

# The Challis Community

Issue Seven  
Term Three

An Independent Public School:

40 Braemore Street, Armadale, Western Australia 6112 Phone: 9399 3255 Website: [www.challiscommunityprimarieschool.wa.edu.au](http://www.challiscommunityprimarieschool.wa.edu.au)

August 2017

## 2017 WA EDUCATION AWARDS

I am proud to announce that I have nominated our school in the Primary School of the Year category of these awards. I believe that we have all of the elements that are required to be a high performing school and that the tremendous support offered by parents and the School Board continues to propel us towards ongoing improvements.

I would also like to announce that Mrs Karen Warren has been nominated in the Education Assistant category for her outstanding commitment, advocacy, knowledge, skills and leadership in the field of children with special needs. Panels of judges commence reading the submissions over the next two weeks, they then create a shortlist of Finalists and then the winner is awarded at a special ceremony later in November. I will keep parents updated if I hear any information about our progress in either category and if we make it to the Finalist stage, I will invite parents to speak with the judges.

## ATTENDANCE AT SCHOOL

On Monday 17th July, the first day of Term 3, I was disappointed to visit classes and discover that 140 children were absent from school despite messages across multiple forums reminding parents that school commenced on that day. Parents are reminded that every single day at school counts, children who miss school regularly also miss out on forming friendships and feeling connected to the school. Mrs Sumner and Mr McClements classes continue to be in friendly competition to see who will win the class with the highest attendance for the term with all other classes aiming for 95% attendance, or above.

## UNIFORMS

a reminder that all children are required to wear the school uniform each day. Jumpers and jackets, tracksuit pants and leggings that are not navy blue are not part of our uniform. Parents are reminded that the uniform shop has received a new delivery of jackets.



## Our school-wide BEHAVIOUR EXPECTATIONS

are underpinned by four pillars which are Respect, Responsibility, Safety and Excellence (R.i.S.E). Over the course of the coming weeks, across the school, we will be explicitly teaching how to be resilient.

Resilience is defined as "the capacity to cope well with times of adversity or hardship (and even be strengthened by them). It is the ability to bounce back from difficult times to a fulfilling life while retaining a positive sense of self". The components of resilience include:

1. Courage
2. Managing feelings
3. Humour
4. Relationship skills
5. Self-knowledge (ability and character strengths)
6. Goal setting skills
7. Optimistic thinking skills
8. Helpful thinking skills (eg not catastrophising)

As adults, we know that some days don't go according to plan, we don't always get our own way, we don't always win, we may disagree with someone or a situation may appear simply unfair. As adults, we also have skills to know how to handle these disappointments and we are able to gain perspective and bounce back quickly. It's very, very important for children to learn how to develop these skills. Their friend may not always want to play with them, they be growled at for talking in class when it actually wasn't them, they may not win or come second or third in a race or may not be chosen in an interschool sports team. The best thing we can do as parents and teachers is allow them to experience those feelings of disappointment and talk them through (and model for them) the strategies they can use to bounce back quickly, put the issue in to

perspective, figure out a way to fix it up, use positive thinking and self talk, and try again.

The best thing we can do as parents and teachers is allow them to experience those feelings of disappointment and talk them through (and model for them) the strategies they can use to bounce back quickly, put the issue in to perspective, figure out a way to fix it up, use positive thinking and self talk, and try again. KidsMatter Australia says, "These are essential life skills that support wellbeing and positive mental health. Social and emotional skills promote children's ability to cope with difficulties and help to prevent mental health problems. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, and feel positive about themselves and the world around them."

\*Improves academic outcomes

\*Improves behaviours and attitudes

\*Reduces emotional distress

\*Results in fewer negative behaviours

Schools that are regularly including social and emotional wellbeing as part of regular direct and explicit teaching methodology, have identified the benefits – not only to the children in their relationships with each other – but in their relationship with learning, the staff and with their families. An improvement in home-school partnerships is also reported, as is teacher wellbeing.

At the core of every successful relationship is social, emotional and learning wellbeing, so it makes simple sense to teach these skills often, explicitly and experientially – right from early childhood. The best teaching starts at home.

(See next page for more information).

Warm Regards,

Lee Musumeci, Principal

## What's Inside?

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# FAMILY RESILIENCE

## BEST Family Wellbeing Tip

**Setting healthy boundaries.** Children thrive when they know the boundaries. Consistent and predictable expectations in homes – that don't change by the day, because of your mood – at all! Know your boundaries and stick to them. bestprograms4kids.com

## BEST Family Wellbeing Tip

**Empathy.** Everyone sees life a little differently. What has your child, your partner, your child's teacher been through today, last week, this year? We only see the tip of the iceberg so be gentle with, accepting of and compassionate to others. bestprograms4kids.com

## BEST Family Wellbeing Tip

**Gratitude** – do you practise it – actively? Go on – it's a tonic! For a week challenge yourself. Before you get out of bed each morning, think of one thing you were grateful for yesterday and one thing you're grateful for today. It's life changing! bestprograms4kids.com

