

Newsletter

CALENDAR OF EVENTS:

Thursday 3 February

- Canteen closed

Friday 4 February

- Canteen closed

Wednesday 9 February

- Canteen Open

Thursday 10 February

- Canteen Open

Friday 11 February

- Canteen Open
- Welcome Assembly
- Valentine Cupcake Day

Wednesday 16 February

- Canteen Open

Welcome

Welcome to all our new students and families, welcome to Camboon Primary School. This year we welcome 12 new students and 38 Kindergarten students and their families. I hope your child/ren have settled in well and I'm sure you will find our school and community very welcoming and supportive. To all our other students and families, welcome back. I hope you had wonderful holidays and have also settled back into school for 2022. Can I thank all our wonderful students and families for one of our smoothest starts to a school year. We have truly appreciated the way you have followed all COVID guidelines and I am looking forward to seeing and hearing about lots of awesome learning in 2022.

Communication

The start of a school year is often hectic but this year is another level! Our aim is to ensure that we have open and clear communication to ensure our students are safe, happy and learning. Our main form of communication is via Connect. Over the course of this year, we will be using this more often as a whole school and classroom form of communication, including Reporting to Parents. It is therefore, very important that you know how to use Connect and if you are having issues, you simply need to contact the lovely ladies in the front office via email camboon.ps@education.wa.edu.au. They will be happy to assist. We also asked that if you have changed your email address, you notify the school office as soon as possible.

Parking and Safety

Parents and carers are reminded to NOT park in the staff carpark or the carpark behind the canteen. Please do not walk your children through either carpark. The carparks are accessed by staff, delivery trucks, our canteen

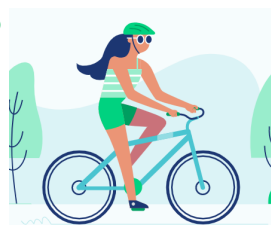
manager and those attending the dental clinic throughout the day. Student safety is our priority.

Staffing

Welcome back to all our amazing staff. Thank you for all your hard work and preparation for the new school year, to benefit our students, families and the community. This year we welcome back Miss Douglas and Mrs Thomson in Room 15, Miss Purdy in Room 8, Mrs Jayatilaka as our Science Specialist teacher, Mrs Ooi in Pre Primary on Wednesdays and in Room 8 on Fridays, and Mr Nguyen as our Physical Education Specialist teacher. We also welcome Ms Sinclair in the office, replacing Mrs Gerritsen who retired last year.

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Janice Cuculoska—Principal



TASTE BUDS CANTEEN:

Closed Monday & Tuesday
Open Wednesday, Thursday and Friday
<https://www.flexischools.com.au/>

9218 1414 / 0412 530 307

UNIFORM SHOP:

Online orders or office drop box
www.quickcliq.com.au
Open as follows:
Tuesday 22 February 8.45am—9.15am
Tuesday 15 March 8.45am—9.15am
Tuesday 5 April 8.45am—9.15am

Camboon Primary School
Forder Street, Noranda WA 6062
Email: Camboon.PS@education.wa.edu.au
Website: camboonprimaryschool.wa.edu.au
Phone: 9218 1400

Medication

A reminder to parents of students who have medication such as epipens, to please ensure that medication is returned to the school office for the new school year. Please check expiry dates. A reminder that all asthma and anaphylactic plans should be updated yearly and a copy given to the school office.

Music News

Our first morning song of the year is 'Wandjoo My Friend' - a welcome song. Welcome to all students, new or returning to Camboon Primary School. Choir rehearsals for interested Year 4, 5 and 6 students will begin this Friday 4 February in the Music Room from 8.00 - 8.45am. If your child loves singing and would like to perform in the school choir in 2022 please encourage them to come along. Students can attend until week 5 before they are asked to make a commitment to participate for the whole year. The school choir will perform at the ANZAC, Music and Christmas Assemblies at school as well as the Massed Choir Festival at the Perth Concert Hall.

Year 5 beginner instrumental offers to learn a Brass and Classical Guitar instrument will go out this Friday to selected students. Instrumental lessons will begin in Week 2 for Year 6 students and Year 5 beginners will be able to meet their teachers. Lessons times are yet to be confirmed but it most likely that Brass lessons will take place on Tuesdays from 12.30 - 1.30pm in the parent room and Classical Guitar lesson on Wednesdays from 12.00 - 1.00pm in the Music Room. If you have any questions about the instrumental program please visit me in the music room on Monday, Tuesday or Friday or email me : stephanie.bojanich@education.wa.edu.au

Stephanie Bojanich
Music Specialist

♥ TASTE BUDS

**CHOCOLATE VALENTINES
CUPCAKES \$1.50
AVAILABLE TO ORDER FRIDAY 11TH
OF FEB! ♥**



TERM DATES 2022

**PLEASE REFER TO PUPIL FREE DAYS
FOR ADDITIONAL SCHOOL CLOSURES**

Term One

Mon 31 January - Fri 8 April

Holiday Break

Sat 9 April - Mon 25 April

Term Two

Tue 26 April - Fri 1 July

Holiday Break

Sat 2 July - Sun 17 July

Term Three

Mon 18 July - Fri 23 September

Holiday Break

Sat 24 September - Sun 9 October

Term Four

Mon 10 October - Thu 15 December

Holiday Break

Fri 16 December - Tue 31 January

School Board—Pupil Free Days

The School Board approved our 2022 Staff Development Days. These days are when students do not attend school, so that staff can meet to plan and complete professional learning as a whole school team. The 2022 dates are:

Thursday 27 January 2022

Friday 28 January 2022

Friday 3 June 2022

Monday 18 July 2022

Monday 10 October 2022

P&C News

Canteen

We welcome everyone back to the new school year. The Canteen is closed this week in preparation for Term 1 and reopens next Wednesday 9 February. We are then open every week from Wednesday to Friday. We are offering chocolate Valentine cupcakes for sale on Friday 11 February at \$1.50 each.

