

# Parkfield Press

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

PO Box A328  
Australind WA 6233  
Chapple Drive  
Australind WA 6233  
Ph: 97965900  
Email: [parkfield.ps.admin@education.wa.edu.au](mailto:parkfield.ps.admin@education.wa.edu.au)  
Website: [www.parkfield.wa.edu.au](http://www.parkfield.wa.edu.au)



20 February 2024

#2 Term 1

Dear Students, Teachers and Parents,

We would like to thank all the students and Parkfield community for their sensible approach to the current heatwave. It is terrific to see the students wearing their broadbrimmed hats, drinking plenty of water and staying in the shade as much as possible.

Parkfield PS will continue to sell toasted ham and cheese sandwiches. We do not monitor lunchboxes unless students have no food which is every parents responsibility to make sure their child is fed daily. A common sense approach to hysterical media issues will always be the first port of call at Parkfield.

As a school community we are always looking to improve in all areas and this week in the newsletter we have highlighted some habits where we can get a little better.

## Kiss and Drop Pickup - Keep moving

Please keep moving if you are waiting for your children and they have not yet turned up. We have 640 students exiting the school and again common sense prevails when there is not individual parking spots for every family.



## After school Routines

We have had some inappropriate behaviour by students in our playgrounds after school because of the lack of adequate supervision from parents. If this continues everyone will be asked to leave the premises at 3:00pm.

- All students to leave premises immediately after the bell.
- Parents that stay to watch their children play must closely watch their children. It is a privilege not a right to use school grounds after hours.
- School rules still apply after school on school grounds e.g. no sword fights with sticks, no wrestling or chokeholds, no climbing trees and no sand fights.

Toilets are locked straight after school so our wonderful cleaners can get on with their important tasks safely and without interruption.

## Smart Watches

The Christmas season saw a large number of students receive smart watches. A reminder to all students and parents that these are to be used as time pieces only and nothing else at school. Like mobile phones, they are not for messaging, photos or calling at any time during the school day. Please set them to aeroplane mode until the school day has finished.



## Playgrounds and Shade Shelter removal

Due to vandalism the shade shelter between PP and Block 2 which is the Year One playground must be removed. It no longer meets safety specifications, and the entire structure must be dug up and disposed of. The replacement must be funded by the school as the Department of Education will not pay for it.

The playground in the sandpit in the Pre-Primary area has also failed inspection and must be removed in the next 12 months. Again, the Department of Education will not fund a replacement and the school must find the money to remove and replace it with a new one.

## Walking Wheels through School

Any bike, trike, scooter, or skateboard must be walked through the school boundary at all times. This includes parents and younger siblings. With limited space and many young students we want to avoid any unnecessary accidents.

## Smith Family

We still have some Learning for Life Scholarships for any families on Healthcare Cards, Pensions, Centrelink, or grandparents having custody of their grandchildren.

We would like to welcome our new Smith Family Coordinator, Ms Gardenia Pepworth, to our school. Gardenia's daughters both came to Parkfield and it is terrific to have such community support from The Smith Family.

Thank you.

Charlie Serravite  
Principal



PRIDE - 誇り

RESPECT - 敬意

INITIATIVE - 自発

## Temporary Change to Uniform Shop Hours

Next Monday 26<sup>th</sup> February the Uniform Shop will be open from **8am – 8:30am** and not the usual 8:30am – 9am. Please be aware of this if you are planning on visiting the Uniform Shop.



The opening hours will return to Mondays 8.30am – 9am and Wednesdays 2:45pm – 3.15pm from 28<sup>th</sup> February 2024.

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

Thank you.

## Sports Update

This term, students in **Years 5 and 6** will be participating in the **House Swimming Carnival**. Some selected students will be participating in the 50m championship events. All other students will compete in 25m events and various novelty relays. Students will be given all the relevant information during their sport sessions and permission notes will go home closer to the event.

### DATES TO REMEMBER

- House Swimming Trials for selected students – Week 4 (During swimming lessons)
- House Swimming Carnival – Week 8, Friday 22<sup>nd</sup> 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. Entry is free for spectators and shaded areas are available.



### PARENT HELPERS NEEDED

As with all Carnivals, parent help is vital to assist with the smooth running, or should I say swimming, of the event. We still need **four place judges**. If you can help out with the Swimming Carnival, please contact the school office and leave your name and contact number or catch up with me at school. Help will be greatly appreciated and certainly needed. Thank you.



Trevor Sleight - PE Teacher

### Labelling Property

Please ensure that you label ALL of your child's belongings. There are many items in the lost property which are not labelled and therefore we are unable to return it to its owner. Any items that remain at the end of each term will be disposed of.

## Notes from the Music Room



Dear Families,

We are having a trial period for Term 1 for all the before and after school **choirs and ensembles**. There will then be an expectation of commitment and regular attendance starting Term 2, for the remainder of the year. Please see below for further information on the different options available.

Junior Choir: Year 1 – 3 students  
Wednesday mornings 8:00am – 8:40am

Percussion Ensemble: Year 3 – 6 students  
Tuesday afternoons 3:00pm – 3:45pm  
Drums, tuned percussion and auxiliary percussion.

Senior Choir: Year 4 – 6 students  
Thursday mornings 8:00am – 8:40am

Ukulele Ensemble: Year 4 - 6 students  
Wednesday afternoons 3:00pm – 3:45pm  
School songs will be played at all assemblies so students will need to be available from 8:15am on assembly days.