## BEST Family Wellbeing Tip

**Getting homework done.** This is often a pressure point in families. Set aside an area, have resources ready to go, build the time into your routine and make it fun. Use time in the car to get rote learning tasks done – like times tables. bestprograms4kids.com

## BEST Family Wellbeing Tip

**The power of positive thinking.** When life serves up lemons, you have the power to make them into lemonade. When times are tough, choosing a positive mindset and finding a way to be a Supa Thinker changes your perspective. bestprograms4kids.com

## BEST Family Wellbeing Tip

**Cut out put downs.** How many are happening in your home? Put downs can happen between siblings and both ways in adult child interactions. Speak respectfully to each other and stamp out the use of put downs quickly. bestprograms4kids.com

## BEST Family Wellbeing Tip

**Respectful communication.** Shouting, screaming, demanding – don't work as powerfully as respectful communication in families. Predictable rewards and punishments, talking early and talking all change behaviour quickly. bestprograms4kids.com

## BEST Family Wellbeing Tip

**Routine** – pressure points in family life are helped by creating routines. These are well worn, predictable grooves that family life runs along. Morning, homework & bedtime routines – what are yours? Little brains love routines. bestprograms4kids.com

## BEST Family Wellbeing Tip

**Managing screen time.** Help your child by limiting screen time during the school week. Keep screen time to a specific amount of time and encourage your child into other activities like free play, reading or sport. Keep screens out of bedrooms. bestprograms4kids.com

## BEST Family Wellbeing Tip

**Sleep** – is your family getting enough? Being resilient, learning, mood – are all dependent on sleep. A bedtime routine, keeping technology out of bedrooms, having times for bedtime – all help with this essential commodity. bestprograms4kids.com

## BOOKWEEK

19TH –26TH AUGUST 2017

## THEME–

ESCAPE TO EVERYWHERE

DRESS AS YOUR FAVOURITE BOOK

CHARACTER DAY—WEDNESDAY

23RD AUGUST 2017.



## Kindergarten and

## Pre Primary 2017

## First round applications

First round applications closed for Kindergarten on **Friday 22nd July.**

If you have not already applied please visit our school office to obtain a form.

First round applications close for Pre Primary on **August 4th**

## NBL PERTH WILDCATS AT CHALLIS



### Written by the Year 5s in M2

This term M1 and M2 have been lucky enough to be chosen to participate in the Wildcats Aspire Program. In this program we set three goals for school (reading, behaviour and attendance) and work towards achieving them. For the first six weeks of this term a Wildcats player will come to our classroom for one hour every Monday and Friday to help us with our schoolwork.

Last week we had the wonderful chance to have Rhys Vague in M2 while Greg Hire (the vice Captain) visited M1. Rhys is a whopping 6 foot 9 inches. That's 204cm, and he is only the second tallest player on the team!

In week 6, eight kids from M1 and M2 will make a Challis Team and verse the Wildcats in a game at the Salvos hall. More information on this exciting event will come to you soon. At the end of the year everyone who achieves their goals, will have the opportunity to attend a Wildcats home game at the Perth Arena, where we get a free t-shirt as a souvenir!

**We are all thrilled to be a part of this program!**



## PERTH WILDCATS ASPIRE PROGRAM

As part of our newly formed partnership with the Perth Wildcats a group of our Year 5 students have been selected to be involved with the 'Wildcats Aspire Program'.

This project encourages students to engage in activities that promote a healthy lifestyle and rewards students for maintaining regular attendance and reaching goals they have set themselves in their classroom. On Friday 21<sup>st</sup> July we were excited to welcome Rhys Vague and Greg Hire into M1 and M2 classrooms to work with selected year 5 students exploring a range of concepts designed around the theme of keeping active and healthy to reach their goals. Players will visit each Monday and Friday for a 1 hour session from weeks, 1 to 5 of term 3, however the student's goals will be tracked for the remainder of the year and students will continue to receive rewards from the Wildcats throughout their journey.

**SAVE THE DATE....**A very special reward of a game day experience is being planned for **Friday 25<sup>th</sup> August** to take place at the Salvation Army on Braemore Street. This event will simulate a real game atmosphere with 5 Perth Wildcats players taking on our very own Challis team, with an MC, prizes on offer and an opportunity to get player autographs. This event will be open for parents and the wider community to attend. Currently we are working on details to include various other year groups to attend and support our Challis team and be part of the festivities.

Our hope is to nurture and build on this partnership with hopes to extend the program to include more children in the future.





**Earn & Learn  
is on again**  
Starts 26 July 2017



From Wednesday 26 July to Tuesday 19 September 2017.  
Excludes liquor, tobacco and gift cards. While stocks last or until Tuesday 19 September 2017.

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We're thrilled to announce that the Woolworths Earn & Learn program is back for 2017.

Now you can help our school earn amazing equipment by shopping at Woolworths from the 26th July. This is your chance to help! See how easy it is below - and stick together with Challis Community Primary School!



**Shop**

Earn one sticker for every \$10\* spent at Woolworths.



**Stick**

Complete a Sticker Sheet.



**Give back**

Drop the Sticker Sheets at your school or local Woolworths.

