
Newsletter 11

Principal's Message



Dear Parents and Carers

Welcome back to Term 3 and we look forward to a “business as usual” term here at Rostrata Primary. After what was a well-deserved break for everyone.

Covid -19 Phase 4 Restrictions

Our healthy practices of social distancing, hand sanitizing and regular cleaning of surfaces are all continuing at Rostrata.

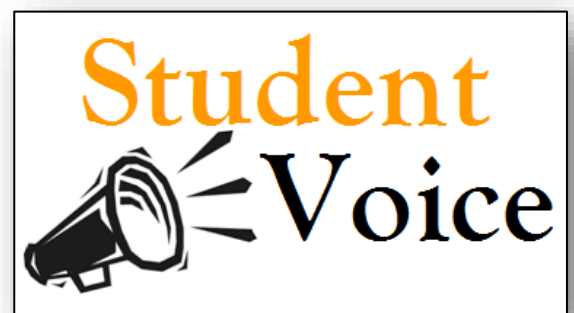
With the situation elsewhere in Australia, I feel the greatest challenge we face is that of complacency, especially as our school opens up and parents and visitors are able to enter the school grounds.

All of our students managed exceedingly well during Term 2 getting themselves to and from the school gate and their classroom. Their independence getting themselves prepared and set up for the day and older students did a fabulous job looking out for their younger siblings.

Based on this success, the social distancing challenges we face and the traffic issues, I ask parents to **only** come on to the school site if there is a real need so that your child can retain and build on the growth they have shown. Your ongoing cooperation and support with this is greatly appreciated.

Student Voice

I had an overwhelming response from students throughout the school for ideas to add more playground equipment to the edge of the school oval. A committee of students worked through the list of ideas to determine the best, safest and most practical idea to install. Their decision will be announced at the next assembly.



The process of having students from across the school generate solutions to real issues, and having a student committee determine the best outcomes for the school, has been democratic, transparent and allows students to see that they have strong ideas and a voice that needs to be heard and actioned. It has been very pleasing to see.

We will continue involving students in problem solving through this process going forward.

Covid Survey

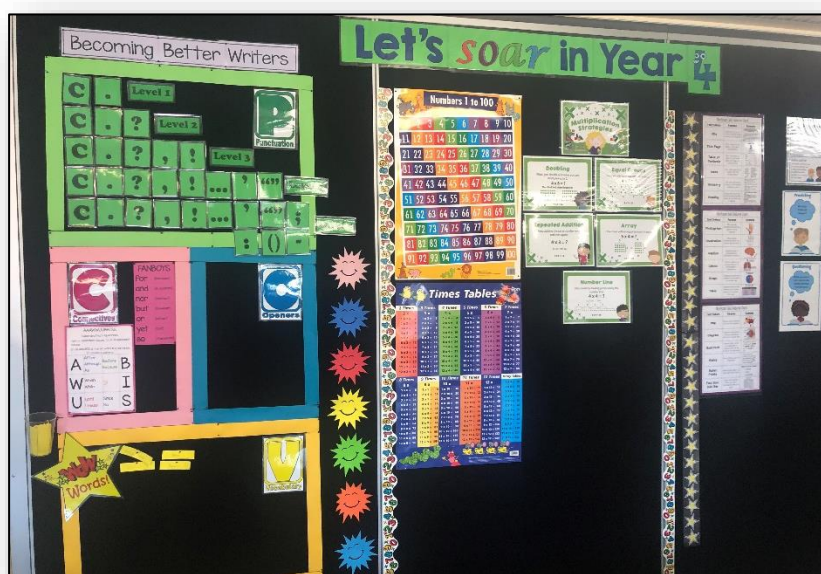
Thank you to the over eighty families who provided feed back to the survey informing us on your child's experience with remote learning. We have a wealth of information that we are working on with the school board and will incorporate into our future planning and use of instructional technology requirements for students both at home and at school.

When the survey has been properly analysed by the board and staff, we will share the key messages and themes we have gleaned.

Concertina Door Replacement

During the school holidays all of the old concertina doors throughout the school were replaced. The new doors open as panels and have a surface that allows for the display of student work – something that was lacking in classrooms with the old doors.

