

DEANMORE PRIMARY

An Independent Public School

deanmore.ps@education.wa.edu.au

School Newsletter

Edition 3

6th March 2020



PRINCIPAL'S REPORT

Greetings Deanmore families and community,

I think the recent long weekend came at the right time of the term to provide our hard working students and staff the opportunity to spend quality time with their families and friends to relax and recharge their spent batteries.

At Deanmore Primary School, our mission is to provide *'students a safe and supportive environment that fosters respect and acceptance for all. Through excellence in teaching, students are encouraged to confidently embrace challenges and become resilient life-long learners.'*

To ensure that we are continuing to **provide our students with a safe and supportive environment, and to develop resilient life-long learners**, staff are implementing a social-emotional learning program called, 'Zones of Regulation (ZOR).' This week, staff participated in professional learning to develop the skills, knowledge and ability to help students identify and self-regulate their emotions by using appropriate 'calming' strategies. ZOR involves students identifying what 'zone' they are in so that they know to use certain strategies to calm down, such as: deep breathing; take a break; use of sensory items; drawing; and/or sitting in a quiet corner and reading a book. Together with Team Deanmore (PBS), ZOR provides staff with a positive and proactive approach to promote appropriate positive behaviours.



Additionally, to support **excellence in teaching**, every Wednesday, our Numeracy Leader, Miss Jerrat, will be working shoulder-to-shoulder coaching teachers to further enhance their delivery of the curriculum in Mathematics. Approaches and activities to improve students' development of basic facts strategies and mathematical understanding will be discussed and investigated. This term, our Year 1, 5 and 6 teachers have benefited from working closely with Miss Jerrat. Miss Jerrat will work with other phase of learning teachers throughout the year.

Next week, parents and carers will be receiving a letter about parent-teacher meetings that will be scheduled on Wednesday, 25 March 2020, between 1.10pm and 5.50pm. More details will be provided in this letter explaining the purpose of the meetings and how they will be structured.

As part of Mrs Carr's engaging Science Program, the school is entering a team to participate at the '2020 Synergy Schools Solar Challenge' that will take place at Warwick Senior High School on Tuesday, 17 March. As a result of their efforts and success in class work, the following Year 6 students have been selected to represent Deanmore Primary School: Oliver Toovey, Heath Clark, Taylor Harper and Sienna Boynes. Congratulations to these students and thank you Mrs Carr for the wonderful opportunities you provide all of our students.

At this week's Team Deanmore assembly, the name of Seamore's sister was announced. Well done to our Kindy class in G3 for choosing 'Shellby' as the name.

Kind regards,

Ralmo Dias

Merit and Value Awards Congratulations!

Merit

Value

Room	D1	Luka Medic	Molly Bahls-Kildea
Room	D2	Henry Spencer	Zoe Bothwell
Room	D3	Lulu Smith-Hayes	Emily Griffiths
Room	D4	Hannah Neal	Kiran Stevenson
Room	D5	Kiera Cowland	Dustin Thomas
Room	M1	Marcus Wilson-Brown	Eva Young
Room	M2	Theodore Dharma	Isabelle Drakeford
Room	M3	Flynn Negus-Smith	Patrick Inman
Room	M4	Lucy Burman	Miller Brown
Room	M5	Leo Johnston	Lillian Hollingsworth
Room	M6	Tyler Rhodes	Quinn Brown
Room	K1	Samuel Marshall	Caden Veale
Room	K2	Jackson Rieger	Alicia Philippson
Room	K3	Joe Morrison	Thea Hough
Room	K4	Thea Foyster	Emily Jones
Room	G1	Molly Malone	Annabelle Gastevski
Room	G2	Max May	Jade Fossa-Wilkins
Science		Sienna Boynes	
Lote		Vail Wright	
Sport			Braxton Vaughan
Music		Bella Kohlhagen	

P&C News



P&C meetings are generally held on the last Monday of every month. The next **P&C Meeting** is on **Monday 30th of March at 7:30pm** in the staff room. All welcome!

The P&C annual general meeting was held recently, and a few changes were made. Our new President is Lisa O'Callaghan, Vice President Steve Schupp, and the treasurer is Ryan Lucas. So far on the fundraising committee we have Veronica Kuipers and Natasha Davis.

We still need more people to join the fundraising committee. We do not have only one fundraising coordinator this year to take on all the fundraising tasks. We are running it from a committee in an event by event basis. We would love to have another year filled with community events that raise money for the school's wishlist to support their educational plan, but this can only happen if we have people in place to actually help plan & run them. If no one puts their hands up, there will be no events and therefore no wishlist. So please join the existing committee, even if you feel your contribution is small, it all helps, and we would love to have you on board.

