



Newsletter 4 | 2019

## Principal's Pen

The last two weeks have been particularly busy as we have made the most of the sunny weather. Events like the Dad and Me Campout, National Day Against Bullying and Harmony Day are the result of hard work by the volunteers and leaders who have organised them. I'd like to thank everyone who has played a part in getting these fantastic events together. I'm also looking forward to some special events, organised by Mrs Hartmann, to be held towards the end of this term.

## Harmony Day

This week we have been celebrating Harmony Week. Harmony Week gives us the opportunity to celebrate the diverse mix of cultures that contribute to making Australia a great place to live. It is also a chance for us to focus on the values of respect, tolerance and kindness towards others by sharing knowledge and understanding of those cultures.

On Wednesday our Kindy classes enjoyed "Harmony Morning" and yesterday our Pre Primary to Year 6 classes took part in Harmony Day events throughout the day. We started off with a fantastic assembly with items from all classes. The assembly opened with a 'Welcome to Country' address by Mrs Tracey Gosling followed by dances with every class representing a different country. Mrs Tarr spent lots of time choreographing each act and practising them with each class. She was assisted by our wonderful Year 5 and 6 leaders, Marni, Teiana, Bella, Mya, Ivy, Hazel, Phoebe, Juliette, La-Li, Avina and Kyla who lead each class through their paces.

After the assembly the students had fun making Nasi Goreng, creating Chinese lanterns and Guatemalan Worry Dolls, creating art works, playing Indonesian games and other sports, making musical instruments and learning about Australian Indigenous culture. Under the careful guidance of Pia Bonifant, Catherine Lumb and Mr Rintoul, some of our students completed the Harmony Day mural to brighten up our chicken coop area. It looks really bright and beautiful now.



**GOOLLELAL**  
PRIMARY SCHOOL



After lunch we were privileged to be visited by Rebecca Casey and Sheila Humphries from Urban Indigenous who talked about the Stolen Generation with our older students and art activities with our younger students. A huge thank you to Mrs Kelly Egan for coordinating all the Harmony Day events.

### **New School Website**

Yesterday, our new website was launched. As the year goes by we will be adding more photos and content to the site, including our school policies, planning documents, newsletters and student work like the wonderful poem by Yona in this newsletter. We hope you enjoy the new format.



### **Tree Pruning**

There has been some tree pruning and plant removal taking place around our school. This was work carried out as a result of an effort by the Department of Fire and Emergency Services to protect schools that lie within a Bushfire Zone. Goollelal Primary is on the Bushfire Zone Register because of our proximity to Cadogan Park. Last week we also carried out a Bushfire Evacuation Drill. I was very proud of the way all our students, from Kindergarten to Year 6, listened to their teachers and followed instructions in a calm and sensible manner. The drill followed the instructions on our new Bushfire Procedure.

### **Parking**

Parking around all schools can be particularly difficult during pick up and drop off times. This week we had another close call, with a car parked illegally on the verge nearly backing into a child. There have also been instances of people parking illegally in the marked ACROD bay in the Staff Car Park. I understand that parking is at a premium and that parents may be running late but I would like to ask again that parents do not park:

- A. In the Staff Car Park
- B. In ACROD bays
- C. On the verge areas marked as 'No Parking' during drop off and pick up times

### **National Day of Action Against Bullying and Violence**



Last Friday, the 15th of March, all our classes, from Kindergarten to Year 6, took part in activities to raise awareness about what bullying is, and how our students can manage it if it occurs. Our Year 4, 5 and 6 students completed an online survey to provide a snapshot of their experiences at Goollelal Primary. Only 6 students reported that they felt they had been bullied this year. While this is 6 too many, it is an indicator that bullying is not a major concern at this school. Pleasingly, 90% of our students said that if they are bullied in the future they would tell someone. The majority of students, 97%, would tell a teacher or their parents.

Some of the answers to the question, "What is bullying?" indicated that some students still do not differentiate between mean and rude behaviour and bullying.

Being mean

Bullying is fighting, being bad, being naughty and doing mischief, being bossy.

Being bullied by a bully is mean and it sometimes hurts your feelings.

But the majority of written responses indicate a growing awareness of the nature of bullying.

Bullying is when someone picks on you every day.

When someone is maybe hurting you or spreading rumours or calling you names and it happens nearly every day all the time.

When a group of people gang up and say hurtful things every day.

### P&C News

This week, representatives from our P&C, Mrs Crowley, Mrs Holt and Mrs Howell, met with me to discuss playground equipment to be purchased through P&C fundraisers. It was decided to purchase a Bird's Nest Swing and this will be installed near the Spider's Web equipment.

Our P&C Dad and Me Campout was a fun night for all those who attended. Thank you to Sean Busby and the numerous volunteers who made the night such a success.



a lovely weekend.

