Parkfield Press

"An Independent Public School"
Growth Through Knowledge - 智識 の 成長

31 May 2022 #3 Term 2

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Dear Students, Teachers and Parents,

I would like to sincerely thank all our relief teaching and non-teaching staff and our part time staff who have done a wonderful job of filling in during this terrible time of COVID at Parkfield. Due to their efforts we have been able to continue to operate our classes. We are still averaging over 130 student absences per day and are not over the worst of the virus yet.

I wish all the staff, students, parents and community members that have been afflicted by COVID illness, a speedy recovery.

Reconciliation Week 2022
Reconciliation is a journey for all Australians as a nation. At the heart of the journey are relationships between the broader Australian community and Aboriginal and Torres Strait Islander peoples. This year's theme "***Be Brave, Make Change"*** is a challenge to all Australians – individuals, families, communities, organisations and government – to ***Be Brave*** and tackle unfinished business of reconciliation so we can ***Make Change*** for the benefit of all Australians. Thank you to everyone at Parkfield for being part of this important journey.

House Cross Country Participation Thursday 2nd June at 1.15pm
It is an expectation that all students in Years 3 to 6 participate **unless** they have a medical certificate, or obvious medical condition or are returning from COVID.
We encourage all students to do their personal best and be part of the whole upper school activity.

2023 Kindergarten Enrolments
Applications for enrolments for children entering Kindergarten in the 2023 school year are **now** being taken. If any of our Parkfield Community know of families that are eligible to enrol their children, please inform them to come to the school as soon as possible to fill in an application form. Please pass on this information to first time parents who may not be aware that they need to enrol now.

Parkfield's Got Talent
The annual extravaganza that is Parkfield's Got Talent, begins again soon. Entries close on Thursday 2nd June. This year performances are on at 1.35pm on Wednesdays and Thursdays in the undercover area beginning week 8 and into Term Three. Parents are welcome to attend.

Year Six Reconciliation Walk
On Thursday 26th May, students from Block 6 participated in the City of Bunbury Reconciliation Walk. They travelled to Koombana Bay and joined other schools and community groups in walking over the footbridge to the Graham Bricknell Memorial Music Shell.
I would like to thank Mrs Harper for organising the excursion and commend the Year Six staff and students on the terrific feedback we received about our participation in this important event. Well done everyone.

Dress in Blue for a good cause - Friday 10th June
This year our school will join others in the local area in marking Friday 10th June as **AHLIA'S KINDNESS DAY**. Ahlia was a year one student from Eaton Primary school who passed away in 2020 from DIPG, an aggressive form of brain cancer. Ahlia's mother, Katie Williams and uncle, Tom Buchanan are both past students at Parkfield.

We will be supporting the day and honouring Ahlia's memory in two ways:

- **Dress in Blue**. Friday 10th June will be Blue Day. We are asking for a gold coin donation from those who dress in blue (***and preferably baby blue***) which will go towards the charity RUN DIPG

- **Show some kindness**. Classes will participate in some activities aimed at spreading some extra kindness over the week

No Entry to Bus Bay or Staff Carpark
Parents, please don't drop off or pick up students in the Bus Bay or in the Staff Carpark at any time. They are very busy at peak times and not safe drop off spots.
We have many young students walking across these areas to the top carpark and they are not expecting cars in these no entry areas.

Thank you.

Charlie Serravite
Principal

Sports Update

This week on **Thursday June 2nd**, we have our annual **House Cross Country** event, which involves all students in **Years 3-6**. If your child is unable to participate for a certain reason, please provide a note to their classroom teacher. Students have already walked the course and please be aware that they will be leaving school grounds to run the cross country course. Teachers will be positioned around the course to ensure the student safety.

The Year 3/4 course is approximately 1000m and the Year 5/6 course approximately 2000m. **The event will commence on the school oval at 1:15pm**, with Year 3 students running first. Students finishing in the top five for their event will receive a place ribbon. The winner will also receive a championship medallion to proudly hang around their neck. Best of luck to all students and remember to pace yourself.

Thank you.

