Parkfield Press

"An Independent Public School"

Growth Through Knowledge - 智識 の 成長

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14 June 2022 **#4 Term 2**

Dear Students, Teachers and Parents,

There can never be enough kindness in the world and our Parkfield community certainly stepped up to show "Random Acts of Kindness" last week to raise money for research into Diffuse Intrinsic Pontine Glioma (DIPG), which is an aggressive tumour found at the base of the brain.

Ahlia's Kindness Day was a roaring success on Friday and I would like to sincerely thank our compassionate parents, community members and businesses that supported the day. Parkfield raised $950.

Good luck to our Year Six students who participate in their Winter Carnival on Friday. This is a very special day just for them and I know they will highlight our Parkfield Way and Virtues in an exemplary manner on the sporting field. Parents are most welcome to attend and cheer on our students.

Changes to Mandatory Vaccination Policy

The WA government announced that from 10 June 2022, the mandatory vaccination policy would be updated in line with health advice. This means that staff in schools and residential facilities will *no* longer need to be vaccinated.

The triple dose vaccination requirements only remain in place for those working in healthcare and health support, workers in residential aged care, and workers in residential disability settings.

The change also means that parents and carers who regularly visit, volunteers, third party providers and contractors **are not required** to be vaccinated to enter a school or residential facility.

It is also important to remember that the removal of the vaccine mandate does not mean the pandemic is over. We continue to follow health advice and COVID-19 safety protocols, such as staying home when sick, wearing a mask as required, taking a daily RAT when identified as a close contact, and having good hand hygiene. I encourage you to visit the HealthyWA website for further information about COVID-19.

Due to the ongoing large number of COVID cases at Parkfield we are cancelling our disco and assemblies until next term to avoid super spreading events.

The Smith Family Scholarships – still available

In 2019, Parkfield Primary School joined the *Learning for Life Program* sponsored by The Smith Family. Parents with students in PP to Year 6 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 as soon as possible.

2023 Kindy Enrolments – Very Important

Applications for enrolments for children entering Kindergarten in the 2023 school year are **now** being taken. If any of our Parkfield Community knows 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. We need these completed as soon as possible to help us plan for next year.

P&C Meeting Tonight

We have our monthly meeting **tonight** in the staff room at 7:00pm.

We have an outstanding P&C, who not only fundraise but organise many creative activities throughout the year. If you can support these amazing people with your time or effort, please let them know.

Vandalism and Theft at School

Over last few days we unfortunately have experienced disturbing vandalism around the school buildings. We have had windows smashed and graffiti sprayed on our walls. This is unacceptable and we need your help.

If anyone sees people onsite acting suspiciously, especially around the school buildings please ring the Australind police immediately on 97206200.

Thank you.

Charlie Serravite
Principal

The Starry Night painted by Vincent van Gogh in 1889

Question posed by our Art Teacher to a class.

Q: What do you think the tall building in the picture might be?

A: A mobile phone tower

Sports Update

In Week 6, Parkfield held its annual **House Cross Country** which involved students in Years 3 - 6. Well done to all the students that competed in the event and put in their best effort to get over the finish line.

Congratulations to these students that crossed the line first in their race.

Year 3 - Madeleine Butcher, Aiden Gale
Year 4 - Lila Dagostino, Leon Yorath
Year 5 - Lucy Nell, Ben Harper
Year 6 - Bonnie Carbone, Mason Clark

Thank you to all the staff, student leaders and parents that assisted. Your help is always greatly appreciated. Competitors that finished in the top four in their race will be competing in the **Bunbury Districts Interschool Cross Country**, which will be held in Week 9. Students participating will receive permission notes this week.

Winter Carnival

All students in Block 6 will be participating in the **Tuart Winter Carnival** this **Friday 17th June**, to be held at the Leschenault Sporting Grounds. We will be competing with Kingston PS, Treendale PS and Glen Huon PS. The sports being played are football, netball and soccer. The day is about fun and participation, with students playing a sport they enjoy for the whole day. Spectators are most welcome to attend.

Thank you.

Trevor Sleight - PE Teacher

P&C Winter Raffle Winners

Our Winter Raffle was drawn on Friday. Thank you to everyone who purchased tickets. We sold 850 tickets and we **raised $1700** which will go towards picnic tables for each year block. Without the following businesses the raffle would not have been possible; Simcoa Operations, Bunnings Treendale, Whitey's Tackle & Camping, Timezone, Gravity, Treendale Farm Hotel, Last Slice, Enable WA and Jenny Taylor Designs. Thank you again.

Congratulations to the following winners.

1st Liam Rm 3
2nd Mrs South
3rd Abbey Rm 10
4th Hunter Rm 13
5th Anna Rm 8
6th Greg Campbell
7th William Rm 12
8th Darcy Rm 17
9th Millie PP1/K5
10th Mrs Harper
11th Harrison Rm 6

Maddy – Fundraising Coordinator

Thank you for your assistance

Mrs Harper would like to thank **Mrs Pendlebury** and **Mrs Wilkes** for assisting with the covering of our new Year 2 reading books. Your help in the preparation of our new resources is very much appreciated.

Premier's Reading Challenge

Share the wonderful world of reading with your children!

It's not too late to register for 'The Premier's Reading Challenge.'
All students from Kindy to Year 6 can register.

Students are challenged to read 12 books by the 9th September 2022.

Registering for the challenge is simple. Students sign up via the website, choose their own avatar and log all the books they read over the course of the Challenge.

Weekly prizes will be awarded to students who log a book that week, with major prizes drawn when the challenge ends.

The prizes are amazing and include kayaking off Rottnest Island and riding camels in Broome.