The eleven new doors have greatly refreshed the look and appeal of our classrooms and have enhanced our teaching and learning environments for the twenty-two classes involved.



Lunchtime Clubs

This term we are commencing lunch time clubs for students, commencing with those in Year 5. Staff have volunteered to run these with two clubs being held each day of the week. These will include;

- Theatre sports
- Uno
- Boys gardening
- Robotics
- Board Games
- Girls walking group
- Dance
- Soccer tournament
- AFL skills and
- Knitting

These options will run for the first half of the term and then a different group of clubs will be held during the second half of Term 3. We hope this gives children more things to do at lunchtime, the chance to pursue an interest and to socialise in like-minded interest groups.

Assemblies

Our first junior school assembly for the term will be on Thursday next week in the covered assembly area with the Senior Band performing an item.

Due to social distancing challenges, parents able to attend assemblies this term will be limited to those whose children are receiving a certificate and those whose child is performing the item.

Parents will be need to assemble in the designated area marked at the rear of the assembly area and of course, observe social distancing. Again, I appreciate your understanding and cooperation with this.

Year 2 Parent iPad information Session



One of the decisions that came from our lockdown experience has been the importance of the BYO iPad program and the ability for students to continue their work remotely. Of course they play a key role in the everyday learning of students at school.

Year 2 students have been using iPads extensively this year and nearly half have been bringing in their own device.

At Rostrata, we will be extending the BYO iPad program to commence at Year 2 in 2021.

Last term an informative video for parents was updated to our website and a Youtube link sent to all Year 2 parents.

<https://youtu.be/Z3ObVFDnlDg>

Where possible, I encourage all Year 2 students to bring their own iPad to school in Semester 2 as teachers and students will be using them regularly.

An information session for current Year 2 parents will be held on Friday 31 July at 2pm in the school library. Come along and hear about how iPads are being used to enhance teaching and learning, how SeeSaw is being utilised to forge partnerships with parents, purchasing options via our portal and establishing good digital habits for your child. We look forward to seeing you there.

Council Rangers

A Connect message went home earlier this week informing parents that the City of Canning rangers will be patrolling around schools, including Rostrata and issuing infringement notices to motorists who contravene Council parking and traffic rules. As we are one of the schools being targeted, I encourage all parents to comply fully with the road signs surrounding our school.

Barry France
Principal

CARE TOKEN WINNERS



SHVEN - C2



CHENJIN - D1



SIENNA - A1



AALIYAH - D5

WIZE THERAPY

Dear Parents,

With increased school expectations, increased academic and social demands on children and increased pressures on families, it can sometimes be difficult and confusing to know whether your child is reaching his or her milestones in order to participate at his or her best in the classroom. Development and facilitation of your child's emotional regulation skills is crucial to future school performance and success in your child's education. Emotional regulation skills refer to your child's ability to identify an emotion, interpret what this emotion means within their brain and body and engage in a tool or strategy to support their ability to manage the emotion. Evidence demonstrates that early intervention is the key to future social, emotional and academic success.

Rostrata Primary School has contracted and partnered with an occupational therapist from Wize Therapy, Olivia Firth, to collaborate closely with the teachers, to enhance your child's academic performance and social-emotional wellbeing. Olivia has a special interest in sensory and emotional regulation and she will be working closely with the teaching staff at Rostrata Primary for the duration of Term Three.

The aim of this collaboration is to ensure that your child's social and emotional needs are met and integrated into the educational curriculum. The work Olivia will be doing includes working with the teaching staff and students, within the classroom, on the usual daily activities occurring in this environment, working with small groups of identified children to develop their emotional regulation skills and developing resources for the teaching staff to use in the classroom.

The above collaboration, is a forward thinking opportunity for staff and students, targeted to increase engagement in learning.

If you have any questions, please contact Mrs. Clarke (Deputy Principal - Student Services) on 9237 2700.

Annabella Clarke

Deputy Principal – Student Services

Young Engineers Club (YEC) @ D-Block (Wednesdays 3:15pm to 4:30pm) – calling all pre-primary to year 1 students interested in Lego & STEM. The Young Engineers club that meets weekly on Wednesday after-school in D-block is running again in term 3. If your child enjoys hands-on, creative problem solving STEM activities, then this may just be the thing to spark their greatness. We have lots of fun building and learning about machines & robots built with Lego. Fees apply.

