

Rivervale Primary Newsletter

ISSUE 03 March 2017

We are really mindful of being **SUNSMART**. Please check that your child still has a hat to bring to school.



this issue

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SCHOOL HOURS

8:45am – 11:00am

11:00am – 11:20am—Recess

11:20am – 1:00pm

1:00pm – 1:30pm—Lunch

1:30pm – 2:50pm

**Early Close—Thursday
2:30pm**

Classrooms open at 8:30am.
There will be supervision
available from 8:15am in the
undercover area for children
who arrive earlier than
8:30am

Please phone or email us at
the school if your child is
going to be absent from
school.

PH: 9277 1642

Rivervale.ps@education.wa.edu.au

TESTING

We have just come through 3 weeks of rather intensive standardised testing. In about 4 weeks we will have some more data on how your child is performing academically in literacy and numeracy. The information gained from this testing along with semester report grades, class testing, observations and teacher judgments is what your child's teacher uses to design point of need educational programs. We encourage you to have a conversation with teachers about this.

ROAD SAFETY

Unfortunately, we are still getting regular calls from concerned motorists regarding near misses involving our students crossing roads on the way to or going home from school. We are doing our bit by providing explicit teaching on road safety. We are engaging with groups such as Travelsmart, Safety House and Constable Care. However, you as parents must accept the bulk of the responsibility for ensuring that your children travel safe. Take a walk with your child asking them to show you the route that they take to school. Check that they know when to cross. If they are riding bikes or scooters **CHECK THAT THEY WEAR A HELMET.**



LATE TO SCHOOL

We have seen quite a big drop in the number of children who are late for school. We really appreciate your efforts in this area as late children do interrupt the teaching and learning program. Our current TOD value is INDEPENDENCE. We are encouraging your children to be involved in the "being prepared for school" process. Children should be thinking about getting their own school bag ready, helping with lunch preparation, setting alarms and setting and sticking to morning routines. Developing these skills help children prepare for life.

Cloverdale School Dental Clinic Update

180 Fisher St, Cloverdale 6105. Ph: 9479 7222

Welcome to 2017!

Cloverdale Dental Clinic is open from **8am – 4pm** Monday to Friday.

We cater for school age children/teens from **Pre-Primary to year 11**.

We are a Bachelor of Oral Health Final year placement clinic during university semesters. An experienced tutor oversees all check-ups and procedures.

At present we are behind with our waitlist. We would appreciate those that are having regular dental check-ups and treatment with their family dentist to consider withdrawing from the school service. This will enable us to service those that are unable to access private dentistry. If circumstance change, you are welcome to re-enrol at any time.

If your address has changed/changes, please call us, as we send appointments to your home address.

If your child has a toothache, please phone us on **9479 7222** between **8am-4pm**, if you have an emergency outside of work hours, please contact your family dentist or the **Emergency Service** on **9325 3452**.

Honour Certificates



TLC3	Clinton Indich, Abdial Hakim Sampi, Kiera Ward
Room 9	Luke Dodd, Charlotte Greenhalgh, Krishnendu Thattadathu
Room 7	Joshua Seaman, Te-Tautahimanawa Simon, Vanshika
Room 5	Leo Periz, Althea Velasco
Room 6	Zachariah Bessell, Amber Lafu
Room 2	Litia Ashford, Shayden Michael
Room 1	Margaret Nannup, Madyesen Young



WHAT IS THE MENTALLY HEALTHY SCHOOLS PROGRAM?



Why are we an Act-Belong-Commit School? There is an emerging trend worldwide in the number of young people that experience mental health problems. Additionally, many mental health problems and disorders have a peak age onset in childhood or adolescence.

The alarming adult prevalence predictions for the future, combined with the rate of mental health problems in youth, means it is crucial to target prevention programs at children and adolescents.

Schools have emerged as having a significant role in mental health promotion for children and adolescents since young people spend almost half their waking lives at school.

Protective factors for youth mental wellbeing include opportunities for involvement, social skills building and participation in the community (Adrian et al. 2014), which makes the school setting ideal for the Act-Belong-Commit campaign.

ACT

Stay physically, socially, spiritually and mentally active. Walk or ride to school, kick the footy with some mates, meditate or complete a crossword puzzle. Do things you enjoy and do them more often!

BELONG

Build a sense of belonging by keeping up friendships, staying close to family and joining in community events or school activities, such as the school photography club, a local sporting team or a walking or running group.

COMMIT

Make a commitment to an interest or cause that provides meaning and purpose in life, such as volunteering, or challenge yourself by participating in a fun-run.

ACT, BELONG, COMMIT MENTALLY HEALTHY TIP

Mindful awareness is all about an

individual stopping, breathing,

observing and connecting with the

present moment.

VALUES PROGRAM—PATHS

Building Competencies in 5 to 12 Year Olds

Children's successful early integration into the primary school environment is based on their readiness to learn. This readiness is a reflection of previous experiences that have contributed to the development of competencies and a sense of self worth and self knowledge, through social, practical and intellectual skill development. Children in the early primary grades have particular needs.

These needs are:

Opportunities to develop social competence, social problem solving and perspective taking to form friendships and learn cooperation and contribution.

Support in the development of self control, and encouragement of persistence in completing projects.

Opportunities to develop a wide variety of skills and support in acquiring additional motor skills, thinking skills and language skills.

Opportunities to develop a sense of mastery in a variety of skills and concepts.

Opportunities for success, reinforcement and acknowledgement for personal accomplishments.

Opportunities to become self reliant in terms of personal care.

Opportunities for taking responsibility, making choices and developing independence.

The PATHS program that we have undertaken to introduce to the students in K-1 at the school gives the framework for these needs to be developed. We encourage parents to continue to ask students about this program, reinforce the skills being taught in particular giving and receiving compliments, recognising and talking about the different feelings the students have and the development of problem solving skills in difficult situations using the control signals.

(STOP and calm down, SLOW DOWN and think about the situation, go TRY MY PLAN) .

UNIFORMS

All sizes and styles of our new uniform are available in the office at the moment. Please come in now and organise your winter uniform before it gets cold. Remember that your child will earn a tick towards the Fiesta at the end of the semester each time they wear the correct uniform.

Polo Shirt (Unisex)	\$18:00
Faction Polo Shirt (Unisex)	\$18:00
A-Line Dress	\$30:00
Skirt	\$20:00
Microfibre shorts (Unisex)	\$16:00
Microfibre Trackpants (Unisex)	\$18:00
Microfibre Jacket	\$26:00
Faction Hat	\$10:00

WEBSITE

The Rivervale Primary school website contains a great deal of useful information. You can access newsletters, excursions notes, classroom information and so much more.

www.rivervaleps.wa.edu.au

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Proud to be a
**Waterwise
School**

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<http://rivervaleps.wa.edu.au/>