# Parkfield Press

*"An Independent Public School"*

**Growth Through Knowledge - 智識 の 成長**

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**21 March 2017** **#4 Term 1**

Dear Students, Teachers and Parents,

As adults, what do we expect from children when we talk with them? Should we expect their close attention and active engagement in return? Do we wish that they'd put down their electronic device so we could talk with them without distractions? And how often do we stop to consider what we are modelling for them ourselves?
It is important that with our post millennial children we still remember the importance of speaking and listening. Our current data shows clear evidence that students are coming to school with reduced vocabulary and increasing speech problems. This greatly affects their ability to read and write as they progress through formal schooling.
Why not have a conversation as a family about how much time you spend having a conversation?

**Attendance**
We appreciate all the parents and care givers who have contacted the school regarding absences. The Parkfield App is a very easy, efficient way of notifying the school of your child's absence.
I would also like to remind parents that are taking a holiday during the term that you must write to the school informing us of your intentions.
Our School Attendance Officer Mrs Shellie Anderson will soon be writing to parents who have not submitted explanations for their child's absence. It is critical that for every student absence we have a reasonable explanation from the parent/caregiver.

**School Contributions**
Thank you to those parents who have already paid the school Contributions for their children. We would like to take this opportunity to encourage those families who still have Contributions outstanding, to consider payment as soon as possible. Reminder letters will be going home this week to families who are yet to pay the contributions for their children.
All $60 Contributions whether for Kindy, Pre-primary or Years 1-6, go towards the purchase of much needed resources for our students.
This year, all families who pay their fees will go into a draw to win a wonderful prize donated by the P&C.

Charlie Serravite
Principal

## *Learning Lunchboxes*

**A nutritious and balanced diet is important to your child's growth, development and learning. The food that goes in a lunchbox can make up to a third of your child's daily nutrient intake and eating healthy food will help your child to concentrate during the day at school.**

**Here is a tip so you can make sure your child is getting a healthy learning lunch every day!**

**Lunchbox balance -** Try to include something from all five food groups in your child's lunchbox – fruit, vegetables, grains, protein and dairy. Try to make sure your child gets the right portions of each food group in their lunchbox – 1 serve of fruit, 2 serves of vegetables, 1 serve of protein, 2 serves of grains and 1 serve of dairy. If your child is particularly active or a little bit older, you may also like to include one extra snack. Children often like 'finger' foods, so try chopping up some veggie sticks (such as carrot, cucumber and snow peas) as a snack for their vegetable intake.

## ***Free 2 hour Parenting Workshop 'Managing Fighting and Aggression'***

Come along to find out why children fight and to discuss some positive strategies to manage behaviour and encourage cooperation in children.

| | |
|---|---|
| Date: | 3rd April, 2017 |
| Time: | 1.00 – 3.00 pm |
| Venue: | St Joseph's School, Bunbury |
| Facilitator: | Rosemary, Child Health Nurse |

Free crèche available at St Joseph's school – bookings essential 1 week prior to workshop.

Government of Western Australia
WA Country Health Service

Bookings and information phone 9795 2888 or visit our website www.childheath@health.wa.gov.au

***PRIDE* - 誇り** ***RESPECT* - 敬意** ***INITIATIVE* -自発**

# Junior Youth

Primary School Years 3 to 6.

*Fun *Games *Outings

Every Friday of the school term.
4.30pm to 6pm

From Friday the
10th February 2017

Contact Mr Geoff Harrison
(Parkfield School Chaplain)
On geoff180abc@gmail.com or at school for more information.

When you throw a **battery in the bin**, there is a risk of **toxic substances** entering our **earth** and **ground water**

**What can we do?**

Do you know you can dispose of your batteries safely, **free of charge**? Most tips will have a separate area to dispose of batteries and items that contain batteries e.g. phones, cameras. Still not sure where? Give us a call 9792 7350.

Have you thought about rechargeable batteries? Technology has greatly improved in recent years. Many rechargeable batteries can now be recharged hundreds of times. This will help the environment and save you money long term. Why not give them a go?

Together we can watch our waste and help create a sustainable future for the South West.

