

PRINCIPAL'S REPORT

Dear Parent Community

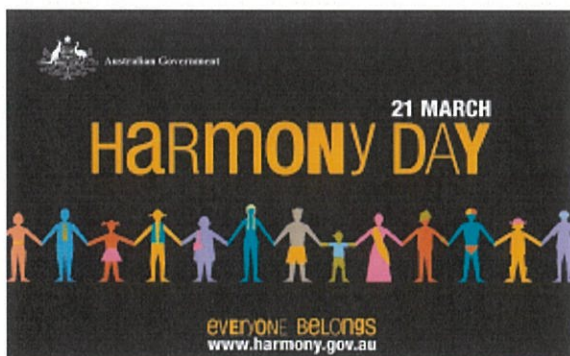
This week was the main testing window for the 2023 NAPLAN tests. Everything went very smoothly. A major worry with the online testing is always the risk of equipment failure, but the new computers worked well. Mr Robins who handled the technical side of things and the class teachers Ms Hale and Mrs Walsh who handled the curriculum side of things, are very experienced with the testing platform and worked together to ensure the testing was successful.

There were a number of children absent from our Year 3 and 5 classes. Hopefully we will be able to test these children next week when they attend school.

In previous years the tests were conducted in the middle of term and we would generally get the results back in August, which was perhaps a little late for that year. With the testing this year being done much earlier than in previous years we are hoping to get the test results back promptly so we can effectively use the data to plan for the children's learning.

Kind regards

Ray Knight
PRINCIPAL



Number 4

17 March 2023

Coolbellup Community School
ABN: 24 101 864 328

15 Waverley Road
COOLBELLUP WA 6163

Telephone: (08) 9487 9500

coolbellup.cs@education.wa.edu.au

PRINCIPAL
RAY KNIGHT
DEPUTY PRINCIPAL
ALEXANDER ROBINS

Dates to Remember:

Tues 21 March:
Harmony Day

P&C AGM 1:30pm

Fri 24 March:

Summer Carnival -
Years 4 -6

Fri 31 March:

LA12 Assembly

Wed 5 April:

Reward Day

Thurs 6 April:

Easter Bonnet
Parade

Last day of Term 1

Wed 26 April:

Student's return -
start of Term 2

Administration

2023 VOLUNTARY CONTRIBUTIONS

Thank you to parents/carers who have already paid their child's voluntary contribution for 2023.

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.

Thank you.

SunSmart Tips

Ultraviolet radiation can penetrate clouds so do not be fooled when it's overcast. Protect yourself from the sun when the UV Index is 3 or above.

Cancer Council Western Australia says: **Be SunSmart!**

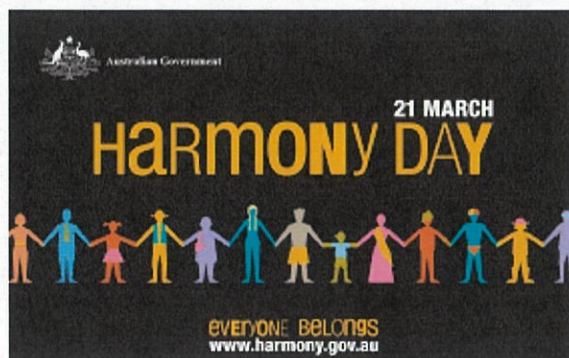
- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Seek shade
- Slide on some sunglasses

Use a combination of these sun protection measures outside when the UV Index is 3 or above.



Fundraiser Day - Bali Sister School

Our first 2023 Fundraiser Day for our Bali sister school, SD2 Liligundi will be held on Tuesday, 21 March to coincide with Harmony Week 2023 (20 -26 March). Harmony Day is usually celebrated on 21 March each year.



Your child(ren) are welcome to dress up on this day to celebrate Harmony Day and/or for our fundraiser. Orange is the unique colour for Harmony Day, symbolising the freedom of ideas and encouragement of mutual respect.

All students from Kindy to Year 6 are encouraged to dress up in their cultural or traditional wear and to bring along a gold coin to donate towards SD2 Liligundi. Alternatively, students can dress up in an orange-coloured outfit or wear an orange coloured accessory.

Some ideas for Australian cultural dress up can include:

- Colours of the Australian Aboriginal flag
- Green and gold
- Colours of the Australian flag



Gold coins will only be collected on Tuesday, 21 March (Week 8) for our sister school, SD2 Liligundi in Buleleng, Bali. There will also be a raffle with three themed prize packs up for grabs. *Please bring extra gold coins to purchase tickets for this.*

Thank you for your continued support of our Bali sister school. We look forward to seeing your child(ren) in their orange clothes or their cultural or traditional wear on 21 March.

Christiana Bain
Indonesian Language Teacher



Come join in the fun at

COOLBELLUP COMMUNITY SCHOOL

for

Cooby Kids RHYME TIME



Let's sing, dance & play!

Participate with your pre-schooler in a morning of singing, dancing, creating and playing to help develop early literacy skills.