Trevor Sleight - PE Teacher

P&C Winter Raffle

As it's coming into winter we now have our Winter Raffle all ready to go. **So jump on Qkr! and get your tickets for $2.00 each.** The raffle closes Thursday 9th June at 6pm and is drawn on Friday the 10th June. Funds raised are going towards picnic tables for each year block.

We would like to thank the following businesses for your donations, without you the raffle is not possible. Trailer load of Wood - **Simcoa Operations**, fire pit, bag of wood and lighters - **Bunnings Treendale**, Whitey's Bundle - **Whitey's Tackle and Camping**, $50 Voucher - **Last Slice Bunbury**, $50 Voucher - **Treendale Farm Hotel**, x5 Jump Pass - **Gravity ETC,** x2 Eco Stainless Steel Clothes Pegs - **Parkfield P&C**, Place Mats - **Jenny Taylor Designs**, $50 Timezone card and x5 person laser tag voucher – **Timezone Bunbury.**

Follow our Facebook page to view pictures of these amazing

Thank you for your ongoing support.

Car Wash and Dog Wash Tokens

Titanium Car & Dog Wash, Pelican Point, Bunbury. Don't forget to purchase your discounted tokens through the Parkfield P&C.

Extreme Car Wash Tokens at **$12 each** or wash the pooch with a **K9000 Dog Wash Token** at **$8.00 each.** What a great saving! Tokens can only be purchased through the Qkr! App and will be delivered to your child's class. Thank you.

Chaplain's Chat

Greetings to you,

It has been another BIG fortnight for Parkfield and for me. Thank goodness for our Virtues focus (last fortnight – **understanding** and this fortnight – **peacefulness**) and our focus on the Zones of Regulation and 'zone tools'. They both have had a real workout and been very helpful this past fortnight for me and hopefully for you too.

I hear many nominations for Parkfield's Got Talent have once again rolled in – well done you creative, courageous and confident nominators you! I also hear the Simultaneous Book Reading and Dress Up Day was wonderful, inclusive and fun. I believe that the Year 6 Reconciliation Week walk last Thursday was wonderful too! All great news; and typical of our great school.

Looking forward to hearing and seeing lots more of the wonderful things happening this fortnight.

Take care everyone and remember to keep connected and reach out if you need to.

Until next time,

☺ *Jo Campbell*
YouthCARE Chaplain Tuesday, Wednesday, Thursday and alternate Mondays

The Lost Property Box located outside the Deputies office is overflowing. Please encourage your child to check the box if they have misplaced any uniforms or drink bottles etc. All unclaimed items are disposed of at the end of each term. Please ensure all belongings are clearly labelled making it possible to return the item to its owner.

Year Six Reconciliation Walk
Thursday 26th May

Newspaper Recycling

Just a reminder the P&C are still running the newspaper recycling program.
Please drop your newspapers **<u>without the glossy magazines</u>** off to the bin located outside the office to help the environment and raise some money for the school.

Cash for Containers

Parkfield is a collection point for Containers for Change. Please look for the many deposit points around the school and help raise money for our P&C.
We have our Containers for Change big green boxes, classroom bags and big blue sulo bins located near the canteen. **Our scheme number is C10313397** if you are depositing directly to vending machines. Please keep this number in a safe place and help us raise money to resurface the undercover area.
Thank you for your suppport.

Have you heard about Geocaching and want to know more about it?

Geocaching is a family worldwide treasure hunt using a GPS enabled device to seek containers called "caches" at specific locations marked by coordinates.

Come along: Beginners session with WA Geocaching Team
When: Saturday 4th June 2022
At: Bunbury Lawn Bowling Club, 72 Forrest Ave, Bunbury
Time: 2pm

<u>Please bring along your smart phone.</u>
There will be activities for the kids while you learn. It's free, **but you must register**. Please contact Sheree Cousens on 0439 439 220 before 3pm this Friday 3rd June. If I am unable to take your call, please leave a message with your phone number and how many family members are attending.
Thank you.

Road Safety Tips

***No Stopping* signs** are located around our school to help your children stay safe.
They mean that cars cannot park, drop off or pick up children at all, or in some instances, during the hours specified on the sign.

It may seem convenient to park or stop in these areas, but it may also endanger the lives of children, especially small children who cross the road or walk through this area to school. This sign consists of a red 'S' in a circle with a line through it.

