



Dalmain Primary School NEWSLETTER

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ISSUE #3
19 February 2021



From the Principal's Desk

Dear Parents and Community Members,

It was certainly great to return to school on Monday and revert back to a more 'normal' situation, with masks no longer being required. Let's hope that we stay this way and don't have to return to this scenario! Once again thank you to parents and our school community around your ongoing support with the measures that remain in place around physical distancing. This is appreciated.

PARENT INFORMATION MEETINGS

On Monday all parents should have received an information flyer via text (School Star App) regarding the planned arrangements for the Parent Information Meetings for this Monday and Tuesday afternoon. This year we have made a change as to how this will occur. The meetings will be scheduled over the two afternoons as per the table below. All meetings were originally planned to be held in the undercover assembly area, however with the weather forecast for Monday and Tuesday now being 39°C, we have changed the location to the library which will be a little more comfortable. With the reduced space in the library we would ask that **only one** parent from each family attend these sessions.

Monday, 22 February

CLASS	4:30 – 5:05	5:10 – 5:45	5:50 – 6:20	6:25 – 6:55
Kindergarten (Blue & Gold)	X			
Pre-Primary (1 & 2)		X		
TA 1 (Yr 1) & TA 2 (Yr1/2)			X	
TA 3 (Yr 3) & TA 4 (Yr 2/3)				X

Tuesday, 23 February

CLASS	5:00 – 5:30	5:35 – 6:05	6:10 – 6:40
TA 8 (Yr 4)	X		
TA 9 (Yr 4/5)		X	
TA 5 (Yr 5/6) TA 6 (Yr 5/6)			X

UPCOMING EVENTS

**Monday, 22 February
to Friday, 5 March**

Swimming Lessons
PP - Year 6

Wednesday, 24 February

Fitness Club Commences
PP-Yr 6 | 8:00am-8:30am

Thursday, 25 February

P&C AGM
Staffroom - 7:00pm

Monday, 1 March

Labour Day Public Holiday

Thursday, 11 March

Merit Award Assembly

School Board Meeting
Staffroom - 6:30pm

ASSEMBLY

Our first assembly was held yesterday morning in the undercover area. It was fabulous to have our Pre-primary students attending for the first time. Congratulations to all of those students who received a merit certificate following their terrific start to the school year. Following great anticipation, our Year 6 students were presented with their leadership badges. The badges have been redesigned and look very smart and I am sure will be proudly worn by our Year 6 students. Please see inside for further details.

INTERM SWIMMING LESSONS

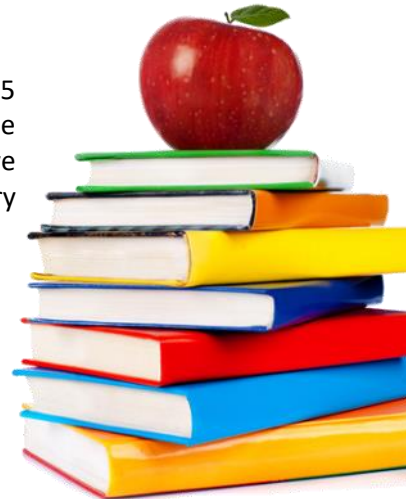
Interm swimming lessons for students in Pre-primary - Year 6 will get underway on Monday and are scheduled to run from 22 February - 5 March. Please ensure that your child(ren) have their swimming gear packed and are ready to go. See inside for further details.

P&C AGM

I look forward to meeting with parents at our upcoming P&C AGM this Thursday 25 February commencing at 7:00pm in the library. The P&C plays a vitally important role within our school, supporting many programs and ventures. It would be terrific to have some new faces as well as our regulars attending. Kindergarten and Pre-primary parents are most welcome. Please join us if you can.

Have a great week,

Don Boyes Principal



Merit Awards - 18 February 2021

Congratulations to all students presented with awards at yesterday's assembly.

PP 1	Cara E, Daniel S	TA 4	Austin G, Naomi S
PP 2	Isla P, Jaxon C	TA 5	Niki H-R, Indra C
TA 1	Elodie H-O, Sophie M	TA 6	Elissa M, Oliver M
TA 2	Emily S, Emelia F	TA 8	Lily A, Ethan J
TA 3	Flynn M, Amelia M-R	TA 9	Luana M-A, Jake M



Dalmain Primary Year 6 Leaders 2021

School Prefects

Wren F, Rebecca L, Elissa M, Mia M,
Ailin N & Sophia R

Specialist Leaders

Finn H, Mason H, Sam M & Darcy T

Media

Ben A, Sean H, Oliver M & Stepan Z

Early Childhood

Brandon A, Niki H & Seton W

Sustainability

Atticus L, Joel L, Jake M, Riley P
& Janos M

Boomers Faction Captains

Grace C, Lily T & Isabella W

Sharks Faction Captains

Viyana K, James M & Blake S

Eagles Faction Captains

Miller F, Anaru K-C & Cayle S



IMPORTANT ANNOUNCEMENT

** NEW BANK DETAILS **

Commonwealth Bank
Account Name: Dalmain Primary School
BSB: 066-040
Account Number: 1990 6029

sms

STUDENT ABSENCES

0409 885 439

Parents are reminded that they can advise the school of their child's absence by SMS.

