



Produced by Dwellingup Primary School

Aug 30th 2019

Established 1911

“Choose Respect”

Dates to Remember:

Mon 2nd Sept: Bike Safety Workshop

Thurs 5th Sept: Years 5/6 Assembly

Fri 6th Sept: White Balloon Day Child Safety

Fri 6th Sept: Whole School Bike / Scooter Ride
(cancelled – Principals’ meeting)

Fri 6th Sept: Elite Bike Riders Visit to School

Sat 7th Sept: “Dwellingup 100” Bike Ride & P&C
Sausage Sizzle

Thurs 12th Sept: Faction Carnival

Fri 13th Sept: Pump / Skate Park Working Bee
3.30pm onwards

Sun 15th Sept: Hotham Valley Festival

Tues 17th Sept: Interschool Jumps & Throws

Thurs 19th Sept: Interschool Track & Field
Carcoola

Fri 20th Sept: Excursion to FDC ~ Historic Bike
Exhibition

Thurs 26th Sept: K/PP/1 Assembly

Fri 27th Sept: Last day of term – wear free dress &
bring an animal toy and gold coin for the RSPCA

Weekly Events at D.P.S.

Wed: Playgroup 9.00-11.00am

Educational Websites at DPS:

www.mathletics.com.au

www.studyladder.com.au

www.mylexile.com.au

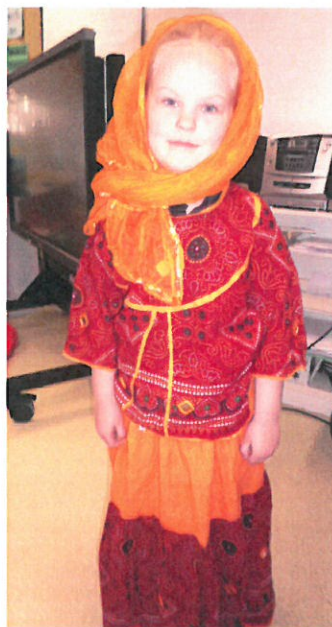
Interschool Sports

This year the **Interschool Sports** will be held at the **Carcoola town oval**. Selected students attend the **Jumps and Throws** events. Students participating are selected after our **Faction Carnival** held here. All students attend the **Interschool Track and Field** events. A bus is booked for the Thursday only. The cost of the bus is **\$7.00**. Please note that the cost of the bus is subsidised by the P & C. Please return the note sent out Monday as soon as possible so we can determine what size bus to book.

H.A.S.S. (Humanities and Social Sciences) ~ formerly Social Studies

Students in PP have been learning about how objects can tell us about the past. They learned that families can keep special objects to remind them about the past.

Students in year 1 have been learning about special days. They also learned that different countries have different customs and special days. Last week, we looked at some special days that are commemorated in India. The students also looked at some Indian artefacts and objects.

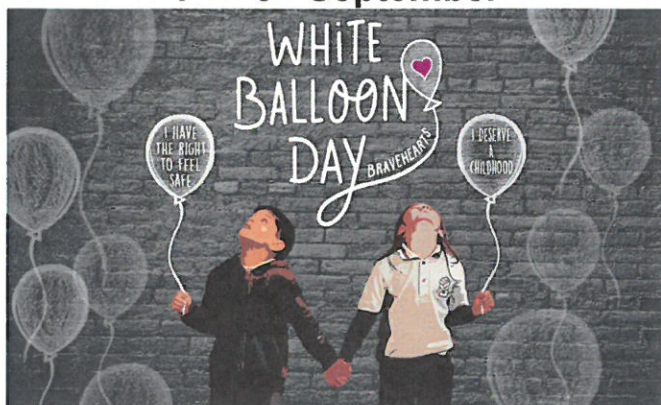


Left: Anika in clothes that a little girl from India might wear. We all loved the little mirrors embroidered into the fabric.

Recycling

The Shire of Murray have organised for us to collect **soft plastics** for recycling. Please start collecting this at home. Our bin will arrive soon. We are also collecting the **hard plastic lids** off milk and juice bottles and **bread tags**. Collection bins are in the passageway.

National Child Protection Week 1st – 8th September



This week is “National Child Protection Week”. All children have the right to feel safe and they deserve their childhood. It is mandatory that all schools teach **Protective Behaviours to students** which we do. It is also mandated that all staff complete **Protective Behaviours Professional Learning**. The following are three very important ‘keep safe’ rules that children should know:

KEEP SAFE RULES FOR KIDS

1. We all have the right to feel safe with people.
2. It’s O.K. to say “NO” if you feel unsafe or unsure.
3. Nothing is so yucky that you can’t tell someone about it.

Playgroup News

Dwellingup Playgroup is based at our school. The 0-3 years is the age when brain development is at its peak and it is very important that children engage in quality play based learning.