All ensembles will start this week, so please remind your child to come along at the given times and see if they like it!

I am looking forward to our musical journey together!

Kind Regards,  
Rachael Thompson – Music Specialist



## Chaplain's Chat with Mrs Campbell

**Safer Internet Day** was held on Tuesday the 6<sup>th</sup> of February. This special celebration takes place in February of each year and is held all around the world. It aims to raise awareness of a **safer and better internet** for all, especially children and young people. Resources are available, please search Safer Internet Day.

The **eSafety Commission** always has free helpful information and resources. Hopefully you have the time to check out both.

Until next time,  
Take care and keep well.

Jo Campbell 😊



## Sun Smart – No Hat Play in the Shade

We are a Sun Safe school; therefore broad brimmed hats are a necessity. It is very important for students to wear the correct broad brimmed hat to fully protect themselves from the sun.



Our Uniform Shop has these in stock.

# South West Multicultural Festival

**Bicentennial Square Bunbury**  
**Friday 23<sup>rd</sup> February 6:30pm – 8pm**  
**Saturday 24<sup>th</sup> February 3pm – 9pm**



The LiveLighter South West Multicultural Festival, presented by the Bunbury Multicultural Group, is a free public event in the heart of Bunbury. The festival includes cultural demonstrations, interactive workshops, food, market and information stalls, an exciting evening of dance, song and music and our beautiful flag parade.



Don't miss this fun family event.

Please scan the QR code for the program of events.

**ALL NEW AND PAST PLAYERS WELCOME!**

AGES 6 THROUGH 17  
MIXED AND GIRLS ONLY COMPETITIONS

FOR MORE DETAILS GO TO [WWW.AJSC.ORG.AU](http://WWW.AJSC.ORG.AU)

REGISTRATIONS CLOSE FRIDAY 8TH MARCH

SCAN QR CODE TO REGISTER

KIDSPORT Approved!

**AUSTRALIND JUNIOR SOCCER CLUB**  
**2024 SEASON SOCCER REGISTRATIONS**

## PLAY CRICKET

**Discover Cricket Multicultural Program** – An introduction to cricket through fundamental movement, fun games, activities, and friends for **ages 5 – 12 years**. The free 5-week program commences on Wednesday 28/2/2024, from 4:30pm to 5:30pm. Registrations are essential as participants will receive a Woolworths Cricket Blast pack. Please use the QR code above to register.



**Multicultural Tapeball Program** – Please come along to a free 5-week cricket (taped tennis ball) program. 5 weeks of basic cricket skills fast paced games and friends. (No equipment required, just comfortable clothing). **For ages 13 – 17 years**. Commencing on Wednesday 28/2/2024 from 4:30pm to 5:30pm. Please scan the QR code above to register today.



Both programs are held at Hay Park, Rotary Drive Bunbury. **For more information please contact Sam Moi on 0404 038 026 or email [Sam.moi@wacricquet.com.au](mailto:Sam.moi@wacricquet.com.au)**



# BETTER HEALTH PROGRAM

The free Better Health online program starts every month. Children and families learn about healthy eating, screen time, sleep habits and food label reading on this 10-week fun interactive program funded by the WA department of health. You will be guided and supported by a qualified health professional and provided free resources.



**To be eligible** participants must be aged 6 – 12 years old, be classified as 'above a healthy weight' based on CDC growth charts (>85<sup>th</sup> percentile for age and gender) at program commencement, be living in Western Australia and have informed consent from a parent/guardian.

For further information please visit <https://betterhealthprogram.org/wa> or phone 1300 822 953.

## Screen time

Screen time is a term used to describe how much time children spend looking and interacting with screens, including smartphones, tablets, computers, and televisions.

Screens have become increasingly a part of children's lives and can be helpful and enjoyable for families. They can offer time for children to connect with friends and extended family, be creative and learn.



Screens are often used for homework, education at school, communication, leisure, and entertainment. As screens can be used for a range of different purposes, it can be difficult to categorise and manage screen time.



While screen time has many benefits, excessive time spent in front of a screen can impact many aspects of a child's growth and development. It can impact children's:

- physical health
- mental wellbeing
- ability to form social connections
- sleep.

The following is an outstanding site that presents parents with really good information about screen time.

<https://www.schn.health.nsw.gov.au/kids-health-hub/physical-activity/screen-time>

**HBL MIXED AUSKICK**

*Registrations Open*

**Friday, 8 March 2024**  
**04:00pm - 5:00pm**  
**LESCHENAULT OVAL 6**  
 12 WEEK SEASON IN 2024


REGISTER NOW > 

Any Questions Email: [australindauskick@gmail.com](mailto:australindauskick@gmail.com)  
 Find us on Facebook: HBLJFC Auskick - Australind

**HBL GIRLS AUSKICK**

*Registrations Open*

**Thursday, 7 March 2024**  
**04:00pm - 5:00pm**  
**LESCHENAULT OVAL 6**  
 12 WEEK SEASON IN 2024

REGISTER NOW > 

Any Questions Email: [australindauskick@gmail.com](mailto:australindauskick@gmail.com)  
 Find us on Facebook: HBLJFC Auskick - Australind

**Relationships Australia** – A leading provider of relationship support services for individuals, couples, families, and communities. They are a non-profit community service organisation with no religious affiliations who tailor services to your needs, to support you through times of challenge and change. For information about courses and workshops, please visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au) or phone 6164 0566.

## 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.