



Coorow Primary School

February 29 2024

▶ Edition 57



THE COOROW QUILL

Our school is built on the land of the Yuat people – the Yuat are part of the Noongar nation. We respectfully acknowledge that the Yuat have been the custodians of this country for many thousands of years and we pay our respects to their Elders past and present.

Welcome to the new school year and to our very first newsletter of 2024.

We have had a busy start to the term with a few unexpected changes in the first few weeks. All of our students have shown great resilience throughout these changes and I have been pleased to see lots of happy students involved in many different learning experiences.

I would like to thank the staff and the entire school community for all of the support and guidance you have shown me over the past five weeks. Transitioning from the classroom to the acting principal role has been a learning experience filled with new challenges and opportunities which I am very grateful for. We wish Ms Whyte a speedy recovery and we look forward to having her back in Term 2.

Assembly

Please be aware that the assembly for this term is now going to

be held on **Tuesday 19 March** - week 8 as the students have a great opportunity to participate in artistic swimming in week 9 during the usual assembly time.

It is wonderful to see the enthusiasm of our students arriving at school in the mornings. To ensure the safety and supervision of all students, we kindly request that you refrain from sending children to school before 8.20am. This allows our teachers the necessary time to prepare for the day ahead.

Lastly, I am looking forward to seeing lots of supporters at the swimming carnival in Eneabba next Friday cheering on our two factions!

Renae Johns



Monday 4 March - Public holiday for Labour Day



Coorow
Primary School
Learning for Life

Our vision

At Coorow, we strive to do our best. We are confident and resilient. We laugh and learn and grow together.

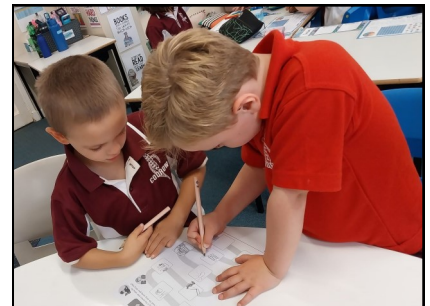
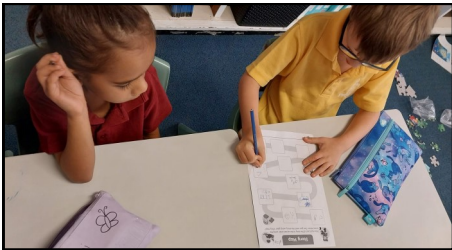
Faction Swimming Carnival - Friday 8 March at Eneabba Swimming Pool - Pre primary to year 6

Thank you to parents who have returned permission notes for their child / children. We would like all forms to be returned by tomorrow, Friday 1 March. We have some students who require transport to the carnival. If you have room in your car and are happy to take other students can you please contact the office so that we can make arrangements. We do not have a staff member who is able to drive the community bus to Eneabba, so we are relying on cars to ensure that all pre-primary to year 6 students can take part in the carnival.

Interschool Swimming Carnival - Friday 22 March at Perenjori Pool - Year 3—6

Permission notes will be sent home after the Faction Swimming Carnival to selected students.

Students drawing story maps. Pre primary to year 3.



Mini Leadership Camp - Thursday 22 & Friday 23 March

Year 5 and 6 students spent Thursday and Friday last week in Perth with Miss Stevens and Mrs Smyth on a leadership camp. On Thursday students participated in mini golf at Wanneroo Botanical Gardens and wandered through Myella Estate Playground for afternoon tea before heading to their accommodation, Karrinyup Waters Resort.. On Wednesday they caught the train to Elizabeth Quay station and attended the Youth Leadership Conference at the Perth Convention Centre. This event engages students and empowers them to take charge of their schools and communities by equipping them with skills discovering their potential for leadership.

This leadership camp was partially funded by a one off payment by the Australian Government for WA Schools to improve student's mental health and wellbeing. This grant was received in 2023 and was used to pay for transport to events, the circus challenge incursion and Musica Viva performance in Eneabba.

