

# Numbat News

STRIVE TO EXCEL



Pingelly PS



22 May 2019

## Administration:

Phone: (08) 9887-2000 Email: [pingelly.ps@education.wa.edu.au](mailto:pingelly.ps@education.wa.edu.au)

Webpage: [www.pingellyps.wa.edu.au](http://www.pingellyps.wa.edu.au)

School fees may be paid via EFT Payment BSB. 633 000 Account # 1234 71468

Please use your surname and initials as reference when making a payment.

## Lunch Orders

Monday - Friday - Arola's Café Bakery

## Uniform Shop

Every Monday from 2.15pm

## Dates to Remember

- ◆ Friday May 24  
Faction Cross-country
- ◆ Friday May 31  
Interschool Cross Country Beverley
- ◆ Monday June 6  
WA Day—NO SCHOOL
- ◆ Tuesday June 7  
School Development Day - NO SCHOOL

Dear PPS families

STRENGTH

THOUGHT-  
FULNESS

RESPECT

INITIATIVE

VALIANCE

EMOTIONAL  
INTELLIGENCE

### NAPLAN

Well done to all our year 3 and 5 students for completing NAPLAN testing last week and to those doing the catch up tests this week. Students showed lots of our STRIVE qualities, particularly strength and valour, in completing these tests to the best of their abilities. Although we did experience a few minor technical difficulties, students were able to complete the testing without any major disruption. The tests are designed to challenge students of all abilities and to provide the school valuable feedback with important information for increasing the effectiveness of school planning. Well done everyone involved.

### Cross Country

Good luck to everyone this Friday in the Faction Cross Country Carnival. Students will be having an early lunch at school and then walking up to the oval for this event. Students may be dismissed after the carnival if they have a parent or guardian at the oval who collects them from their teacher. From our faction carnival we will select a team to travel to Beverley next Friday for the Interschool Cross Country. Remember - **Do your Best.**

### National Simultaneous Story time

Students from all classes participated in the National Simultaneous Story time on Wednesday. The year 5/6 class gave their dramatic interpretation of the story on stage to the whole school and then students returned to class to complete some interesting follow up activities on why alpacas might need maracas.



### Hats

The school has purchased each class a small number of spare hats to maximise the opportunities for students to be engaged in the playground and out door activities. We still encourage all students to have their own hat at school and insist on having students wear hats in open air play at recess and lunch time.

### Garden Beds

Progress is happening on the school garden project that Mr Standish has been working very hard on and engaging some of our students. The plan is to have all students have some involvement with the garden when the beds are complete and planting begins.

Have a great week,

Noel Cowcher, Acting Principal

### DID YOU KNOW?

School Health Services - A community health nurse visits our school and acts as a point of contact for students. Allied health professionals in the community health team may also be involved with programs that are run in the school. If you have a concern about your child's health, you can make contact with the community health nurse through your child's teacher or the school administration.

[https://healthywa.wa.gov.au/Articles/S\\_T/School-health-services](https://healthywa.wa.gov.au/Articles/S_T/School-health-services)



# How Much Screen Time is Too Much?

## The purported downsides to 'excessive' screen time...

- \* Research has shown that kids who spend too much time in front of screens risk health problems such as obesity and issues with posture.
- \* The number of short-sighted children has almost doubled during the last five years, which has been attributed to the use of screens.
- \* There has been a correlation between excessive screen time and reduced levels of enjoyment in other activities, such as outdoor exercise and imaginative play.
- \* Many children who spend more time on electronic devices have reported feeling less energetic and fit.



## On the flip side, the benefits and importance of screen time are equally significant.

- For a start, digital literacy is crucial in many professional careers.
- The use of digital technology will continue to increase momentum in educational settings, so a good grasp of these technologies will likely relate to improved academic performance.
- Screen time has been shown to work well as a sedative and in calming kids down in anxiety-inducing situations, such as before surgery.

Some aspects of interactive, digital programs can enable greater learning, particularly in children with learning difficulties.

## The key to this dilemma, like everything, is *balance, consistency and moderation*.

1. Set rules for 'no screen time situations'.
2. Try to set daily limits.
3. Combine learning with screen time.
4. Make sure that screen time does not take precedence over or replace other important activities.
5. Create 'no screen time zones'.
6. Participate in screen time together!

**What's important is that screen time does not replace or supersede other important areas of emotional, physical and developmental learning.**

Source: Melbourne Child Psychology <https://www.melbournechildpsychology.com.au/blog/how-much-screen-time-is-too-much/>

## Pre-Primary STEM challenge

The pre-primary students have been learning "*The three little pigs*" in Talk for Writing.

This week Miss Ferguson presented them with the challenge of creating houses that will not get blown over by the 'BIG BAD WOLF'!

The students, working in groups, planned and labelled their design, then working cooperatively, built their 'wolf proof houses'.