I hope you all have

*Lynne*

Lynne Anderson | **Principal**

## Deputy's Desk



Dear Parents,

*There are souls in the world who have the gift of finding joy everywhere – Jean Paul Richter*

Already the term is hectic and full of wonderful activities to keep our children interested and excited about learning. STOP THE PRESSES.... **Keep reading for details of the Goollelal Primary School Resilience Day.**

Last week I was most fortunate to have spent the morning in TA 2 with Mrs Tsolakis and her lovely Kindy students. The children were doing a delightful lesson about Bullying and Ros very cleverly connected the concept to the Resilience Doughnut.



Ros also placed signs in the playground about 'how we can work together!'

What is the Resilience Doughnut?

The Resilience Doughnut under pins everything that we do at Goollelal. It is good to remember that it is a process, not a program.

Among other things the Doughnut model encourages a change in the way we approach the children when they are involved in disagreements in the playground. We actively teach the children 'solution focused' strategies to help them in the playground, such as:



How would you like things to be?  
What could you do to make that happen?  
What have you tried doing to make the situation better?  
What are some options you could try?  
When have things worked in the past?  
What did you do differently then?  
What could you try again this time?



Of course if they are unable to solve their own problems, we assist.

### Why do we do this

The premise of building resilience in children is that if we assist them with some strategies to help sort out problems, they will hopefully do it when the adults in their lives are not around. If we always solve all their problems for them, they will never learn for themselves.

### Optimistic and Pessimistic thinking

The Doughnut model encourages positivity and to consider the perspective of others.

### Doughnut moments – what are they?

Doughnut moments are when we make a point of telling the children or each other... that they have done a great job or something special. They are those extra special comments that give us a great feeling and assist us in feeling good about ourselves. If we feel good about ourselves we can pay it forward to others. All staff at Goollelal actively engage in giving the children and each other 'doughnut moments'.

### The Doughnut model

The Kindy students were so full of beautiful ideas and when Ros asked the children what they were grateful for. It was heart melting to hear the little ideas that came out such as 'I am grateful when my mum and dad read me a story'. It is lovely to see that children think that way. The last part of Ros' lesson was the children wrapping scarves around their shoulders and having a little fly around outside to show that they are strong and in charge of themselves, so....

On Wednesday 10 April, we are having the first annual 'GOOLLELAL PRIMARY SCHOOL RESILIENCE DAY.' I am asking that the entire school community of children, staff and parents arrive at school with a cape on. This can simply be a scarf or a costume if you have one!! The cape will serve as a visual reminder that we can all be strong. So dust off your super hero cape and fly in with your cape.

### Book Swap

The next Book Swap will be held in the Library on Wednesday 27 March at Recess!

*Kerry*

Kerry Hartmann | Deputy Principal

BOOKSWAP



## Chaplain's Chatter

My name is Tim Mullen, I have been the Chaplain at Goollelal Primary school for two years. You may not have seen me before, because I work one day a week on Thursdays.



**About me.** I work for an organisation called YouthCARE, who employs and places Chaplains into educational institutions throughout Western Australia to provide pastoral care. I have a Bachelor in Social Science (Youth Work) and I am currently working towards a Masters of Social Science and a Graduate Diploma of Divinity. I have worked in Chaplaincy and Youth Work in various settings for nearly 15 years, and I currently lecture a class in Sociology at Tabor College.

**About my work.** The work of a Chaplain is different in each school, and depends upon the needs of the school community. At Goollelal, there are two main foci: individual pastoral care and educating children in social skills.

**Individual Pastoral Care.** Discussions with students can be about themes from friendships to family, self-regulation and mental health. The student can be referred either through the class teacher, directly from parents, through Admin, or through the child's personal request. One of my favourite things to do when meeting with students is to take them for a walk around the oval – both the student and I are usually more comfortable that way! Since Chaplaincy is not a counselling service, students will be further referred if it is deemed necessary. This also means that no explicit parental permission is required for meeting with the Chaplain, however, usually it will be discussed with parents before the meeting anyway. However, you can opt-out of the Chaplaincy service at any time.

**Social Skills Education.** I run a program called BUZ, which is about educating students in skills for making friends, handling their emotions, co-operating with others, handling conflict and bullying and knowing the difference, resilience, and protective behaviours. The program occurs in their class with the presence of the classroom teacher, and integrates with the school's curriculum. The year 6 students also participate in a BUZ program called BUZ Rangers, where select students become peer mediators and playground leaders for the school.

If you'd like to come say hello, my office is in the "Interview Room" nearby TA14.