To register your child, please visit the link below:

https://www.premiersreadingchallenge.wa.edu.au/parents-and-families

Chaplain's Chat

A big shout out to everyone - wrapped in the overflow of blue and kindness from Kindness Week last week, and our blue day for Ahlia's Kindness Day last Friday. I hope you have heard of all the different, wonderful ways that kindness, and being kind, was done and shown at Parkfield.

I recently found a two-part postcard from Australia Post, in conjunction with Beyond Blue, to post free in Australia. It came with the message "When we connect, we feel better" and four tips –

- Stay connected
- Keep active
- Reduce stress
- Sleep well

Did anyone else receive one and use the free postcard to connect with someone? I would love to hear who you sent your postcard to. It would be wonderful to connect with someone and share, especially as we follow a fortnight of connecting through Reconciliation Week and Kindness Week for Ahlia's Kindness Day. Hope you've been kind to yourself as well.

Until next time,
☺ Jo Campbell

YouthCARE Chaplain
Tuesday, Wednesday, Thursday and alternate Mondays

Raising Screenagers

A free webinar with Dr. Kristy Goodwin

"Just five more minutes!" Sound familiar?

How do you create healthy boundaries for your teen's screentime without digitally amputating them? This workshop by renowned digital wellbeing expert, Dr Kristy Goodwin, will offer evidence-based, realistic advice to help parents and carers feel more confident about supporting your teen's physical and mental wellbeing.

Kristy will explore:

- A simple formula to establish healthy screentime limits for teens of various ages
- Why young people are susceptible to potential pitfalls online and how best to navigate social media and online video games
- Why digital detoxes are critical for your teen's physical and mental wellbeing

When: 6-7:30pm 27th June
Where: Online

The webinar is free but you need to book!
Click here to register:
Webinar Raising Your Child Online Parenting Connection - Dr Kristy Goodwin

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Strengthening Children and Teens Against Anxiety

An evidence-based workshop by renowned psychologist Karen Young

What could our children do if they knew in their hearts they were brave enough? All children and teens are capable of their very own versions of greatness. For too many though, anxiety will shut down their capacity to discover their potential - but it doesn't have to be this way. This transformational session will provide the essential information and strategies to help all parents and carers support children and adolescents to build courage and resilience, uncover their strengths, and take anxiety back to small enough. We will discuss ways to nurture the skills and qualities that will strengthen all children for life. Participants will learn:

- a new, empowering way for children, teens, and adults to think about anxiety, and how to use this to manage anxiety;
- taking the 'anxiety out of anxiety';
- how to build courage, resilience, and confidence in children and teens with anxiety;
- proven, practical ways to calm and strengthen an anxious brain;
- the power of parents to move children towards brave behaviour, and how to do this when anxiety is in the way;
- how to respond to anxiety in the moment to make way for calm and courage;
- how children can switch on the relaxation response;
- the different ways anxiety can manifest, and what to do;
- how to build the mindset that will strengthen against anxiety and make way for brave behaviour;
- how to build the solid neural foundations of resilience in all children;
- why new behaviours take time, why old responses can feel tough to change, and the simple explanation for children and teens that can build resilience and grit.

Because we know our children are mighty. Now to make sure they know it too.

Online workshop 23rd June at 10am. To register click here.

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Parenting Connection

AnglicareWA

Newspaper Recycling

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

Daily school run a danger zone

Some tips from the RAC

Tips for Drivers: Leave a little earlier so you don't feel rushed. Keep a look out for pedestrians and cyclists, and be prepared to stop for them. Slow down and be particularly alert outside schools, at pedestrian crossings, intersections and between cars or behind buses. Minimise distractions while driving, and focus on the road.

Tips for Students and Parents: Always check for oncoming traffic. Walk straight and with care. Cross at designated pedestrian crossings and try not to cross from between parked cars. If you can't cross at a designated crossing, take steps to ensure you can be seen by drivers. Keep your eyes on the road instead of on your phone. Be extra cautious walking with headphones, which make it harder to hear traffic.

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.

Ahlias Kindness Day

Last Friday the school was a sea of blue in support of Ahlia's Kindness Day.

Over the week students participated in activities aimed at spreading some extra kindness.

A total of $950.00 was raised by students and staff dressing in blue. This money will go to the charity RUN DIPG. Well done to everyone who took part.

Virtue For The Fortnight: Detachment

DETACHMENT is experiencing your feelings without allowing your feelings to control you. It is choosing how you will act in a situation rather than just reacting. With **DETACHMENT** you are free to do only what you choose to do. **DETACHMENT** is using thinking and feeling together, so you can make smart choices. People never know what to expect from someone who is not detached. Without **DETACHMENT**, you just react and let your feelings control you. Anger can pop out without warning. With **DETACHMENT** you don't have to react. You can decide what you are going to do. **DETACHMENT** brings self-confidence. It helps you to be moderate. It helps you to be your best self. **DETACHMENT** helps you to decide how you are going to act, even when you have very strong feelings. It is like going to a calm, peaceful place within your mind and looking at what is happening without getting sept away. Whenever you have a strong feeling about something or someone, stop and ask yourself "What am I feeling?" and "What do I really want to do?" Take time out when you need it. Look. Choose. Act.

What would Detachment look like if…

- Your mother asks you to do some chores and you feel like playing video games instead?
- Your sister takes your best sweater without asking and you feel really mad?
- You really want to join a team and it doesn't happen?
- Someone teases you or tries to start a fight?
- You see that half of a cake is left and you feel like eating all of it?
- You are really upset because your best friend disappointed you?

Signs of Success are when you…

- Take time out before doing something you would be sorry for
- Look at your feelings before deciding how to act
- Use thinking and feeling together
- Act instead of react
- Reflect before taking action
- Choose to do what is right

Affirmation: I am detached. I am aware of my feelings and choose my actions with detachment. I do what is right for me. I choose to be my best self no matter what happens.