



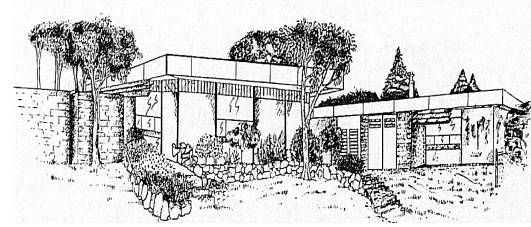
Southwell Primary School

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Principal: Elizabeth Melville
Manager Corporate Services:
Janine Hart

Newsletter

Week: 4 Term 3

8th August 2018



DATES TO REMEMBER

Week 6
P&C Meeting
21st August

Week 7
Parent Surveys due
31st August

Week 8
Sausage Sizzle
4th September

Faction Carnival
6th September

Week 9
Poetry Festival
12th September

Scholastic Book Fair
14th September

Dear Parents and Caregivers.

Pam, our head cleaner, has a strong understanding of our community and what it means to be part of Hamilton Hill. She has been part of Southwell Primary since the early years. When I first came to Southwell, Pam helped me to understand the needs of our local community. She helped me to fit into life at Southwell.

Pam has many jobs that have to be done within a set time frame yet she takes the time to chat with families before and after school. She knows students names and takes the time greeting them as she meets them. She notices when students are upset and will make a point of ensuring staff know when help is needed for a student. I've seen her talking with children and offering quite advice and wisdom. Along with mopping, window cleaning and getting classes ready before students enter the rooms, Pam works shoulder to shoulder as part of a team as well as being a team leader. She and her team are always on the lookout for things that need to be repaired and takes the initiative to sort out problems.

Pam contributes to whole school programs. In our school reading, Pam would go to classes and listen to students practice their reading. Pam is flexible to the changing demands of her job she always dealing with problems that I throw at her and is good at cheering up people with her sense of humour. I find it rewarding to work with her as she takes pride in a job well done.



Kind regards
Elizabeth Melville.

Principal.

We would like to acknowledge the Noongar people who are the Traditional Custodians of this land. We would also like to pay respect to the Elders past and present of the Noongar nation and extend that respect to other Indigenous Australians who are or may be present.

Labyrinth

Our chaplain, Sarah Stapleton has designed a new labyrinth for our school. Many thanks to Graeme Ward who volunteered to build the labyrinth. Walking a labyrinth may look like walking aimlessly in circles. What makes it worthwhile? Labyrinths are truly a natural way to consciously create a peaceful place. The labyrinth can be a valuable tool in helping a child regain self-control or friends work through a problem. Walking a labyrinth alone or with others can be grounding and calming, enlightening and uplifting.

There are no wrong ways, dead ends, or blind alleys, no decisions to make or puzzles to solve. It's a self-correcting lesson in concentration. Pay attention, trust the path, and you will get to the goal. Finding the way out is just as simple. And, if you do happen to lose your focus and forget which way you're going, like other lessons, you can try again.

Labyrinth symbols are thought to be at least 4,000 to 5,000 years old. Labyrinths offer a safe place for meditation, celebration and self-discovery. This symbolic journey can be a meaningful, walking meditation. It is

very freeing when you let your body carry you along a path and you allow your mind to relax, accept, or search. Walking a labyrinth doesn't "make" you see things or feel things differently. You choose to be open to the inner voice and the spirit within.



Canteen Volunteers Needed

Southwell Primary School P&C requests volunteers to assist with the canteen duties during the mornings of Wednesday and Friday each week.

No previous experience is required and all assistance will be greatly appreciated.



Every Child

Every Chance

Every Day

ATCO Excursion

Myriam and Penny

On Friday 3rd August the Year 5/6 students went to ATCO Blue Flame Kitchen in Jandakot. We learnt about how gas services houses and we learned to cook with fresh ingredients in a gas oven and a pizza oven. We were all chefs for the day. We created healthy pizzas, salad, bacon and egg savoury quiches, fruit platters and chocolate brownies. This was the best excursion ever!



Every Child

Every Chance

Every Day



Teeball • Baseball • Softball



Age: 4 to 12 years
 Rewards: early bird & refer a player
 State Championships & Machine Pitch
 Low fees! Perth Heat & State softball players

Registrations online & FAQs

www.kardinyaredsox.org.au

Registration Table	Registration Day
Kardinya Shopping Centre	Morris Buzacott Reserve
Saturday 11th Aug 2018	Sunday 2nd Sept. 2018
All Day	1pm to 3pm
\$5 Muffin & Hot Drink DEAL Aroma Cafe	FREE Sausage Sizzle



Questions? Email registrar@kardinyaredsox.org.au

Dr Kristy Goodwin

July 24th, 2018

Media Release- Dr Kristy Goodwin provides digital parenting advice... without the guilt and guesswork

Screen-time shouldn't be something that parents fret about when it comes to parenting children, according to Dr Kristy Goodwin, a digital parenting educator, researcher, speaker and author.

"As parents, we are sold so many myths and given so much misinformation when it comes to navigating kids' digital world. On one hand we're told that screen time is 'bad' for kids and will harm our child's development, yet they're using technology at school (even pre-school) and will inherit a digital world. I'm here to give parents the facts, not fears, when it comes to screen-time," Dr Goodwin said.

Dr Goodwin will be presenting a seminar in Fremantle called 'Raising your child in a digital world' to help clarify some digital myths and arm parents with practical strategies to navigate young kids' digital world without guilt or guesswork.

"I take the guesswork and guilt out of screen time. As a digital wellness and parenting researcher and a mum (who experiences her kids' techno-tantrums), I work with other health professionals, academics and the latest research to gather the facts and present them to parents so they can get on with the important job of parenting a child in the digital world, without having to ban the iPad, or unplugging the TV or gaming console," Dr Goodwin said.

With no point of reference, parents have been left scrambling, attempting to figure out how much screen-time is healthy and when does it become harmful. "We're dealing with digital dilemmas our parents never faced, such as how to cope with the dreaded 'techno-tantrum' and how to keep kids safe online. Parents are currently worried about the 3Ps- predators, pornography and peers (cyber-bullying).

"Parents need to realise that most of us experienced analogue childhoods. We stared at the sky and not at screens. Yet, we're forced to deal with issues that our parents simply didn't deal with, so parents are naturally confused and concerned. The digital era is here to stay, so digital abstinence isn't a solution. We need to help parents find healthy and helpful ways to use technology with kids at home," Dr Goodwin said.

Dr Goodwin encourages a balance of screen-time and green-time, believing that whilst children will always naturally embrace technology, being active and engaging in outdoor, unstructured play is also important.

"It's also important that screen time is used in the right way, so their sleep, language, social skills, vision and hearing aren't negatively impacted," Dr Goodwin said.

Dr Kristy Goodwin will present at South Fremantle Football Club on September 6th between 7-10.30pm. Doors open at 6.00pm. For tickets visit <https://www.trybooking.com/WRDW> or email : freoprietaryandc@gmail.com.

END

For further information, please contact:

Lynne Kudus, 0448082062.

Interview and pictorial opportunities available with Dr Goodwin

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