*Tim*

Tim Mullen | **School Chaplain**



Supporting WA school communities



## Owl Began

by Yona

Owl Began

She took the screech of a cat  
She took the hoot of a train  
And made her voice

For her plumage  
She took the feather of a chicken  
She took the softness of lamb's wool  
She took the darkness of the night sky

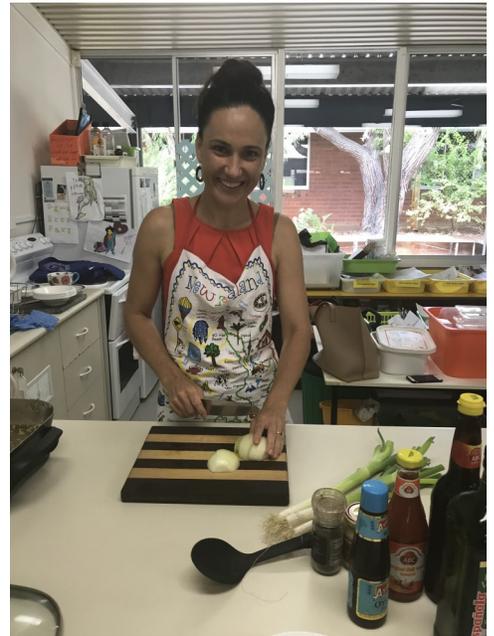
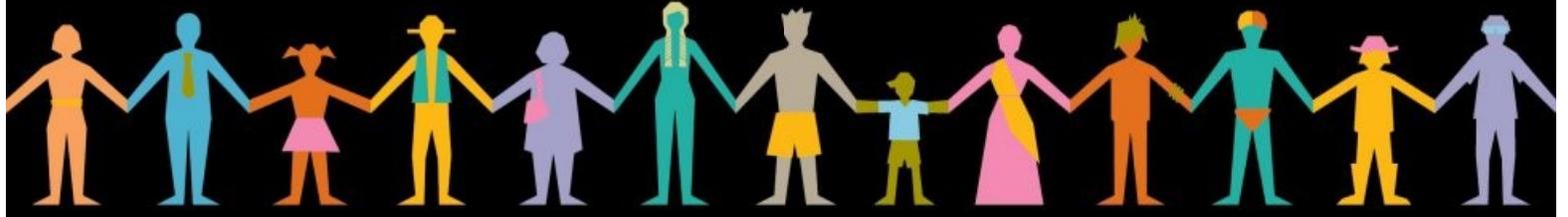
From a big tree  
She took the silence of the leaves  
She took the pecks of a wood pecker  
For her walk

From other galaxies  
Owl took the darkness of a void  
She took the blink of the stars  
For her glance

Obsidian and rock  
Went into her claws  
And for their shape?  
She took the hook of a grapple  
And owl was made

# HARMONY DAY

21 MARCH







## From the Community

A reminder that, for duty of care reasons, the Department of Education requires us to differentiate between school organized, P&C organised and business/community activities. These are non-school activities.

## Baby & Child First Aid Session



Tickets  
\$40pp  
includes coffee  
& cake

**Saturday 13th April**

9am start

Venue: Hatched Coffee Shop,  
Shop 5, 9 Moolanda Bvd, Kingsley

For ticket information contact Rebecca on 0455 585 866  
or [rebecca.hudson@parentmedic.co](mailto:rebecca.hudson@parentmedic.co)

**parent+  
medic**  
join the movement that saves lives



## Kingsley Junior Football Club

Girls (PP-Yr12)  
Have A Go  
Day

Kingsley Park, Kingsley Drive,  
Kingsley



**Friday 29<sup>th</sup> March. 4.30pm-6pm**

Bring a friend. Come and join us for some fun drills, kicking and handballing, goal kicking, and lots more. No experience needed, we cater for every level. Stay for a free sausage sizzle and enjoy watching the older age group in their scratch match. To wear – comfy sporting clothes/runners.

# THINKING ABOUT PLAYING HOCKEY?

## JOIN WHITFORD HOCKEY CLUB

### REGISTRATION DAY

Saturday 16 February 2019 | 9am - 5pm  
Warwick Hockey Centre, Lloyd Dr, Warwick

Get down to our Clubrooms to register for the 2019 winter hockey season on Saturday 16 February. It will be a HUGE day with our ladies team in action as they take on Japan!

Check out the facilities at our home, the Warwick Hockey Centre, and collect your uniform and other essential gear for the season ahead. The bar and canteen will also be open.

*Don't miss out on the opportunity to call Whitford Hockey Club ...  
YOUR hockey club!*

Hin2H, Juniors, Seniors & Masters  
ALL WELCOME!

Returning members can register online at Whitford Hockey Club's website [www.whitfordhockey.asn.au](http://www.whitfordhockey.asn.au)



**WHITFORD HOCKEY CLUB**  
Building the Community Since 1978



## PROSPECTIVE PARENTS MEETING

**Monday 25 March, 2019  
from 6:30 to 8.00 pm**

Warwick Senior High School will be holding a meeting for prospective parents who are interested in their children starting their education journey with us in 2020.