Failure to contact the school will result in your child/children being marked as UNEXPLAINED on their attendance record.

'School Star' Communication App

Dalmain is now using a new school communications app - **School Star**.



School Star is available for download for both iPhone and Android devices - simply search for "MGM School Star" and install.



Get it on
Google play



Available on the
App Store

Friday Maths

Friday, 19 February - Addition Set 2

Best Class - TA 6

Runners Up - TA 9

Most Improved - TA 4

Runners Up - TA 3



Dalmain Dockets

Term 1 - Week 3

Star of the Week

Emelia F - TA 2

Junior Draw Winner

Nimini P - TA 3

Senior Draw Winner

Maren K - TA 5



Swimming Lessons

Monday, 22 February - Friday, 5 March

Pre-primary to Year 6 students will attend in-term swimming lessons during weeks 4 & 5.

The bus will be leaving the school approximately 20 minutes prior to the lesson time and will be back at school within 30 minutes of the swimming lesson finishing. Children will be changing back into their uniform on their return to school.

Please ensure that ALL children have a clearly labelled bag and clothes.



School Jumper (to wear to and from pool), Bathers, Towel Goggles, Thongs, Underwear, Plastic bag (for wet bathers)

As many students have long hair, a bathing cap is recommended to keep their hair dry.

SESSION 1	PP2 and TA3	10:15am - 10:55am
SESSION 2	PP1 and TA8	11:00am - 11:40am
SESSION 3	TA1 and TA9	12:10pm - 12:50pm
SESSION 4	TA2 and TA6	12:55pm - 1:35pm
SESSION 5	TA4 and TA5	1:40pm - 2:20pm



Dalmain Delights Café

Proud sponsors of the weekly 'Nude Food' winners



Thank you!

Thank you to this week's canteen helpers:

**Sue Hogan,
Amanda Haddock
& Courtney Burgess**



Swimming Special



**Ploughman's
Lunch - \$6**

*Ham, cheese, veg dip,
carrots, pickles,
baguette bread & fruit*

Bliss balls, Muesli bars, Brownies & Muffins available at counter.

SCIENCE



We are excited to be able to offer Science as a Specialist area this year, utilising our Science lab. Students have started enhancing their scientific vocabulary, testing predictions, hypothesising, making observations, using their senses, making connections, working together and much more.

Our TA 1 and TA 2 amazing young scientists created their journals, and discussed and applied their observations skills. They have explored some possible hazards and safety items within the Science lab. This week, these investigative scientists earned their lab coats, successfully working together, thinking as a Scientist, thinking Technology, thinking as an Engineer and Mathematician to solve a STEM Cup challenge.





Introducing 'Grow Your Mind'

Has your child come home talking about their 'Guard Dog', 'Sifting Sooty', 'Elephant' or their 'Wise Owl'?

Students have been introduced to the whole school program, 'Grow Your Mind'. This is a mental health and well-being program that has been developed here in Australia with the purpose of supporting students, parents, and staff.

One of the key messages is that 'we all have mental health'.

During our first few lessons, students have been exploring all the ways we look after our physical health daily. Brushing our teeth, eating fruit and vegetables, drinking water etc. Students then explored how we look after our minds on a daily basis. This was harder to do initially! Students were then asked to point to their toes, their heart, their prefrontal cortex...! And so the journey has begun of brain awareness exploring shrinking their Guard Dog, growing their Wise Owl, their Elephant and their Sifting Sooty. Later in the program students will be introduced to the sensitive octopus which represents the insular cortex of our brain.

These characters are animal helpers to represent key parts of the brain. Our Guard Dog represents the amygdala, keeping us safe at all costs. It senses danger allowing us to fight, freeze or flee without thinking about it. This is part of the brain that can sometimes become over reactive!

Our Wise Owl represents the prefrontal cortex, which helps us make good decisions, allows us to be a flexible friend, can problem solve and carry out high order thinking.

Our Sifting Sooty represents the reticular activating system (RAS), which keeps us focused, and managing distractions. This part of the brain helps us decide which information is important, blocking out information it thinks is not so important.