***Emma Clay***
***Waste Education Coordinator***
***Bunbury Harvey Regional Council – Wellington Regional Waste***

# Notes" from the Music Room...

Our 'Special Groups' are progressing really well. The Junior Choir has 42 enthusiastic members and all are enjoying learning the skills of singing in a choir. The Senior Choir is a little smaller but with the maturity of older voices, they are making some lovely music. Both of these choirs will perform at the school's ANZAC service on Friday April 7th at 12.00 noon. *Parents, please ensure your child is dressed in complete school uniform for this performance.*

The Ukulele Students have already learned lots of new chords. Many of the more 'experienced' members of this group will play at this week's Senior Assembly. The orders for new ukulele's were sent off last week. I hope they will arrive before the end of the term so the 'newer' members will be able to get in lots of practice during the school holidays. Finally, our D.R.U.M. group continues to create quite a rhythmic vibe every week. If you are passing the Music Room after 8.15 am on a Wednesday morning you've probably heard us!

As mentioned in the last Newsletter, Performing Arts jackets are available from the Uniform shop. Any child from Year 4 onwards who is involved in any of our Performing Groups (all of those listed above) are eligible to purchase one of these.

As always, please come see me in the Music Room if you have any questions about your child's music education.

Mrs Jodie Rogers

# *Play Rugby at Barbarians in 2017*

Boys and girls from 4 to 18 years are welcome to join the fun. We encourage beginners.
Train in Australind on Fridays from 5pm. Game days are local in South West on Sundays (early afternoon) from 30 April, 2017.

Find details and **REGISTER NOW** online at **www.juniorbarbarians.com.au**.
UNIFORM FEE PACKAGES & FAMILY DISCOUNTS available. KIDSPORT welcome.

**Contact:** juniorbarbarians@gmail.com
or Kim Doyle 0411 136187
**Bunbury Barbarians**
**Junior Rugby Union Club.**

# Harvey Brunswick Leschenault Junior Football Season 2017

**REGISTRATION INFORMATION FOR 2017**

*We are inviting boys and girls from Years 4 -12 to register with HBLJFC.*

*Fees for the 2017 season will be $125 per player and payment will need to be made when registering. Online registrations are now open.*

***Youth Girls Competition***

*The youth girl's competition will have two grades, Years 7–9 and Years 10-12. We will have two HBLJFC teams and we are encouraging girls to register their interest. Please contact Katherine Madaffari if you have any queries on 0437 286 254.*

# OSHClub
Before & After School Care

This past fortnight we have been concentrating on caring for our environment. We participated in Clean Up Australia Day by doing our own rubbish collection around the school oval, as well as working with Coles to recycle our plastic bags. We also had fun designing our very own Pokémon cards.
If you have any enquiries regarding OSHClub please don't hesitate to contact me.
Gemma

Operating Hours: 6:45am-8:45am and 2:30pm – 6:00pm
Location: T3 Transportable
Coordinator: Gemma Hogermeer
Phone: 0478 079 262
E-mail: oshclub.parkfield@gmail.com

*All families must be enrolled to attend the program. Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.*

# BUNBURY JUNIOR BADMINTON

**HAVE A TRY &**
**REGISTRATION EVENINGS**
**AGES 7-17**

**Wednesday, 29th March** 5.30 - 7 pm
**Wednesday, 5th April** 5.30 - 7 pm

Badminton Centre, Rotary Drive
Next to South West Sports Centre
Contact: Donna 0447 958 322

# Riverlinks Child Care Centre
*1 Leisure Drive, Australind Phone 9796 0040*

## VACATION CARE
## APRIL PROGRAM 2017

*Riverlinks Outside School Hours Care are now taking bookings for the April holidays.*
*Riverlinks Vacation Care takes all the worry out of what your child is going to do during the holidays. We provide a program of exciting activities, craft, excursions and incursions for your children.*
*Come and join in the BIGGEST HOLIDAY PROGRAM– come on an excursion to the Marlston Hill Playground Beach in Bunbury and bushwalking with a spot of bird watching at the Kingston Walking Track. We will be doing loads of craft activities where the children will have the opportunity to make and take home their items. With Easter falling during this time look out for all the Easter activities on offer too.*
*The program is available for Kindy – Year 7 children. If you don't want your child to miss out on a fun filled vacation period, come and get your bookings and enrolment forms for the holiday. Positions fill fast! Opening hours are 7 am until 5.45 pm.*
*Our Centre provides healthy and nutritious morning and afternoon teas and a quality care, age appropriate program. Child care benefit is available to reduce fee payments and you may be eligible for up to 50% out of pocket expenses.*
*Please call the office on 97960040 for enquiries or come to the Centre to get a bookings form. Bookings* ***essential****.*