## SILKWORMS

J9, J10 and J11 have silkworm that have hatched. We are learning about bugs, silkworms and the outdoor environment.

We are asking the school community for assistance in feeding them by bringing mulberry leaves to school if you have access to a tree. Please bring the leaves down to Mrs Rose in J11 if you find any leaves.

## Challis Community Primary School Bicycle Raffle

**Tickets only  
50 cents  
each!**

Toni Buti kindly donates a bicycle to Challis Community Primary School every two years to help raise funds for our school.

The lucky winner of the last raffle was Hayley Green at our School Fete in 2015.

Challis Community Primary School P & C are running the raffle again this year.

Tickets will be on sale from Wednesday 14th August until Wednesday 23rd August at 50 cents each.

The winner will be drawn at assembly on Wednesday August 23rd and the prize will be presented by Dr Tony Buti MLA at this assembly.

FUNDS RAISED FROM THIS PROJECT  
WILL GO TOWARDS CREATING A  
WONDERFUL OUTDOOR RETREAT AREA  
FOR YEAR SIX STUDENTS.

## MESSAGE FROM ROBOTICS AND MEDIA CLUB

Senior Coding and Robotics Club recommences Monday 24th  
Media Club recommences Friday 28th for Term Three

## LET'S PLAY

## AFTER SCHOOL FUN FOR CHALLIS KINDERGARTEN AND PRE-PRIMARY CHILDREN AND FAMILIES



You are invited to come and meet other families and enjoy outdoor play with your children .

**When :** Term 3 Wednesdays 3pm to 4pm

**Where:** Kindergarten playground (outside J10 and J11) and Pre-Primary playground (outside J1 and J2)

**What we will do:** Enjoy outdoor play including sand, climbing equipment, balls and games

Bring a snack and drink to enjoy .

**Who:** All Kindergarten and Pre-Primary children with their parent or adult carer.

Parents are responsible for supervising their own children and joining in the fun.

**Pre Kindergarten  
enrolment applications  
are open for 2018.  
Enquiries 9399 1144**

Application forms available at the school office.

Documents needed: 1. Birth Certificate,  
2. Immunisation records and 3. Proof of Address



## PRIMARY EXTENSION AND CHALLENGE (PEAC) TESTING

will be conducted by Mr Morgan on Tuesday and Wednesday in the year 4 rooms. All year 4's are required to complete the test.

Once completed the tests are marked and successful students will be selected to attend PEAC classes. We will receive the students scores in Term 4  
Regards,

Michael Morgan

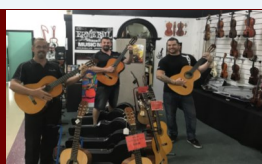
# TERM PLANNER TERM THREE 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One July	17	18	19	20	21
Week Two July	24	25	26 M11 and M8 Assembly	27	28
Week Three August	31	1	2	3	4
Week Four August	7	8	9 M1, 2 and 3 Assembly	10	11
Week Five August	14	15	16	17	18 Inter School Cross Country
Week Six August	21	22	23 K3 and W5 Assembly Book Character Dress Up Day	24	25
Week Seven August	28	29	30	31	1
Week Eight September	4	5	6 J3 and J4 Assembly	7	8 Senior Dale Fest
Week Nine September	11	12	13 Year 3-6 Jumps and Throws	14 Junior Sports Carnival	15 Senior Sports Carnival
Week Ten September	18	19	20 W3 and W4 Assembly	21	22

## Immunisation Clinic Challis Child and Parent Centre

9.15—11.00 a.m. Walk in  
1.00—3.00 p.m Appointment only. Tel: 6151 1308

28th July	25th August	22nd September	20th October	17th November	15th December
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Challis would like to thank our local music store, Classic Sounds for the wonderful service they have continued to provide to the school.

Music is an invaluable experience for children to immerse themselves in whether it be through playing an instrument, singing, dancing or just listening.

Classic Sounds offers a full range of instruments, accessories, books and tuition as well as provide you with professional advice to cater to your individual need. Further, they service and repair instruments on site making them more than just a music store.

Next time you are looking for anything musical go down to your local Classic Sounds and tell them you are a Challis student to receive a great discount. Mr Blanchard is loving learning how to play the drums at Classic Sound.

Classic Sounds, 223 Railway Ave, Kelmscott. Store Phone. 94951986 Music School Phone 94952658



### ARMADALE JUNIOR CRICKET CLUB:

The Armadale Junior Cricket Club will be conducting their Registration Day at the Armadale Sporting Club at Gwynne Park Oval on Saturday 19<sup>th</sup> August from 9.00am to 12 noon and Sunday 20<sup>th</sup> August between 11.00 am and 1.00pm at the Haynes Shopping Centre. In2Cricket and Junior teams are available. Registration can also be completed at [www.playcricket.com.au](http://www.playcricket.com.au)

For further information please contact Terry Pass 0401 610 158 or [terry.pass@education.wa.edu.au](mailto:terry.pass@education.wa.edu.au)

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Thanking you in anticipation

Yours faithfully

**Terry Pass**

Junior Coordinator.