Colleen Sing: 9538 5100; 0488 225 888

P & C News

After the Pumpkin Festival, the P & Cs next biggest fundraiser is the sausage sizzle at the **Dwellingup “100” on Saturday 7th September**. The P & C have been catering for this event since it commenced. We would appreciate all assistance from school and community members. Rosters will be placed around the school soon. Please contact **Warren Haugh** on **0428 832 473** or **Colleen Sing** on **0488 225 888**

Community News

Dwellingup Community Village Inc (former Nursing Post)

Please support the following services that are available at the **Dwellingup Community Village** each week:

HAIRDRESSER: As of **Wednesday 11th September** **Melissa** will be coming weekly.

Bookings essential: **0439 746 183**

REFLEXOLOGIST: Every four weeks.

Bookings essential: **Tess 0417 955 981**

“Dwellingup 100”



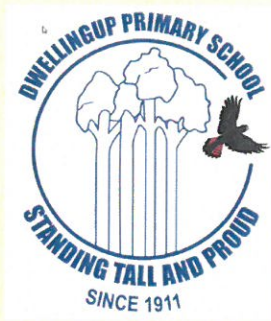
SATURDAY SEPTEMBER 7TH



Left: Who ever thought a 14 km bike ride could be SO relaxing. It was for Harley and Cedar anyway!

The **Dwellingup Bush Riders** enjoyed their last training run this Saturday. We are all very excited and prepared for our participation in the **Dwellingup “100”** next Saturday! All children are now registered in the event. How exciting!

BIKE MONTH



DWELLINGUP PRIMARY SCHOOL

SEPTEMBER 2019



Saturday 7th Sept
Dwellingup '100' Bike
Ride. Students from DPS
Participating.
P&C Sausage Sizzle.

Sunday 15th Sept
Hotham Valley Festival
Student Art Display.

Monday 2nd Sept
Bike Safety Workshop.

Friday 6th Sept
Elite Riders School Visit.

Friday 13th Sept
Pump/Skate Park
Working Bee
from 3:30pm.

Friday 20th Sept
Visit to FDC
Historic Bike Exhibition.

PEEL TRAILS GROUP



Proudly Sponsored by
Dwellingup
General Store



Bendigo Bank



BLUE WREN CAFE



Dwellingup Adventures

Dwellingup Mountain Bike Month

SEPTEMBER 2019



1ST SEPTEMBER

Orondo Spring Pedal **FREE**
Fleet Cycles Skills Course **FREE**

FDC Campfire Cookup

7TH SEPTEMBER

Dwellingup 100
Mighty Jarrah Trail

8TH SEPTEMBER

Gravity Shuttle Bus **FREE**
FDC Campfire Cookup

13TH SEPTEMBER

Teenz Spooky Night Ride **FREE**
Fleet Cycles Night Ride **FREE**

14TH SEPTEMBER

Dwellingup Adventures
Smoothie Ride **FREE**

15TH SEPTEMBER

Hotham Valley
Anniversary Festival
Bodgy Bush Mechanics **FREE**
Skateboarding WA Clinics **FREE**
FDC Campfire Cookup

21ST SEPTEMBER

Teddy Bears Picnic Ride **FREE**
Wine Tree Cidery Ridery **FREE**

22ND SEPTEMBER

Over 50's Tour de Tucker **FREE**
Vergone's Produce Pedal **FREE**
FDC Campfire Cookup

28TH SEPTEMBER

Bendigo Bank HVR Puff & Pedal **FREE**

29TH SEPTEMBER

PDMBC Skills Sessions
FCD Campfire Cookup

GET ON YOUR BIKE.

FREE Tickets are LIMITED, BOOKING ESSENTIAL. ALL Information is available on www.dwellingupmtbmonth.com.au



DWELLINGUP
where trails meet
Mountain Bike Month

WWW.DWELLINGUPMTBMONTH.COM.AU



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Bravehearts
Educate Empower Protect
Our Kids

TIP SHEET

Teaching kids personal safety

As trusted adults in children's lives, the most important role we have is to keep our kids safe. Teaching kids simple strategies that through regular revision and practice become second nature, can help them build confidence and resilience to protect themselves in a variety of situations across the span of their lives.

Children can begin learning these personal safety skills and strategies from as young as three years old. Research supports that teaching children about personal safety assists with:

- Reducing the likelihood of a child entering into an unsafe situation.
- Helping a child know how to respond to an unsafe situation.
- Increasing a child's sense of confidence and in doing so, reducing the likelihood the child will be targeted.
- Increasing a child's knowledge of their personal rights and in doing so, increasing the likelihood that the child will speak out if they feel unsafe or unsure.

THE 3 RULES OF PERSONAL SAFETY

Parents should instill in their children the following three personal safety rules:

1. We all have the right to feel safe with people.

This rule teaches kids that they have the right to feel safe and secure where they live, play, and learn, and that no one has the right to make them do something that makes them feel unsafe or unsure.

2. It's OK to say 'NO' if you feel unsafe or unsure.

This rule teaches kids that it is OK to stand up for themselves and to be assertive if something doesn't feel right.

3. Nothing is so yucky that you can't tell someone about it.

One of the reasons that children fail to disclose harm is because they are afraid of getting into trouble. This rule helps to encourage your child to speak to a trusted adult, even if something seems scary or terrible.

