Parkfield Press

"An Independent Public School"

Growth Through Knowledge - 智識 の 成長

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10 March 2020 **#3 Term 1**

Dear Students, Teachers and Parents,
I would like to congratulate all the classes that braved swimming lessons last week. Our students showed true resilience and perseverance to complete their lessons in less than favourable conditions.

One of our new whole school programs we are implementing this year is The Zones of Regulation. This program is about teaching self-awareness and self-regulation to our students. You may have your child come home and talk to you about being in the Yellow or Red or Green or Blue zone. Please see your class teacher for more information.

Year Six Camp to Mornington Mills

We would like to wish all the very best to our Year Six students, staff members and parent helpers who leave next week for the annual three-day camp to Camp Mornington. It is a highlight on the calendar for our Year Six students and the agenda is packed full of exciting and challenging activities.

We do have payment plans for any parents who have difficulty with camp payment. Please contact the office on 97965900.

Breakfast Club Program

We are very fortunate at Parkfield to have an outstanding before school breakfast program that serves up about 100 items each day. A huge thank you to the parents that have already kindly donated items to the canteen. Many parents may be unaware that their children use this service and it would be great if you could have a chat and donate some milo or margarine to keep us going.

Before School Parent Supervision

Parents who come to school with their child before 8:30am can **sit** with them outside their classroom and are responsible for their child. ***No playing*** outside classrooms please. Friends need to go to the undercover area or oval.
Students who arrive at school before 8.15am must go straight to the undercover area with their bag. If the weather is fine they will be dismissed to the oval at 8.15am and must take their bag with them. We have teachers on duty in the undercover area, around the blocks and on the oval at the notated times.

P&C Reminder 2020 AGM

Parkfield P&C AGM will be held tonight, Tuesday 10th March 2020 at 7pm in the staffroom.

It would be great to see as many parents as possible support the school and its students by attending and taking on positions of responsibility.

1,2,3 Magic & Emotion Coaching

This program is being generously offered to Parkfield Parents by Accordwest. Flyers went home last week and we do have a limited capacity so it will be first in to fill the 15 places available.

Contribution and Charges

We would like to take this opportunity to encourage those families who have contributions outstanding, to consider payment as soon as possible.

So far we have collected;

	Invoiced	Paid	Percentage
Kindy	$4860	$2280	46.92%
Pre Primary	$5280	$2358	44.65%
Primary	$26,235	$10,435	39.78%

The Smith Family

In 2019, Parkfield Primary School joined the *Learning for Life Program* sponsored by The Smith Family. This was a coup for our school and means that we are able to offer support to needy families for the duration of a child's school life; primary, secondary and tertiary.
Selected parents need to meet the criteria to be eligible for a Smith Family scholarship. If you have a **Centrelink** or **Healthcare card,** please contact the school to discuss your eligibility.

Dental Screening

Australind Dental Therapy will be conducting Dental Health Screening for Pre- Primary, Year 3 and Year 6 students on Thursday 12th March at the school. This is a Dental Growth & Development Assessment and not a check-up for cavities.

Ph 97970266
AustralindDTC@dental.health.wa.gov.au

Thank you.
Charlie Serravite
Principal

Sports Update

This term, students in Years 5-6 will be participating in the **House Swimming Carnival**. Thank you to Mr Brooks for completing the 50m Swim Trials and to the students that persevered in the challenging conditions. Students will now spend their sport sessions getting organised into their events. Permission notes will be coming home this week.

DATE TO REMEMBER

- House Swimming Carnival (Yrs. 5-6)
  Week 8, Friday 27th March.

The Swimming Carnival will be held at the Harvey Town Pool. We hope to see a good crowd at the Carnival, as it really adds to the atmosphere and certainly motivates and encourages the students. Free entry and shade for spectators.

Thank you to the Australind Swimming Club and parents that have offered to help at our carnival. Your offer to help is greatly appreciated and all positions are now filled.

Thank you.
Trevor Sleight
PE Teacher

SUN, MAR 15 AT 6:15 PM - 9:00 PM

Parkfield Crusaders First Fundraiser For Relay For Life

Grand Cinema Bunbury

Please support our Relay for Life Fundraiser. Tickets $20 each and includes a pre drink, Nibbles and a chance to win the door prize.

Pre – function 6.15pm
Movie starts 6.45pm

Please contact Joey Pippin to book your tickets on 0438 177 584.

P&C News

Our **AGM is on tonight at 7pm** in the staffroom where all committee positions are declared vacant. We are especially looking for a new President, Vice President and Fundraising Coordinator. If you would like more information on any of these roles please contact us via email, parkfieldpandc@gmail.com, our Facebook page or our secretary Rebecca on 0408 301 419.

We need more parents to become actively involved in the P&C, attending meetings, volunteering and taking on roles to be able to continue operating and supporting the school.

Thank you.
Parkfield P&C

Chaplain's Chat

It is so great to be back as a part of Parkfield – it has been a part of my life and heart for 17+ years, when my eldest child came into Year 4, my second into Year 2, my third into Kindy and my fourth being a newborn!

Thank you to all for the very warm welcome I've received and to those who have already come and said hello. I am so very excited being in this new role of Chaplain. I finished my first 'week' (Tuesday and Thursday) with a huge smile on my face and a very full heart.

I am very thankful to be journeying along with you through your Parkfield years and I personally know how important it is to have a friendly face, listening ear and support networks around you to deal with the everyday challenges of life and the big (sometimes unexpected) ones.

My key roles at Parkfield are;

- Providing pastoral care for students
- Providing a link between the school and local support agencies
- Supporting and building upon our existing Virtues and Wellness projects.