Our Elephant represents the hippocampus, which tries hard to remember. This part of the brain locks in happy memories and stores important information. It also helps us remember people's names, places and other new things.

Stay tuned as next week's newsletter will provide some tips on how to tame our Guard dog. Parents can take a closer look at the program at www.growyourmind.life/.





Fitness Club 2021 - Beginning Week 4

Our before school morning Fitness Club will be returning for 2021.

Fitness Club is open to all students from PP - Year 6 and is held on the oval every Wednesday and Friday morning from 8:00am - 8:30am. This will begin in **Week 4 on Wednesday, 24 February**.

Kids will participate in a range of fun games and activities that cater for all levels of skill and physical fitness and complement our Physical Education program. Parents are welcome to stay and watch but there is no obligation to do so, unless you have a student in Pre-primary in which case we do ask that you stay to support their involvement.

We would love to see you there and if you have any questions please contact Mr. Valentino - paul.valentino@education.wa.edu.au

Important Sporting Event Dates

Term 1 - Week 8 - Friday, 26 March

Dalmain PS Cross Country Event (PP - Year 6)

Term 2 - Week 2 - Friday, 30 April

Interschool Cross Country Event (Selected Years 1-6)

Term 2 - Week 10 - Friday, 25 June

Interschool Lightning Carnival (Selected Years 5/6)

Term 3 - Week 5 - Friday, 20 August

Dalmain PS Jumps and Throws Event (Selected Years 4-6)

Term 3 - Week 6 - Friday, 27 August

Dalmain PS Faction Carnival (Years 1-6)

Term 3 - Week 10 - Monday, 20 September

Interschool Jumps/Throws/1000m (Selected Years 4-6)

Term 3 - Week 10 - Wednesday, 22 September

Interschool Athletics Carnival (Selected Years 1-6)



P&C News

ANNUAL GENERAL MEETING

P&C Meeting - AGM

The first P&C meeting of the year is our AGM, it will be held at
7:00pm in the staffroom on Thursday, 25 February.

At this meeting, the key positions for our 2021 P&C will be elected. Come along and become a financial member at a cost of 50c, this will allow you to have your say and vote on items throughout the year. All are welcome and remember - coming along does not mean you are volunteering to take on a role. We look forward to seeing you there.

P&C Sundowner

The P&C are planning a family sundowner with food and fun for Dalmain families.

The date is TBA so keep an eye out for more details.



Facebook Page



Find us on:
facebook®

The P&C would like to invite all parents at Dalmain to join our Facebook page. Just search *Dalmain Primary School P&C* and join the page. This will keep you updated about everything P&C including upcoming events and projects.

Class Reps

The P&C are looking for a Class Rep for every TA/class in the school. This person is responsible for passing on messages from the P&C on Facebook and/or email as needed.

If you are interested, please send your expression of interest to: dalmainpandc@gmail.com





Community News



Halidon Dental Therapy Centre

Dalmain Primary School students will now be seen at **Halidon Dental Therapy Centre**

The clinic is situated at:

Halidon Primary School

38 Halidon St Kingsley - Ph: 9409 6362

Before/After School & Vacation Care

Care for Kids provide care at Dalmain Primary School in a fun and stimulating environment. With qualified and experienced staff, the service is Accredited by NCAC.

Phone: 9309 2300

Or pop into undercover area

kingsleyoshc@careforkidswa.net.au



Triple P - Positive Parenting Program®

A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.

Who is this program for?

Parents, carers and/or grandparents of a child aged between 3 and 8 years.

What is involved?

- **Seminar Series** – 90-minute talks on:
 - children's behaviour – the tough part of parenting
 - raising confident children
 - raising emotionally resilient children.
- **Discussion Group** – small, 2-hour groups:
 - misbehaving
 - fighting and aggression
 - bedtime routine
 - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.



Program details:

1. Seminar Series - Warwick Stadium

Wednesday's 9.30am - 11.30am

3rd, 10th and 17th March 2021

2. Discussion Group (Dealing with Disobedience)

Craigie Leisure Centre

Tuesday 9.30am - 11.30am

23rd February 2021

How do I book?

Ask your child health nurse or visit healthywa.wa.gov.au/parentgroups.



To help us all stay healthy, please remember:

- Practise physical distancing.
- Do not attend if you are feeling unwell or need to self-isolate.

If you need to cancel your booking, contact the Child Health Booking System on 1300 749 869 (metro only).

Please note:

Unless there is a crèche advertised, only babies under the age of 6 months can attend this group. However, we welcome babies who need breastfeeding during the session. DO NOT bring hot food and drinks for safety reasons.