HOW TO TALK TO YOUR CHILD ABOUT PERSONAL SAFETY

- Speaking with your child about personal safety should not be a one-off conversation. Rather, create opportunities that allow talking about personal safety to be part of an ongoing dialogue between you and your child. Always let your child know you are there for them, and keeping them safe is your number one priority.
- It is recommended that you teach your child the correct language for their private parts. Emphasise that those parts are private and belong to them.
- Try not to scare or alarm your child. Speak calmly and confidently, keeping a neutral, natural tone, ensuring that you allow time for your child to process the information and ask questions. Never make them feel ashamed or embarrassed about sexuality or body parts.

NEED SUPPORT OR MORE INFORMATION?
Bravehearts Information and Support Line
FREECALL **1800 272 831**
Mon-Fri 8:30am - 4:30pm AEST

bravehearts.org.au

Children grow and learn by watching and engaging with others around them



Participating actively involves expressing ideas and views which are valued, respected and listened to by peers and adults



Children of all ages are able to express themselves, however it is up to the adults around them to show that a child's right to speak and be heard is taken seriously



By really listening to children, you show that you really care and respect them and that they are worth listening to



FOR FURTHER INFORMATION

Parentline:

Call 1300 301 300 from 8am-10pm, 7 days a week

Raising Children Network:

The complete Australian resource for parenting newborns to teens <http://raisingchildren.net.au/>

NAPCAN has a range of relevant resources:

- 'Listening to babies, children and young people'
- '30 ways to boost a child's confidence'
- 'Use words that help not hurt' and
- 'The importance of play'

Visit: <http://napcan.org.au/resource-hub/>

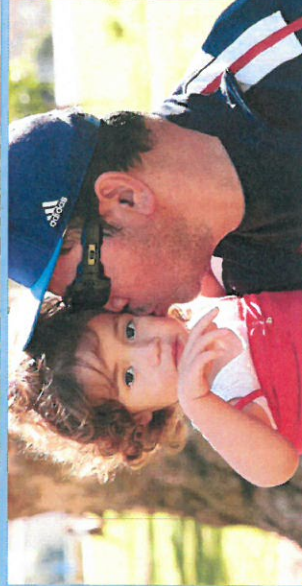
NAPCAN Northern Territory

2/7 Fannie Bay Place, Fannie Bay
PO BOX 880, Parap NT 0804

T 08 8942 2254

www.napcan.org.au

WAYS TO SUPPORT AND ENCOURAGE A CHILD'S RIGHT TO SPEAK AND BE HEARD



BABIES AND TODDLERS (0-3)

WAYS TO SHOW CHILDREN THEY ARE BEING HEARD

- Spend time watching and smiling at your baby with lots of eye contact
- Pay attention and respond to your baby or toddler's non-verbal signals, sounds and cries
- Listen to the noises your baby makes and copy them



WAYS TO SUPPORT CHILDREN TO SPEAK, PARTICIPATE AND DECIDE

- Keep talking with them to encourage receptive and expressive language
- Verbally involve them in what you are doing, seeing and hearing and notice their reactions
- Provide opportunities for them to make choices that effect their life eg what toy to play with, which story to read, the adults they feel most comfortable with



PRE-SCHOOL AGED CHILDREN (3-5)

- Really pay attention to what your child is saying
- Show you are listening by mirroring, smiling or nodding
- Spend time with your child while doing something active (puzzle, walking, eating), listen and ask open questions



- Respect and be interested in their ideas and interests
- Ask about their day, their challenges and successes and let them know you are there for them
- Provide opportunities for them to make choices that effect their life eg what they wear, how to use everyday items for imaginary play, what to eat



PRIMARY SCHOOL AGED CHILDREN (5-12)

- Ask about their day, friends, interests, opinions and how they would solve problems
- Try not to interrupt, rush or take over the discussion, be encouraging
- Create opportunities for children or young people to gain a sense of their own capabilities and empowerment through leading



- Encourage discussions and problem solving where their views and opinions are invited and respected
- Be interested in their ideas and interests, even if you don't agree
- Provide opportunities for them to make choices that effect their life eg which sport/instrument to play, how to be creative, who to play with



→ With all children and young people consider how technology can impact your relationship both positively and negatively



Presented by: Janette Merendino (Talking Kids Australia)

Sponsored by: Talking Kids Australia

Location: Child and Parent Centre, Kooljack Street Dudley Park

Dates: Every Wednesday 30 October & 13,20,27 November & 4 December 2019

Times: 6.30pm to 8.30pm

Cost: FREE

Who should attend: Parents and Carers

How to register: Phone 0402 517 389 or Email peel.pcwa@anglicarewa.org.au

A FREE SIX SESSION PARENTING PROGRAM FOR PARENTS AND CARERS

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:

- Understand your child's emotional world by learning to read the emotional needs
 - Support your child's ability to successfully manage emotions
 - Enhance the development of your child's self esteem
 - Honor your innate wisdom and desire for your child to be secure
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TALKING KIDS
AUSTRALIA

GUIDING CHILDREN'S BEHAVIOUR · MAKING PARENTING EASIER