Warm regards
Mrs Jo Campbell - School Chaplain

Awesome Effort Girls

On the long weekend Ella Larkman and Sally Miller travelled to Geraldton for the Annual WA Country Pennants representing Australind Swimming Club. Over the weekend Ella won silver medals in the U10 Yrs 50m Breaststroke and Freestyle events and Bronze in the U12 Yrs Medley Relay. She then teamed up with Sally in the U10 Yrs Medley and Freestyle Relays to win Silver medals in both events.

What a great start to Term 1 we've had at OSHClub. We have welcomed lots of new children and their families to our service.
The children have been loving many outdoor games and activities in the warmer weather, as well as making the most of those wet weather days by enjoying some puddle stomping.
The children have been getting active with some fun new experiences like Yoga and Bootcamp Dice as well as Go Noodle. These activities have been loads of fun and provided us with lots of laughs in the process.
This term in our home corner we now have a tea and coffee station enabling us to enjoy endless amounts of tea and coffee (if only they were real). This allows the children to express themselves by role playing and learn through engaging with others socially.
At OSHClub we love recycling so if you have any boxes, plastic lids or containers that would otherwise end up in landfill we would love the donations.
Also a reminder to families that due to an increase in numbers please ensure you keep up to date with bookings to avoid disappointment.
If you have any enquires regarding OSHClub please don't hesitate to contact me.
Gemma

OSHC program phone: 0478079262
Email: parkfield@oshclub.com.au
Coordinator: Gemma Hogermeer
OSHClub Head Office: 03 85649000

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.auAll bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.

Term 1 & 2 AFL X Schoolgirls Cup Details:
Weeks: 9 & 10 of Term 1 and 1 & 2 of Term 2
Day: Wednesday Afternoon **Time**: 4pm till 5pm
Cost: Free **Location:** Leschenault Playing Fields (maybe subject to change)
Year Levels: Year 4 through to Year 6
Numbers: 10 -12 girls per team would be ideal
Please contact **Nathan Douch**
South West Region Development Officer
West Australian Football Commission
M: 0400361188
E: ndouch@wafc.com.au

FORTNIGHTLY TIP - BEHAVIOUR AND EXPECTATIONS

Creating clear expectations, routines, and consistency means kids are able to predict the kind of behaviour that's acceptable.

Remember, it takes time and practice to understand and learn new routines - but here are some tips to help.

- Children need and want boundaries. Like any relationship, the best way to do this is through communication. Let your child know what is going to happen and what you expect from them.
- The key points of boundary creation are: set the routine, give them notice, be predictable, and be consistent.
- Schools use signals (e.g. a bell) to indicate when they need children to stop an activity, or change focus. You could make your own sound signal.

As an example, when it's nearly time to leave the park, communicate and set the expectation. Let your child know they have 5 minutes left and get them involved by allowing them to help you set a timer on your phone or watch. This way, they will know what the alarm means and expect to change their focus when they hear it.

What's On the Noticeboard

Tree Street Art Safari 2020 – A free community event to be held on **Saturday 21st March 2020** from 10:00am – 5:00pm. The Tree Street Art Safari will again weave its way through the streets of Bunbury showcasing regional artists in yards, studios and homes within the Tree Street Area. The exhibitions include all mediums such as jewellery, painting, sculpture, woodworks, ceramics and pottery.
Download the map at stirlingstreetarts.com.au, email events@joodea.com.au or collect from the Stirling Street Arts Centre, Bunbury Visitor Centre or the Bunbury Regional Art Gallery.

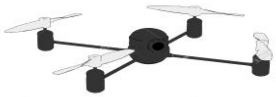
Bunbury Junior Badminton
Have a try and Registration evenings are on Wednesday 18th and 25th March 6pm – 7.30pm at Badminton Centre, Rotary Drive, Bunbury.
Contact Rob 0417 990 431

Binningup Occasional Child Care Centre
Starts Tuesday 10th March
Bookings 0429 688 166
binningupoccasionalcare@gmail.com

Eaton Eagles Hockey Club Registrations
For Information contact Stacey Hart 0406 948 688
OR eatoneaglesjuniorhockey@outlook.com

Handed into the Office

Drone



Watch

UNIFORM SHOP HOURS

Open Mondays
8.45am - 9.15am
and Wednesdays
2.45pm - 3.15pm
Room 11, Block 4

EFTPOS is available with minimum limit of $10.00. There is No PayPass. Danelle can be contacted on 0423 079 342. Thank you.

Virtue For The Fortnight - Self-Discipline

SELF-DISCIPLINE means self-control. It is getting yourself to do what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You don't lose control of yourself when you feel hurt or angry, but decide how you are going to talk and what you are going to do. With **SELF-DISCIPLINE**, you take charge of yourself. When you practice **SELF-DISCIPLINE**, you are controlling your own behaviour so others don't have to. **SELF-DISCIPLINE** brings you freedom. You get things done efficiently and have order in your life. Without **SELF-DISCIPLINE**, we procrastinate. We eat things we shouldn't. We lose control of our emotions. Then people feel hurt. With **SELF-DISCIPLINE**, life is more peaceful. Observe your feelings and thoughts, then decide how you are going to behave. If you feel angry, instead of yelling or hitting, you can acknowledge your anger, then use a calm voice to tell someone you are angry and why. It is your choice.

What would SELF - DISCIPLINE look like if...

- You have put off doing a big job for some time?
- You are really angry when your brother starts wrestling with you?
- You keep getting punished for breaking a rule?
- Your family has a rule of two lollies after school but no one is watching?
- You notice you are watching too much TV and feeling lazy?

Signs of Success are when you….

- Speak and act calmly when you are hurt or angry
- Get things done in an orderly, efficient way
- Create routines for yourself
- Do what is expected without people having to watch over you
- Do things on time

Affirmation: I have self-discipline. I use my time well and get things done. I choose my actions with detachment.