A big thank you to Miss Stevens and Mrs Smyth for transporting and accompanying the students in Perth for the two days.



Shante	18 January
Ash	20 January
Connor	20 January
Emmy	30 January
Thomas H	31 January
Charlotte	12 February



Respectful Relationships Education - Tuesday 27 February

Thank you to the parents and community members who supported this event. While some of the content that was delivered might have been hard to digest, the figures that are evidence based are shocking. We as a whole community are in charge of empowering, communicating and supporting our children in educating them to build healthy relationships based on mutual respect and equality, to create cultural change that can stop violence before it occurs.

There are some great resources available including but not limited to:

[Resources and further reading - Starick](#)

[Home - Stopping Family Violence \(sfv.org.au\)](http://sfv.org.au)

[eSafeKids | Protective Behaviours Perth Western Australia](#)

[Category: Resources | Desert Blue Connect](#)

We have purchased some of the recommended resources and are continually adding to our parent library, which can be found in the school office.



Voluntary Contributions

Thank you to the families that have already paid their voluntary contributions this year! We thought that we had early payments last year in January, but one family paid their 2024 contributions in December 2023. Well done.

The voluntary contributions are only \$50 per child per year – that's less than the total cost of one cup of coffee each month – but they make a big difference to helping us provide learning opportunities for your children.

If you would like to set up a payment plan please contact Denise Monday to Thursday.

You can make your payment in the office, or by direct deposit: BSB:306023, Account:0100416, Reference: Lastname/voluntary.

What should you do if you have a question or a problem? Do you know who to contact, or the best way to contact them? Please remember that speaking directly with the school is the best way of getting the correct information and ensuring that your problem is dealt with quickly and effectively.

Your question or problem	Who to approach
School policies	Principal – by phone, email or appointment.
Confidential queries about the welfare of your child	Principal – by phone, email or appointment.
Problems with the class teacher	Firstly, contact the teacher by note, email, appointment, or by phone after 3.05pm. If the problem is not resolved after contacting the teacher, contact the principal, preferably by email.
Problems with the principal	Firstly, contact the principal by email, telephone, or appointment. If the problem is not resolved after contacting the principal, please refer to the Coorow Primary School Complaints Management Policy for details about how to escalate your complaint.
Bullying or other problems with friends	Class teacher - by note, email, appointment, or by phone after 3.05pm.
Classroom routines, academic work or homework	Class teacher - by note, email, appointment, or by phone after 3.05pm

Children may clam up...

- when they are interrupted.
- when their adult listener is obviously bored or busy doing something else.
- when the adult takes over the discussion.
- when they have their pronunciation or grammar mistakes criticised.
- when they feel they are being questioned.
- when they feel disapproval.

Talking about worries

Sometimes children need to talk about worries, but don't know how to start. Recognise their feelings and gently prompt them. If you really don't have the time just then, make it clear that you will listen later on – and do! Find a quiet place where you can give your undivided attention. Help your child talk about their feelings. Find out what they would like to happen before taking over with adult solutions. It might be best to compromise. If the problem is serious and you need to act, try to stay calm. Strong adult emotions can scare children into silence.

For more parenting information and support:

Parentline ACT	(02) 6287 3833
Parentline NSW	1300 1300 52
Parentline NT	1300 30 1300
Parentline QLD	1300 30 1300
Parent Helpline SA	1300 364 100
Parenting Line TAS	1300 808 179
Parentline VIC	13 22 89
Parenting Line WA	08 9368 9368 (metro) 1800 111 546 (regional)

Parenting lines provide a telephone service providing information and good ideas about caring for babies and children.