The next challenge will be when Mr Wolf (a hairdryer with wolf's ears) puts their houses to the test. We look forward to seeing the results!



A big thank you to the P&C, donors and helpers for the effort put in to the Mothers Day stall held last week.

The students were very excited to be able to choose such a special gift, with their own money and without any restrictions. Some of them were overwhelmed by the gorgeous selection, but every one ended up with that perfect treasure.

There was a wonderful array of gifts, all of which had been donated. Approximately \$450 was raised for our school community. Thank you all so very much.





# Pingelly Primary School P & C Notes



Welcome to Term 2, 2019! Your 2019 P & C Committee is:

President: Rheannon Turton  
Secretary: Sheree Blechynden  
Uniform Co-ordinator: Emma Hardie  
Catering Co-ordinator: Tara White

Vice President: Helen Sewell  
Treasurer: Leanne Watts  
School Council Rep: Tara Whitney

A huge thank you to all these ladies for putting their hand up to take on these roles this year, greatly appreciated. Thank you to our outgoing President Alyssa Lee for all your hard work over the past couple of years. We hope you are enjoying your time back in the classroom teaching.

We would like to thank the Shire of Pingelly, who approved our application the 2018/19 Community Grant Scheme for \$506.00. With our successful grant money, we have been able to put this money towards purchasing a 20L Urn and a Pie Warmer. These items will be well used at all our sporting events & fundraisers.

What

a busy term, Term 1 was!! I'll start with the swimming carnival, thank you to all the parents who donated items for morning tea, and assisted with the lunches, bbq, and also to the parents who helped with timing etc. It was a great day, and was awesome to see our Kindy – Yr 2 students were able to come and participate during the day.

We also catered the Pingelly Shears in February, and it was another successful fundraiser for our P&C. Thanks to the P&C ladies who catered and attended this event.

Mrs Holly Bassett, thank you for doing a trip to Perth to collect the new Mud Kitchen and Art Easel which can be seen up in the cluster, I have word from Mrs Lee that both items are very popular! These items were purchased through the P&C.

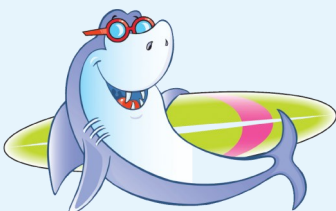
Thanks to Katie Macnamara and Charissa Parsons and the army of helpers for the Easter Disco, another great night which was thoroughly enjoyed by all who attended!!

During the holidays we were asked to have a stall at the Shire Youth Day, thank you to all our wonderful mums who came in to help out, Thanks Tara White for organising the sausage sizzle and Tara Whitney for the lolly station.

Last but not least on Thursday 9<sup>th</sup> May, with the assistance of Jenny Borg and Kerry Keisley who suggested and assisted us in running a Mother's Day Market at school – with all money raised coming back to the P&C, there were no items over \$5 and the children could purchase something special. Thank you to everyone who donated items for our stall. Thanks to Rhea Turton, Janette Millar and Tara White for running the market with Jenny on Thursday. We hope there are some surprised Mums, Aunts, Grandmothers out there on Sunday.

Don't forget to like the P&C Facebook page – (Pingelly Primary P&C) so that you can stay up to date with everything we are doing, we would love to see you at our next meeting. Please make sure you pay your \$1 P & C membership to the front office – the more members we have helps our cause when applying for grants.

## BOOK FAIR BEACH



### PRELIMINARY NOTICE

#### Scholastic Book Fair

**Tuesday June 11 - Friday June 14**

**Theme - BEACH**

A dress up parade will be held on Wednesday June 12, so get your creative ideas flowing.

**OR wear your boardies!**

The P&C will be selling Milo & muffins on the day.

More details to come.



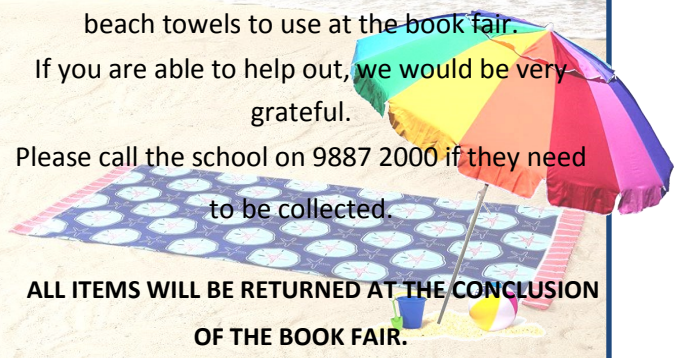
### LIBRARY REQUEST

The library is looking for beach umbrellas and beach towels to use at the book fair.

If you are able to help out, we would be very grateful.

Please call the school on 9887 2000 if they need to be collected.