# P&C News

Hello all Parents and Caregivers,

Thank you everybody for attending the AGM last Tuesday night. I would like to take this opportunity to thank Keryn Williams for her years of participation while her children attended Parkfield and the last 2 years in the role of Treasurer, and Mel Templeton for being the fundraising coordinator over the past 12 months. Welcome Jo Ainsley (Vice President), and Sharon Mosaj (Canteen Coordinator) and to the returning committee members with a slight shuffle of positions Bec Harrop (Secretary), Bonnie Sommerville (Treasurer), Kelli Penman (Executive member) and Dani Butt (Uniform).

This does leave Fundraising Coordinator currently vacant. If you would be interested in finding out more about this role, please contact us.

This weekend is the start of The Weekend West and Sunday Times Classroom Cash coupons. Over the next 3 weeks please collect as many coupons from friends and family and drop them into box located in front office. It would be great to win a share of $20000.

Thank you to all the volunteers who helped with the Election day sausage sizzle. The day raised approximately $600, a great effort. These funds will go towards our commitment to improving resources within the school.

Collections for the Easter Raffle are currently underway. Raffle tickets will be sent out soon with every student but if you need more they will be available in the office.

I would like to thank our school community for the support in the past and look forward to seeing what we achieve together in the year ahead.

Catherine Stevens
Parkfield PS P&C President
parkfieldpandc@gmail.com

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# *Settlers Playgroup*

We currently have vacancies on Monday and Tuesday sessions.
Session time 9.30 am to 11.30 am.
Children's age groups: 0 – 5 years.

Fun activities, toys, craft, sing-alongs, friendship and morning tea.

Just bring along a piece of fruit for your child.

For more information call Claire on 0419 941 303 or Rosalind on 9725 8345

**UNIFORM SHOP HOURS**

Open Mondays
8.45 am - 9.30 am
and Wednesdays
2.45 pm - 3.15 pm
Room 11, Block 4

Old style sports polos are available at a super low price of $5.00. These are still classed as school uniform or great for team sports.
Danielle can be contacted on 0408 027 709.

## Classroom Roster for Canteen Volunteers Term 1

Please check to see if your class is rostered to help this term. Please call **Roz** on **0408 909 14.**

**Week 8**:
Tuesday 20/3/17 to Friday 24/3/17 **Room 16**
**Week 9**:
Monday 27/3/17 to Friday 31/3/17 **Room14**
**Week 10**
Monday 3/04/17 to Friday 7/04/17 **Room 13**

# VIRTUE FOR THE FORTNIGHT - HELPFULNESS

**HELPFULNESS** is being of service. It is doing useful things for people, such as things they cannot do for themselves, something they do not have time to do, or just little things that make life easier. It is important to be **HELPFUL** to ourselves too, by taking care of our bodies. There are times when we need help from others. That is a good time to ask for help. We all need help sometimes. We need people to teach us, and people to give us their strength or ideas. Sometimes we just need a friend to talk to. If there were no **HELPFULNESS**, there would be no cooperation. When we practice **HELPFULNESS** we get more done. We make each other's lives easier. When you are **HELPFUL**, you care about others. You don't wait to be asked. You notice what needs to be done and just do it. if you cannot figure out what someone needs, ask them "How can I help?" or "What do you need?" Remember to help yourself by eating healthy foods, exercising and getting plenty of rest. And remember to ask for help when you need it.

**What would HELPFULNESS look like if……**

- A friend is carrying a whole pile of books?
- It is time for dinner and your mother could use help?
- You notice that a friend looks sad?
- Your best friend asks you if he can copy your homework?
- An older person just slipped and fell?

**Signs of Success are when you:…….**

- Notice when someone needs help
- Do a service without being asked
- Give people what they need, not always what they want
- Listen to someone who needs to talk
- Care for your own needs
- Ask for help when you need it

**Affirmation:** *I am helpful. I look for ways to be of service. I care for others and myself. I look for helpful ways to make a difference.*