In short...**"many hands make light work"**.



Events organised by the **Deanmore Dads** gives the men in the Deanmore community an opportunity to catch up. Coming up:
Dads social meet up: Pizza and Pool at the Lookout Pop-up in Scarborough: Sunday, March 29th 3pm
Save the Date: Deanmore Dash! Friday May 8th 2pm. Volunteers needed! Stay tuned for info.

Do you want to play netball in 2020?

Deanmore Netball is providing opportunity to play in the winter competition for all players in Years 2-6. Registrations will close 13 March 2020.


This year we have gone paperless, with all registrations and payments online via my.netball or the my netball APP. We try and keep our fees as low as possible. Included in the fees this year are the team nomination fee. This year fees are \$185 for all Year 6 and Saturday Year 5 players and \$170 for all year 2,3,4 and Friday year 5 players.

When Registering please transfer fees into the DEANMORE P&C ACCOUNT

BSB: 066161 ACCOUNT: 10035787 with NETBALLSURNAME as the reference.

If you want to know more, please email
Deanmorenetball@gmail.com



The **school canteen** is open every Wednesday Thursday and Friday. Please support the canteen in order to continue this service for Deanmore students. Consider ordering recess or lunch or both as a treat or reward for your children, not to mention yourself! The menu is on the school website - www.deanmoreps.wa.edu.au. You can order on-line at quickcliq.com.au or  using the old fashioned brown paper bag method.



School banking is held in the library every Thursday morning before school.

Come along, its easy to sign up and you can receive some of our wonderful rewards.

The **Second Hand Uniform Shop** is open every Friday morning before school in the undercover area. If you have old uniforms that you want to donate, drop them off on a Friday morning, or any time to the front office.



ACADEMIC EXTENSION PROGRAM

APPLICATIONS NOW OPEN



CHURCHLANDS
SENIOR HIGH SCHOOL

If your child is going into Year 7 in 2021 you can apply for selection into our school based Academic Extension Program.

Testing will take place at Churchlands Senior High School, 20 Lucca Street, Churchlands on Saturday 2 May 2020 at 9am.

Application forms are available at our front office or on our website.

Applications close:
Friday 3 April 2020

*This opportunity is only available to children living in our local intake area or accepted into our Gifted and Talented Secondary Selective Music Program for 2021.

Further information:
T: 9441 1700
W: churchlands.wa.edu.au

An Independent Public School with an outstanding record of excellence.

MAKING STEPFAMILIES WORK

Couples with children from previous relationships often benefit from strategies on communication, agreement on discipline and handling competing demands. Find out how to build the enduring, resilient stepfamily you both want.

Some topics covered include:

- Stepfamily structure and complexity
- The normal stepfamily stages of development
- Common emotional experiences and difficulties for children in stepfamilies

Fee: \$80 per person, \$130 per couple
Time: 6.30pm–9.00pm

West Leederville – Level 1, 22 Southport Street
Wednesdays 13 20 27 May 3 10 17 Jun

UNDERSTANDING STEPFAMILY RELATIONSHIPS

This one day workshop is based on research that highlights some of the more helpful ways of forming and living in this new family, be it a step-family or a blended family.

Discussion will include:

- what has proven to be helpful and unhelpful in the formation of stepfamilies
- how to grow a strong and loving couple relationship
- ways to manage discipline and understand the needs of the children

Fee: \$60 per person, \$100 per couple
Time: 9.30am–4.30pm

West Leederville – Level 1, 22 Southport Street
Saturday 21 March

PARENT-CHILD CONNECTION

Parenting doesn't come with a guidebook but we do know what helps create a strong parent-child connection: security, warmth and positive attention, and good communication – plus boundaries and fair rules. This practical course will help you understand your child's development and behaviour and give you some tools so you can parent with confidence.