Online Registration: <https://www.trybooking.com/JVAC>

Contact Chee directly for any questions: perth@young-engineers.com.au / 0406 542 912

Regards,

Chee Wong

Email: chee@young-engineers.com.au





Communication and cooperation.

As parents, we have all experienced times when our children have chosen to not cooperate with us. In a recent article in his Parenting Blog, Michael Grose lists some words that 'invite resistance from children and young people who do not like to be told what to do'. These words are MUST, NEVER, ALWAYS, YOU and DON'T. He suggests replacing these words with others that do not give an ultimatum, and telling your child what you will be doing ('I will serve dinner once the table is set') rather than telling them what to do ('Set the table now please').

(<https://www.parentingideas.com.au/blog/resistance-words-to-avoid-when-talking-to-kids/>).

Effective communication makes everyone feel happier and more connected. In addition, when we communicate effectively, it is easier to resolve conflicts and to have conversations about difficult topics. These are some tips from REACHOUT.com to help you have positive and constructive conversations with your child:

- Be genuinely interested and curious about what your child is telling you.
- Give them your undivided attention.
- Show empathy – put yourself in your child's shoes.
- Avoid just giving them instructions or unsolicited advice.
- Choose a quiet space without distractions for important conversations.

(<https://parents.au.reachout.com/skills-to-build/connecting-and-communicating/effective-communication-and-teenagers>)

Sometimes situations may arise in which the best course of action for parents may be to negotiate, rather than dictate. I came across an interesting article by Vince Hurley, an Associate Lecturer in the Department of Security Studies and Criminology at Macquarie University. His tips for working with older children who break rules and display attitude include:

- Speak in a calm and controlled tone, and as a negotiator, not a friend.
- Let them vent, and acknowledge that you have heard their concerns. Be assertive and walk away if they become rude while having their say.
- Don't be in a hurry to resolve the situation in one sitting.
- Don't let anyone else butt in.
- Use the 5WH (what, why, when, where, how) as a conversation framework.
- Don't make assumptions- listen to their story first without passing judgement.
- Give notice, rather than make demands requiring instant action.
- Use humour to defuse the situation.
- Never lie and never break a promise.

(<https://www.sbs.com.au/topics/voices/family/article/2019/12/19/former-police-negotiators-guide-bargaining-teen>).

Louise Lathbury

Chaplain

KITCHEN NEWS

What a fabulous week in the Kitchen. The classes have made the most delicious coleslaw with the biggest cabbage I have ever seen.

We added sugar snap peas from the garden to make it extra crispy.

Our lemon juicing will continue in next week to make wonderful refreshing lemon cordial in the coming weeks.



Vicky Richards
Kitchen Specialist

ROSTRATA P & C NEWS

General Meeting Term 3

Welcome back to Rostrata for another term, whether that is online or in person! I hope everyone managed to stay safe and enjoyed the school break. We will be holding our next General Meeting on Monday 3rd August at 7pm online via Zoom (this is the Monday of Week 3). All parents are welcome to attend and join (\$1 per year); being a part of the P&C is a great way to keep in touch with what's happening at Rostrata Primary. Please visit the P&C website (rostratapandc.org.au) for more information.

As this meeting is going to be online, I will need non-P&C members to email me by no later than lunchtime on Monday 3rd so I can add you to the Zoom session. My email address is president@rostratapandc.org.au.

I look forward to seeing you online!

Cheers,

Tristan Cameron

P&C President

Rostrata Dads

Rostrata dads and kids are visiting the Bull Creek Aviation Heritage Museum on Saturday 15 August, 10.30am. It's \$7.50 entry for a child, \$15 for an adult. If you like to come, please email us at dads@rostratapandc.org.au, letting us know how many of you are coming. This week's tip from the Fathering Project: [healthy risk taking and why it's important for your child](#).

Year 6 Graduation – Save the Date

The 2020 Year 6 Graduation Committee are pleased to advise that the Graduation dance will be going ahead as planned, barring any further setbacks with COVID-19. We will monitor this very closely and let you know if anything will change, or if we must cancel.

We request that you “save the date” for the 2020 Year 6 Graduation Dinner/Dance.