DETAILS:

Wednesday mornings of Term 1

Beginning 15th February, 2023

9.00am - 10.30am

Cost: FREE

Please bring your own morning tea snack



CONTACT:

For more information or to register:

Call - Coolbellup Community School: 9487 9500 or

Email - Michelle Barr: michelle.barr@education.wa.edu.au

Fremantle College for Year 4, 5 & 6 students

Looking for a secondary school that offers a wide range of programs, state-of-the-art facilities and supportive teaching staff? Look no further than Fremantle College. We are proud to offer a safe and inclusive learning environment where all students can thrive and achieve their full potential. To find out more about the Specialist Programs on offer at Fremantle College, register to participate in a Webex Information sessions at:

<https://fremantlecollege.wa.edu.au/specialist-programs-webex-information-sessions/>

Applications for Approved Specialist Programs at Fremantle College close on Friday 26 May 2023. Apply today at:

<https://fremantlecollege.wa.edu.au/applications-for-approved-specialist-programs/>

Specialist Programs

Webex Information Sessions



FREMANTLE
COLLEGE

Current Year 4, 5 and 6 students and their families are invited to learn about the Approved Specialist programs available at Fremantle College via online Webex Information Sessions. Separate sessions will be run for each of our Approved Specialist Programs:

Specialist Contemporary Music - Monday 20 March 2023 at 4:00pm

Specialist Marine Studies - Tuesday 21 March 2023 at 4:00pm

Specialist ICT - Wednesday 22 March 2023 at 4:00pm

Register Now

Year 6 Student Programs - Lynwood Senior High School

SOCCKER ACADEMY SPECIALIST PROGRAM

Lynwood Senior High School *Soccer Academy* is holding trials for Year 6 students only on **Thursday 4th May 2023** in Term 2.

We welcome interested Year 6 2023 students to apply.

Parents/Carers can find our application through our website www.lynwood.wa.edu.au under Specialist Programs.

All applications can be emailed to Bree.Faranda@education.wa.edu.au along with the student's most current school report.



SCHOOL ENVIRONMENT AND LIFE SCIENCES SPECIALIST PROGRAM

Lynwood Senior High School *Environment and Life Science (EaLS) Program* is holding testing on **Saturday 24th June 2023** of Term 2.

We welcome interested Year 6 2023 students to apply.

Parents/Carers can find our application through our website www.lynwood.wa.edu.au under Specialist Programs.

All applications can be emailed to Bree.Faranda@education.wa.edu.au along with the student's most current school report.

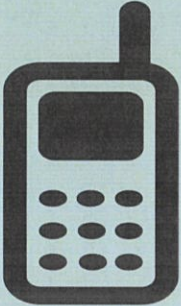
Message from School Nurse

See attachment from the School Nurse regarding Mental Wellbeing - Anxiety, Mindfulness and Building Resilience.



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.



MENTAL WELLBEING!!!

Anxiety – how to help your child

All children experience anxious feelings as part of their normal childhood development. Some anxious feelings include fear, agitation, nervousness, worry and apprehension. Some children find it harder to get these feelings under control and may experience anxiety more intensely and more often than others.

Anxiety is when the level of fear or worry about something is out of proportion to the level of risk or danger. Thinking about the situation makes them more worried and tense.

If your child is experiencing anxiety try to:

- Acknowledge your child's fear – don't dismiss or ignore it.
- Gently encourage them to do things they're anxious about, but don't push them to face situations they're not yet ready to face.
- Wait until they actually get anxious before you step in to help
- Praise him for doing something they're anxious about, rather than criticising them for being afraid.
- Avoid labelling your child as 'shy' or 'anxious'.

Your child might need some extra support if their anxiety stops them from doing the things they want to do or interferes with their friendships, school work or family life.

If you are worried about your child, contact your local Community Health Nurse, School Psychologist or General Practitioner. For more information about anxiety in children go to www.raisingchildren.net.au or www.healthyfamilies.beyondblue.org.au

Mindfulness

We can often spend time with full and tangled thoughts constantly whirling around our minds and then we miss the joy of the present moment. When you're mindful, you're able to pay attention to the present moment, and not get swept up thinking about the past or worrying about the future.

Mindfulness has been shown to help manage stress, build resilience and compassion, improve focus at work or in the classroom and can help with creativity and collaboration.

Adults and children can benefit from mindfulness, especially those who have a busy or restless mind or are experiencing stress, anxiety or other mental health issues.

To learn more about mindfulness for children and young people go to <https://www.kidsmatter.edu.au> or <http://au.reachout.com>. If you would like to try an online mindfulness meditation program for yourself or your child check out [Smiling Mind](#).

Building resilience

Resilience is the ability to cope with difficult situations and 'bounce back' when things go wrong. Young people need to develop resilience in order to navigate life's ups and down. As a parent, you can help your child to become resilient by giving him or her opportunities to learn and practise new skills, for example:

- Allow your child to solve some of their own problems. Learning to deal with issues builds skill and confidence. Don't jump in to fix things, unless the situation has got out of hand.
- Arrange a fun, child-friendly activity each week like a trip to the park, play date with a friend or watching a favourite movie. Regular 'ups' provide a bank of positive emotions to buffer against life's 'downs' that may involve disappointment or conflict.
- Help your kids to think positively. If your child is frustrated by a difficult maths problem, say, "I know that question was hard today, but yesterday I saw you solve a hard problem. You kept trying until you worked it out."
- If you have a disagreement with your child, the most important thing to do is to reconnect and repair the relationship. Let your child cool down then offer a hug or words of support. This has benefits for your child's mental health as well as their ability to deal with relationship problems throughout their life.

For more information about raising a resilient child, go to www.kidsmatter.edu.au or <http://raisingchildren.net.au> or contact your local Community Health Nurse Jessica Grant 9314 0100