**ALL ITEMS WILL BE RETURNED AT THE CONCLUSION OF THE BOOK FAIR.**



# FACTION CROSS COUNTRY

The 2019 cross - country running event will take place ....

- ◆ THIS Friday - May 24
- ◆ Year 5 & 6 boys 2000m - 1pm  
Year 5 & 6 girls 2000m - 1.10pm  
Year 3 & 4 boys 1500m - 1.20pm  
Year 3 & 4 girls 1500m - 1.30pm  
Year 2 & under boys 1000m - 1.40pm  
Year 2 & under girls 1000m - 1.50pm

- ◆ Presentations will be at 2.00pm

Parents and spectators are encouraged to attend. Bring along a chair and barrack for your team.

Children with a parent/guardian in attendance may be signed out from the oval after the presentations.

## KINDY/PRE PRIMARY THANK YOU

The Kindy/Pre Primary mud kitchen has been inspiring some aspiring chefs who have been making delicious soups and stews. Ellen and Jesse Cook painted some gorgeous river rocks with vegetables and fruit and donated them to the cluster for use in the outdoor kitchen.

Along with herbs from the garden, the kids have been creating all sorts of delicacies.

**Thank you** to Ellen and Jesse for your kind gesture.



**GRATEFUL THANKS** to the *Harvest Church* for their very generous donation to our school's "New Environment Club and Vegetable Garden."

Mrs Barbara Pauley, on behalf of the Harvest Church, kindly delivered a \$250 cheque to school, for the project recently.

The project is getting to the stage where soil, compost and manure will soon fill the shuttles



prior to the planting of the seedlings.

Here's hoping for some rain, so that we can anticipate some delicious crops of broccoli, cauliflower, cabbage and more!

## Tutti Music

There are a few spots still available for beginner guitar lessons.

For more information, please call



**Leigh Jennings** on 0428 280 700

## STRIVE CERTIFICATES

<b>Pre-Primary</b>	Lucy P Connor B	
<b>Year 1</b>	Evie P Xavier J	Penelope W Keiran L
<b>Year 2/3</b>	Scarlett M Jarrah C	Suevanna R Clay H
<b>Year 3/4</b>	Patrick P Miranda P	Ailie W
<b>Year 5/6</b>	Maree S Mathew T	Daniel M

DAY	DATE	EVENT CALENDAR
Friday	May 24	Faction Cross - Country
Friday	May 31	Interschool Cross - Country @ Beverley
Monday	June 3	Western Australia Day - <b>NO SCHOOL</b>
Tuesday	June 4	School Development Day - <b>NO SCHOOL</b>
Friday	June 7	Year 3/4 Assembly
Tuesday - Friday	June 11 - June 14	Scholastic Book Fair

**This program is relevant for children aged 2- 10 years of age.**



## 123 Magic and Emotion Coaching workshop

**A FREE three SESSION PARENTING PROGRAM FOR PARENTS AND CARERS OF YOUNG CHILDREN**

AIMS TO HELP PARENTS AVOID COMMON MISTAKES, SUCH AS TOO MUCH TALK AND TOO MUCH EMOTION.

THIS WORKSHOP WILL HELP PARENTS TO BETTER UNDERSTAND THE DIFFERENT TYPES OF BEHAVIOUR, AND WHY THEY OCCUR. WHILE INCREASING THEIR CHILD'S ABILITY TO MANAGE AND SELF -REGULATE THEIR FEELINGS AND REACTIONS.

123 Magic and Emotion Coaching identifies three choices parents have when managing behaviour

- Do Nothing (ignore)
- Act (count or consequences)
- Listen and Emotion Coach

123 MAGIC AND EMOTION COACHING TEACHES PARENTS AND CARERS HOW TO EMOTION COACH BY:

- Recognising children's emotions.
- Listening empathically and tuning in.
- Validating feelings.
- Helping children to problem solve.

**Where:** Pingelly Health Centre, 32 Brown St Pingelly

**When:** Each Thursday 6<sup>th</sup>, 13<sup>th</sup>, and 20<sup>th</sup> June 2019

**Cost:** FREE

**Time:** 10.00 am – 12.00pm

To register contact Pingelly CRC – 9887 1409 or email [pingellycrc@westnet.com.au](mailto:pingellycrc@westnet.com.au)

Supported by



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# *Pingelly Youth* *Boxing Club*



**Where: Pingelly Youth Centre (next to the skate park)**

**When: Ages 5-11 year old's every Monday 5pm to 6pm**

**Ages 12-18 year old's every Tuesday 5pm to 6.30pm**

**Fighters/Competition class (invite only) every Wednesday  
5pm to 6.30pm**

**Private session available upon request**

**Cost: \$3 per class**

**\$10 per class (Fighters class only)**

**New members always welcome**

**For more info contact**

**Thomas Brokenbrow 0458251278 or via the  
Pingelly Youth Boxing Club on Facebook**