Friday 11th December 2020

Approx. time 6pm – 9pm – details TBC closer to the date

Your child will receive their Graduation Dinner Dance invitation during Term 3, you will also be provided with details about how to purchase tickets online. We are hoping to complete permission slips via Consent 2 Go, however more details will be provided soon. Tickets will be no more than \$35 each.

It's such an exciting time for our group of Year 6s, and we are so pleased that we can do this for them 😊 2020 Year 6 Graduation Committee.

P & C Website

To keep up to date on all P&C related events and information, please check out our website: www.rostratapandc.org.au

Tristan Cameron

P&C President

CHILDREN AND SOCIAL MEDIA

PART 1- When are they ready for social media accounts?

(<https://www.esafety.gov.au/parents/skills-advice/are-they-old-enough#key-questions-to-help-determine-your-childs-readiness-for-social-media>)

According to the eSafety website, your child's ability to have a positive experience with social media use is based on their physical age, level of maturity, and level of resilience.

Social media sites and apps tend to require users to be at least 13 years of age. This is so that the sites comply with the Children's Online Privacy Protection Act of 1998 (COPPA), which prevents collection and storage of personal information from children under 13 years of age.

Social media use may involve anonymous communication, content sharing, encrypted communication, gaming, live streaming, location sharing, online chat, online relationships, photo/video sharing, voice chat, and video calling. So that we can ensure the safety of our children, it is important that parents take the time to educate themselves about the benefits and risks associated with each of these uses. More information can be found in the [eSafety Guide](#).

To determine your child's readiness for social media, the eSafety Commissioner suggests that you consider these key questions:

1. Is your child able to withstand negative online experiences?
2. Does your child understand the importance of protecting their personal information?
3. Does your child understand how privacy settings for social media work?
4. Does your child understand what is safe to share online?
5. Does your child know how to report cyberbullying and other kinds of abusive content?
6. Is your child willing to let you establish clear rules and supervise their social media activity?

It is important that the lines of communication regarding social media use remain open between you and your child. In this way, they will feel able to come to you for help if they encounter any problems. Before your child starts to use social media, it is a good idea to create a family online safety contract, detailing the types of content that can be posted, how often they can post, and how often they can check social media.



Life Skills
Creative Time
New Experiences
Construction & Manipulative Play
Outdoor Play Time
Homework & Quiet Time

To book, visit:
www.campaustralia.com.au
or call 1300 105 343

Dear Families,

Here at Camp Australia we have been Making Kids Smile for over 30 years. Each day in Outside School Hours Care, we provide engaging, meaningful and affordable care that help families balance life and work responsibilities.

To ensure we are providing the safest care to all children, we have regulations we must adhere to. It is important that all families understand the protocols for children who need care but are unregistered and unenrolled, as well as the potential consequences of making a last-minute booking even when they are registered.

Booking on the day for registered children -

To attend our care, all children must be registered. Why? Registering your child means we have all the information and documentation we need to safely care for them when required. Once you have finished your child's registration, you can call last minute and request a booking - depending on the number of children already booked into care, your booking may or may not be accepted.

This is because we offer a Childcare service governed by Education and Care Services National Law and Regulations, so we are only able to operate our service within the state's specific Educator to Child Ratio. We also have a service approval capacity which is the total amount of children a service has been approved to safely care for at one time.

Booking on the day for unregistered children -

You will not be able to book if your child is not registered. To register we need the following information from you:

- Your details and emergency contacts
- Details about your child, and if any allergies or medication conditions
- Your CRN (Customer Reference Number) from the Family Assistance Office
- Child Immunisation Certificates
- Payment method

If your child has any additional needs, we must have all the relevant documentation, support items and our Educators may need to be trained prior to the child attending care.

Once you complete the registration process you can then call and request a booking. If we are within Educator to Child Ratio, we will then be able to take your child into care. The more notice we have on bookings, the better able we are to staff the service to meet your needs. That is why once registered, we encourage all families to book in advance.

For more information visit us in service and chat with our qualified Educators. Alternatively, you can contact our friendly Customer Care Team on 1300 105 343 who are available 24 hours a day, 7 days a week - except National Public Holidays.

We look forward to seeing you and your family soon!

From the Team at Camp Australia

Safety • Meaningful • Innovative • Leadership • Education
we make kids smile