The school menu will be available next week online and can be viewed on the Flexischools website. We encourage all families to order online or through the Flexischool App <https://www.flexischools.com.au/>



Uniforms

Unfortunately there is still a delay with the uniform stock shipment. We are currently out of stock of school polo's from size 2 to size 10. Students who don't have any polo shirts are asked to wear plain light blue polos. These can be purchased from Best & Less, Kmart or similar.

Unfortunately this delay is beyond our control, but we do apologise for any inconvenience.

When the stock has arrived we will send out a Connect notice, at which time students are expected to return to wearing school uniforms with the school logo.

The Uniform Shop is open from 8.45am to 9.15am this term as follows:

Tuesday 22 February

Tuesday 15 March

Tuesday 5 April

Welcome back to school from Chaplain Amy



I'm so excited to be part of your 2022.

When I was thinking about an appropriate way to start the year I felt that it would be fitting to share some information around the impact of COVID 19 on our children's mental health.

As we face this global crisis it is important to remember we need kindness, compassion, open-heartedness and each other more than ever. When others are hurting don't underestimate the little things we can do to make them feel valued, special, heard, and understood. Many feel lonely, anxious, afraid, and uncertain about what is ahead of us. Staying

connected as a family and community is essential, keep the conversations with you kids open, be available and pay attention to the changes and challenges they may be experiencing.

The Australian Institute of Health and Welfare are continuing to conduct research on the impact of COVID-19 on young people. Here is what they have to say so far;

The effect of COVID-19 outcomes is changing quickly (for instance, mental wellbeing and social connectedness) when conditions change (such as introducing or easing restrictions). Many of the effects of COVID-19 will be interrelated and could take some time to become apparent.

Areas of particular interest for monitoring include:

- wellbeing, including mental wellbeing
- access to educational choices after secondary school, education attainment, achievement and outcomes
- longer term outcomes for young people; for example, the potential consequences of unemployment on their long-term employment prospects and finances, their access to secure housing, and their mental health
- the longer-term impact of COVID-19 on child protection services
- experience of domestic violence

variation in outcomes for different population groups.

While COVID-19 affects people in different ways, the social and economic impacts on young people have been substantial. Compared with older age groups, young people have experienced high rates of psychological distress, loneliness, educational disruption, unemployment, housing stress and domestic violence.

COVID-19 is a major source of concern among young people. The 2020 Mission Australia Youth Survey of young people aged 15–19 (conducted between April and August 2020) identified, the top 3 biggest personal concerns of young people:

- education (34%)
- mental health (17%)
- COVID-19 (9.3%)

If you feel your child is worried and impacted by COVID below are some ways you can have a conversation with your child about their concerns to help them through this difficult time.

'There are better places for your worries than inside you.'

What to do ...

Worries often feel as though they have no edges - no beginning, no end. Help them externalise their worries to bring them to a size and shape they can contain.

The how ...

(Swipe) →

KAREN YOUNG | WWW.HEYSIGMUND.COM

- **DRAW THEIR WORRY. NOW SOFTEN IT.** What can they add to their drawing make it feel safer, softer, sillier, or smaller. (Like putting puppy ears on someone who is bothering them, or adding themselves with a protective forcefield to the pic.)

- **MAKE A WORRY TREE.** Draw a tree then draw or write the worries on leaves - small for small worries, big for bigger ones. The edges of the leaves will give a sense of containment to the worries. Over time, let the leaves fall or get smaller as a reminder that even big worries don't stay big forever.

- **AT BEDTIME** have them draw or write their worry for you. Take it from them with gentle hands and tell them you'll guard it and keep it (and them) safe during the night.

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How to help your children feel calm.

1. Ask them what they know, and make space for more.

'There's a lot of talk about what's happening. What have you heard? What do you think it means? Is there anything you'd like to ask me? You can ask me anything at all.'

2. Anxiety will focus them on the similarities. Steer them towards the differences.

'We have information today that we didn't have yesterday, and every day we are learning more about how to stay safe and get through this. We are going to be okay.'

3. If you can't normalise the event, normalise how they feel about it.

'What's happening is scary. There's no 'right' way to feel and different people will feel different things. It's okay to feel whatever you feel.'

4. Be their brave.

'I know this feels scary love, and I know we will be okay. I know that with everything in me.'

5. Feel what you feel, and 'add in'.

'Sometimes I feel anxious about what's happening, especially when things are changing so often. I also know that we are going to be okay. I know that for certain. We are going to get through this together and we are going to be okay.'

6. Sit with them where they are, without needing it to be different for a while.

'I can see the world the way you see it, and feel it the way you feel it, and even with that, I know we will be okay.'

7. What can we do to help you feel better right now?

'Is there anything you would like to do that will make you feel better right now. I know you enjoy...'

Please find below links to resources and information that you might find useful.

[Your guide to everything coronavirus | Kids Helpline](#)

[Australia's youth: COVID-19 and the impact on young people - Australian Institute of Health and Welfare \(aihw.gov.au\)](#)

[Anxiety - Hey Sigmund](#)