Child and Parent Centre
Carey Park

GOVERNMENT OF WESTERN AUSTRALIA

Parenting Kids with ADHD

With Susan Hughes

FREE 3 Part Parent Coaching Workshop

If you are the parent of a child with ADHD, you may recognise some of the following challenges and feelings:

- Guilt – it's my fault
- Fear – will my child end up in prison?
- Sadness – sometimes I don't like my child
- Exhaustion – I'm so tired of the fighting
- Confusion – nothing is working
- Judgement – everyone thinks I'm a terrible parent
- Isolated – am I the only parent feeling like this?

The program is designed ***for*** parents of children with ADHD ***by*** parents of children with ADHD. The facilitators have hands-on experience living with ADHD daily.

https://susanhughes.com.au/adhd-parent-education

Session 1: Saturday 11 June – 9:30am to 2:30pm (30 minute lunch break, food provided)
Session 2: Saturday 18 June – 10:00am to 12:30pm (morning tea provided)
Session 3: Wednesday 22 June – 6:00pm to 8:30pm (online session via ZOOM)
Venue: Sessions 1 and 2
Child and Parent Centre – Carey Park, located inside Carey Park Primary School. Parking available on Ecclestone or Frankel Street. 828/829 bus route.
Register: Registration required, please phone 9721 6991 or message us on Facebook

Free creche provided for children up to 8 years of age (Saturday sessions only).

Susan Hughes ADHD Parent Coach M.Ed. ACC | Parenting Connection | Anglicare WA | In partnership with Investing in our Youth Inc.

Please keep checking the lost property box if your child has misplaced any items.

Thank You Athlete's Foot

Athlete's Foot recently **donated $130** to the school from their School Rewards Program. $5 is donated to the school from every pair of shoes sold. So don't forget to mention Parkfield PS if you purchase from the Athlete's Foot store.

Reece Madaffari from the Athlete's Foot presenting the cheque to Head Girl, Ciara Morten and Student Councillor, Gabby Drury.

UNIFORM SHOP HOURS

Open Mondays
8.15am – 8.45am
Wednesday
2.45pm – 3.15pm

EFTPOS is available with minimum limit of $10.00. There is no PayPass. Sarah can be contacted on 0400 716 544.

Virtue For The Fortnight: Peacefulness

PEACEFULNESS is an inner sense of calm. It comes especially in quiet moments of reflection or gratitude. It is getting very quiet and looking at things so you can understand them. **PEACEFULNESS** is a way of approaching conflict with others so that no one is made wrong. It is being fair to others and yourself. Peace is giving up the love of power for the power of love. With **PEACEFULNESS**, everyone wins. Practicing **PEACEFULNESS** helps to create a calm mind free from worry. When you are **PEACEFUL**, you respect others and their differences. People around you feel calm and safe. Without peace, no one is safe. People get hurt. Fighting doesn't solve problems, and no one ever really wins a war. With **PEACEFULNESS**, any problem can be solved. Peace in the world begins with peace in your heart. To find inner peace, become very still and think **PEACEFUL** thoughts. Observe and think about your feelings, like anger, instead of acting with anger. To be a peacemaker, use **PEACEFUL** language instead of name-calling, yelling or gossiping. Avoid aggressive or violent actions. Talk things out and listen to the other person too. Then look for a **PEACEFUL** solution. Peacemakers find there are lots of creative ways to solve any problem. Violence never solves anything.

What would Peacefulness look like if…

- Your brother bursts into your room and steps on a model or painting you just finished?
- There are students of another race or religion in your class and some of your classmates are making fun of them?
- You start to worry about a problem and find it is on your mind all the time?
- You feel really angry about someone treating you unfairly?
- Some children start to tease you and ask you to fight?

Signs of Success are when you…

- Create inner peace with a regular time to reflect or meditate
- Use peaceful language even when you are angry
- Speak gently and respectfully
- Avoid harming anyone
- Appreciate differences
- Find peaceful solutions to every problem

Affirmation: I am peaceful. I use peaceful language and find peaceful solutions to any problem that arises. I find my inner peace and let it carry me gently through the day.