Content consultants:

Gillian Lee (Clinical Psychologist)
Dr. Sue Roffey (Educational Psychologist)
Dr. Sue Packer AM (Community Paediatrician)
Dr. Bronwyn Gould AM (G.P., Child Protection Consultant)

NAPCAN is an independent charity and the leading advocacy body for prevention of child abuse and neglect.

www.napcan.org.au

NAPCAN
PREVENTING CHILD ABUSE

LISTENING TO CHILDREN

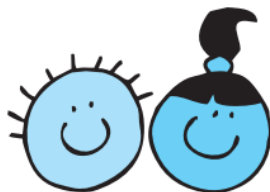
Listening to CHILDREN



NA1001 Revised 06/08

Why listening to children is so important

Making a point of listening to every child you know is one of the most important things you can do. It shows children you really care and respect that they are worth listening to. This helps them feel they are special and respected. Being listened to also helps children to practice putting ideas into words, explore their feelings, and develop self-confidence. When you listen to your child, you benefit by learning more about how your child thinks and feels, and what they need.



Finding a time and place for talk

Children will chat more freely when they are doing something with you. This could be:

- Going shopping together
- Walking the dog
- Sitting at a table and sharing a meal
- Watching a TV program together
- Doing a puzzle or making something together

Bedtime is a great time to talk. Then your child knows you are a captive audience!

How to be a good audience

Really pay attention to what your child is saying, rather than doing or thinking about something else.

Show you are listening by nodding, smiling or mirroring the feelings in your child's story. Say things like, "Yes, I see" or "He didn't!"

Ask general questions like, "What happened then?" or "What did you think about that?" This helps children to develop their own ideas and shows that you are interested.

Encouraging children to talk

Ask about the best thing that happened in your child's day.

Remember what has been going on for your child so you can ask the best questions.

Ask about their friends.

Ask their opinions about things. Ask how they would solve problems. But respect their answers!

If you are reading a book with your children, discuss it with them. Pause at the end of each page for them to comment.

If your child doesn't respond to a question, don't push. Change the topic.

Remember that children live much more in the minute than adults. If they don't want to talk about what happened at school, it's probably because it's not important anymore!





Free & Confidential Service

Rural Support Services for Children, Young People & Mature Minors

Servicing the North Midlands region, including Dongara, Mingenew, Mullewa, Yalgoo, Morawa, Coorow, Perenjori, Carnamah, Three Springs, and Eneabba.

Desert Blue Connect offers free counselling and support services to children, young people and mature minors in the North Midlands region. Our services can be tailored to the individual, group or setting.

Counselling

Our confidential child counselling services is for children, young people and mature minors who have experienced family and domestic violence or sexual abuse, or are displaying problematic or abusive sexualised behaviours. Our counselling promotes safety, empowerment, healing, and recovery.

Protective Behaviours

Our child counsellor also provides child focused sexual abuse prevention, education and early intervention.

Make An Appointment

Phone: (08) 9964 2742

Mobile: 0499 732 281

Email: info@desertblueconnect.org.au

Other Support Services

Your local GP

GRAMS: (08) 9956 6555

Kids Helpline: 1800 551 800

Parenting WA: (08) 6279 1200 or

1800 654 432

Lifeline Counselling Service: 131 114





Sad, Cranky, Scared, Stressed

Guiding children through their big emotions

This FREE parenting presentation equips parents with a five-step “emotion coaching” process that brings together the very best in emotional intelligence research to build children’s resilience, increase wellbeing for the whole family, and develop healthier humans.

For all parents, especially of middle primary to early high school children.

LIVE STREAM

Tuesday, 12 March 2024
6:30pm - 8:30pm (For 6:45pm start)
Livestream for WA regional parents

TO BOOK

<https://bit.ly/PCWAJCFLYER>

About Dr Justin Coulson

Justin is the co-host and parenting expert on Channel 9’s Parental Guidance, the founder of happyfamilies.com.au, and one of Australia’s most trusted parenting experts. He holds a PhD in Positive Psychology.

Over the past decade he has helped innumerable families with his 9 books about raising children, his hundreds of media appearances (including all of Australia’s major news outlets, and even the Washington Post and the New York Times), and two viral videos that have been viewed a combined 80 million times!

Justin and his wife Kylie have been married since the late 1990s and are the parents of 6 daughters.

Supported by