Topics over the four weeks will include:

- Developmental stages and temperamental traits
- Different parenting styles
- The need for boundaries and rules
- Understanding behaviour patterns and communication
- The importance of positive self-esteem and resilience
- Discipline that works

Fee: \$50 per person, \$75 per couple
Time: 6.30pm–9.00pm

West Leederville – Level 1, 22 Southport Street
Tuesdays 19 26 May 2 9 Jun

BOOKINGS & PAYMENT ESSENTIAL

Concession Rates Available

For further information please call
6164 0200
Or visit our webpage

www.relationshipswa.org.au/courses-workshops

Relationships Australia

www.relationshipswa.org.au

Parents and Separation

- Survival Kit for Separating Dads
- Fathering After Separation
- Mums Surviving Separation
- Parenting After Separation
- Emotion Coaching Your Child
- Successful Single Parenting
- Making Stepfamilies Work
- Understanding Stepfamily Relationships
- Parent-Child Connection

Courses and workshops
January to July 2020

SURVIVAL KIT FOR SEPARATING DADS

Separation presents many challenges for men, especially fathers. This workshop will provide a supportive place to acknowledge the challenges you are experiencing.

Fathers will explore:

- Separation and men's experiences
- Helpful ways to cope with separation
- What resilience is and why it is important

Fee: \$30 per person
Time: 6.30pm – 9.00pm

West Leederville - Level 1, 22 Southport Street
Tuesday 5 May

FATHERING AFTER SEPARATION

Being separated does not mean a parent is any less important or needed by their children. This session will help you develop parenting skills that are responsive to your children's needs and to assist you to find helpful ways to stay in contact with your children.

The workshop will discuss:

- What children experience in separation and what they need from their dads
- Managing conflict with former partner constructively
- Styles of co-parenting

Fee: \$30 per person
Time: 6.30pm – 9.00pm

Midland – 27 The Crescent
Tuesday 9 June

MUMS SURVIVING SEPARATION

Separation brings major changes and challenges. This session aims to be a supportive space to explore these challenges with other women in a similar position and to identify and /or reconnect with coping strategies to help in moving on to a fulfilling and happy life.

The session is an introduction to:

- Women's experiences of separation
- Managing change and loss
- A model to identify choices in responding to challenges
- Parenting solo and co-parenting

Fee: \$30 per person
Time: 6.30pm – 9.00pm

West Leederville - Level 1, 22 Southport Street
Wednesday 8 April

PARENTING AFTER SEPARATION**From conflict to cooperation**

Research shows that after parents, separate children need a secure base with parents they trust and feel comforted by. Parents who can make room for thinking about their children's needs, apart from their own needs, can help their children adapt best to family separation.

The session looks at:

- Separation and its effects
- Principles of two-home parenting
- Effects of ongoing conflict with children
- Managing parental conflict constructively
- Provision of a secure emotional base for your children

Fee: \$30 per person
Time: 6.30pm–9.00pm

West Leederville – Level 1, 22 Southport Street
Wednesday 29 April

EMOTION COACHING Your Child

After many decades of research it has been found that one of the most useful skills and awareness a parent can give is emotional intelligence. This session explores the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

Learn how to:

- Communicate with your child more effectively
- Help your child identify and understand their emotions
- Soothe and guide your child through their 'difficult' emotions

Fee: \$30 per person
Time: 6.30pm–9.00pm

Midland – 27 The Crescent
Tuesday 12 May

SUCCESSFUL SINGLE PARENTING

If you are a single parent and importantly, past the initial break-up stage, and there is no ongoing conflict or emotional turmoil, this course will provide strategies that will help you develop a close and special relationship with your child.

Topics include:

- Challenges and benefits of being a single parent
- Developing an understanding of what children need in a single parent family
- The emotional and practical needs of a single parent

Fee: \$30 per person
Time: 6.30pm–9.00pm

West Leederville – Level 1, 22 Southport Street
Wednesday 1 July

Contributions and Charges 2020

Voluntary Contributions are due to be paid.

When paying into the Deamore Primary School account please write your child's surname and what you are paying for.

**PLEASE ENSURE YOU ARE DEPOSITING
IN THE CORRECT ACCOUNT**

Our bank account details are:

Account Name: Deanmore Primary School

BSB: 306 073

Account Number: 1006385

Payments of cash or cheque in envelopes are to be placed in the Blue boxes outside the front office.



JOIN US FOR SOME Summer FUN

Open entry swim event
Saturday 14th March
2pm warm-up - 2.30pm start

To register or for more information
Contact: nchswimming@hotmail.com
BEGINNERS MOST WELCOME!

Newman Churchlands Swim Club
www.newmanchurchlandsswimclub.org.au



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codecamp.com.au

Give us a call on:
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WESTS SCARBOROUGH RUGBY UNION CLUB



Juniors
Junior registrations open 1st Feb
Boys and Girls

ALL age Groups - U5's to U18's
ALL skills - Beginner to Experienced
everyone is welcome at Wests

www.westsscarboroughrugby.com.au

