosis.

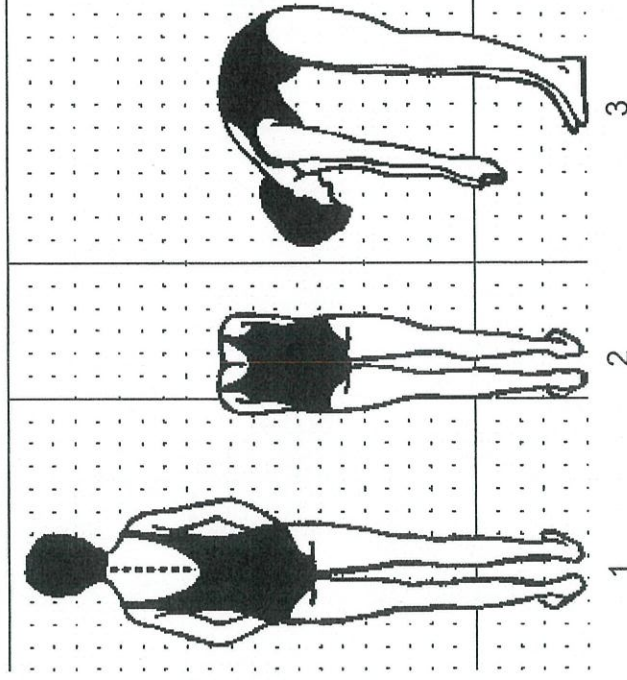
In a few children, other problems can cause the spine to bend sideways, such as a muscle spasms or an injury to the spine, unequal leg lengths, or problems with muscle control (such as cerebral palsy). If we can treat these causes, the scoliosis will go away.

Signs of scoliosis

1. Ask the child to stand up straight, with feet together and arms hanging by their side (Position 1). Stand behind and look at their back.
 - Is one shoulder higher than the other?
 - Is one shoulder blade higher or does it stick out more than the other?
 - Does one hip stick out more than the other?
2. Ask them to bend forward with their legs straight so that their hands are near to their feet (Positions 2 & 3). Look from front, back and side.
 - Is one side of the back higher than the other?



How to stand



- Sometimes with scoliosis, one side may be higher at the top of the back while the other side is higher in the lower back.

- If you see any of these signs, the child should see a doctor, who will check and x-ray them if they think your child needs to be referred to a specialist.
- If the scoliosis is more than a mild curve, your child will have x-rays every few months to measure the curve and see if it's getting worse and needs treatment. In some cases your doctor may recommend treatment straight away.