## SCHOOL TOURS

**Tuesdays at 10.00 am**

Warwick Senior High School is now offering all prospective families the opportunity to tour our wonderful school.

Tours will be held weekly on Tuesday mornings at 10 am. We invite all interested parents and students to join us and discover what makes Warwick SHS the best choice for your family.

To register for tours, please contact our school administration.

355 Erindale Rd, Warwick WA 6024  
P: 6240 4400 W: [www.warwickshs.wa.edu.au](http://www.warwickshs.wa.edu.au)  
E: [warwick.shs.enquiries@education.wa.edu.au](mailto:warwick.shs.enquiries@education.wa.edu.au)  
Facebook: @WarwickSeniorHighSchool

## SPECIALIST & ELITE PROGRAMS

- DoE & Netball WA Endorsed Specialist Netball Program -
- DoE & WAFC Endorsed Specialist football Program (AFL) -
- Academic Extension Program -
- Dance Elite Program -
- Music Elite Program -

For information visit our website or contact us on 6240 4400.



### An Independent Public School

**2018**  
Governer's School STEM Awards 2018 - Winner  
(Leadership Excellence) in STEM award  
Australian Education Awards - STEM Program  
of the Year 2018



Support breast cancer research

**Make  
Mother's  
Day  
mean  
more.**

**SUNDAY  
12 MAY 2019**

Join our team:  
[mothersdayclassic.com.au](http://mothersdayclassic.com.au)



# Kids LOVE Drama

PARENTS LOVE THE RESULTS



- BOOST CONFIDENCE
- INCREASE SELF ESTEEM
- LEARN LIFE SKILLS
- IMPROVE COMMUNICATION
- DEVELOP DRAMA SKILLS

**WEEKLY CLASSES ENROLLING NOW**  
KINDY DRAMA 3-5 YEARS | LOWER PRIMARY 5-8 YEARS  
UPPER PRIMARY 9-12 YEARS | YOUTH 13-17 YEARS

Carramar • Duncraig • Ellenbrook • Greenwood  
Kallaroo • Kingsley • Kingsway • Kinross • Quinns Rocks

TO FIND OUT MORE, PLEASE CONTACT US  
**9402 8744** [justin.lowson@helenogrady.net.au](mailto:justin.lowson@helenogrady.net.au)  
[www.helenogrady.net.au](http://www.helenogrady.net.au)

5 - 7 APRIL 2019  
CENTRAL PARK, JOONDALUP

# JOONDALUP FESTIVAL 2019

CLICK TO FIND OUT MORE



 City of Joondalup

<https://www.joondalup.wa.gov.au/kb/resident/joondalup-festival-2019>

# FREE, FUN KIDS PROGRAM



Join your next FREE local program at HBF Arena Joondalup

**DO YOU HAVE KIDS 7-13 YEARS OLD? ARE YOU WORRIED ABOUT THEIR WEIGHT?**

The Better Health Program is a fun, interactive 10 week healthy lifestyle program for families. In a supportive and friendly environment, children become fitter, healthier and happier.

**PLACES ARE LIMITED! FIND OUT MORE OR REGISTER NOW FOR TERM 2 2019:**

 **Call us:** 1300 822 953  
 **Text us:** 0409 745 645  
 **Online:** [www.betterhealthprogram.org](http://www.betterhealthprogram.org)

**Starts:** May 2<sup>nd</sup>, 2019  
**Day:** Thursday  
**Time:** 4pm – 6pm



**PARTNER**

**betterhealthprogram**  
healthy active happy kids

**Confident. Stronger. Better.**  
Empowering Children to thrive in today's world

### Building Better Term Program



**Program Overview:**  
Building Better Programs are designed to help primary school aged children to not only survive in the face of adversity but to thrive! The workshops build upon the existing strengths of individual children and equips them with a range of tools, skills and strategies to build the resilient attributes and confidence needed to cope with challenging circumstances. Building Better Programs are empowering, interactive and fun for children to live healthier and happier lives.

- Build better** communication skills
- Build a better** sense of purpose
- Build better** self-esteem and independence
- Build better** positive and growth mindset
- Build better** problem solving skills
- Build better** brain and body connections

**HOW MUCH:** \$150 For a 10 Week Term Program  
**WHERE:** North Woodvale Primary School (P&C room)  
4 Chichester Drive, Woodvale 6026  
**WHEN:** Starting Term 2 4th May - Saturdays  
**GIRLS GROUP:** Saturdays 1 - 2pm  
**BOYS GROUP:** Saturdays 2:30 - 3:30pm

 For more information, or to book your program today  
call 0432 278 089 or email [robyn@tcthrivelife coaching.com.au](mailto:robyn@tcthrivelife coaching.com.au)





Sharing, Caring and Learning

