



Produced by Dwellingup Primary School

Mar 13th 2020

Established 1911

"Choose Respect"

Dates to Remember:

Sat 14th Mar: Place Makers' Working Bee
Community Hall 10.00am
Sun 15th Mar: Black Dog Motorcycle Ride P&C
Wed 18th Mar: P&C Meeting 9.00am
Fri 15th Mar: Sculpture by the Sea Yrs 4,5,6
Fri 20th Mar: Smart Start Incursion Yrs 1-6
Fri 20th Mar: Free Community Movie (see flyer)
Mon 23rd Mar: NAPLAN Online Practice Yrs3 &5
Thurs 26th Mar: K/PP Assembly
Fri 27th Mar: Hockey Clinics PP – 6
Tues 31st Mar: Shoelace Tying Incursion K-3
Thurs 9th Apr: Term 1 ends Free Dress
Sat 11th Apr: Giant Pumpkin Competition
Tues 28th Apr: Term 2 commences
Sat 16th May: "Earth Care Fair" Forest Discovery Centre

Weekly Events at D.P.S.

Wed: Playgroup 9.00-11.00am

Educational Websites at DPS:

www.mathletics.com.au
www.studyadder.com.au
www.mylexile.com.au

Years 4/5/6 Assembly

Yesterday the years 4/5/6 class performed a song called, "Never Seen the Rain". The students sang the song beautifully. The students are learning about developing resilience in Health and this song supports this. The underlying message of the song is that we all face tough times but we can rely on our friends (and families and the adults at school) to help us feel better.

Resilience is an essential quality that we need to negotiate life's challenges. Attached to this newsletter are techniques that families can use to foster resilience.

In addition to the years 4/5/6's performance, we were treated to a slideshow that students completed in the Technology learning area. Students designed a slide show to explain why Dwellingup Primary School is the best school! **Ava, Kaiden, Ruben and Rhuys** have shared text from one of their slides with you.

The friends you make at Dwellingup will be your friends till the end. Everyone at Dwellingup Primary School will make sure that you are happy and have someone to play with. Ava

This is an old shack at the back of our school. A long time ago they cut up wood here. It is very old. Kaiden

Dwellingup Primary School is the best school because we have beautiful gardens. Ruben

Dwellingup Primary School is the best school because we have the best teachers and classrooms. Rhuys



Merit Certificates

Karly Gonçalves ~ For her fabulous enthusiasm towards everything she does. Karly is a shining star in her class and in the school.

Lara Gonçalves ~ For her excellent work during writing activities. Lara has produced some outstanding recounts this term. Well done, Lara.

Braxton Robinson ~ For being a motivated and independent student with a great love of learning. Well done, Brax!

Kaiden Vanelst ~ For being amazing and reliable. You are always a pleasure to teach!

CONGRATULATIONS!



Above: Kaiden, Brax, Lara, Lotu (Multilit certificate) and Karly

Virtue: Determination

"I am determined. I set goals and keep going until I achieve them. I get things done. I stay on purpose."

You are practising determination when you:

- Believe what you are doing is important.
- Set goals for yourself.
- Focus your attention on what you are doing.
- Resist being distracted.
- Keep going when things get difficult.
- Ask for help when you need it.
- Finish what you start.

Warren our P&C

President displays these qualities "in spades".



A Word from the Chaplain

The children and I are very happy with the beautiful new storage units in Room 5. I now have the space to display all the children's favourite games, LEGO sets and art and craft supplies. Thank-you to **Mrs Bosanac** for all the time spent planning the transformation and measuring the space to fit in as much storage as possible. Thank-you, to **Mr Warren** our wonderful gardener for taking time out of his busy schedule to make sure that the storage units are safe and won't fall forward. I would also like to mention two very talented students, **Sean and Bodhi** who helped me put the shelving together quickly and efficiently. Great job boys.

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." (Desmond Tutu Anti-apartheid human rights activist)

Lisa Ferraro

"Choose Respect" Marble in the Jar Certificates

Ava Bucketin, Fannah Holster, Lily Lamb ~ Putting together a highly professional movie promoting the school.

Cowen Armstrong ~ Demonstrating fairness and excellent conflict resolution skills.

Karly Gonçalves ~ Always being helpful, kind and thoughtful and being a positive role model in these areas.

Sean McCooke ~ Using his initiative to help around the school.

Tyler Reid ~ Demonstrating care and respect of the environment by sorting litter at home.

Capri Sellenger, Anne-Elise Douglas ~ Helping a friend to enjoy school.

Hemi Sellenger ~ Always being responsible and kind.

CONGRATULATIONS!



Visit to “Lost Eden” Gallery

Report by Ava Bucktin and Lily Lamb

On the Wednesday 11th of March students from Dwellingup Primary School walked down to the **Lost Eden Art Gallery** to see the Aboriginal Art Exhibition. The exhibition was titled, “**Our Family, Our Country**”. We were welcomed by **Deborah Newenham– Coertse** along with her daughter **Melissa Spillman**, who are the Aboriginal artists that held the exhibition.

Another Aboriginal artist exhibited. His name is **Benjamin Goebel** and he is the son of **Deborah** and brother to **Melissa**.

In 2008 **Mel** really found her passion and desire for painting. She started her career at the end of year 10 to help her mum with the Aboriginal art business.

Deborah Newenham– Coertse is a natural at Aboriginal art, she began painting in 1994, and this she did as a hobby for the next few years. She then, with the help of her family— designed manufactured and wholesaled indigenous souvenirs to the tourist markets nationally and internationally.

Benjamin Goebel was always interested in sketching/drawing as a child, having many scrapbooks with sketches. **Ben** combined his sketching and Aboriginal dot art, furthering his own technique and style. In 2018 **Benjamin** was invited to be a part of the “Peter Farmer JR and the Young Aboriginal Artists Collective”.

The three artists give us one word of advice “**Yirrakurl**” means “**To go up**”.



Above: A beautiful painting!



Above: Deborah talked to the students about the stunning art and presented each child with a carry bag decorated with Aboriginal art.



Above: Anika and Ruby loved this painting.

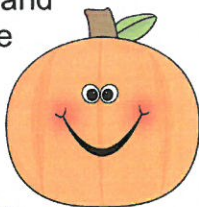


Above: Melissa talks to Brax, Hemi and Cowen

P & C News

Our P&C is a very friendly and productive group who support a range of educational programmes in our school. Everyone is welcome!

Arrangements have had to be changed in response to COVID -19 (Corona virus). Details to follow.



NEXT MEETING:
Wednesday 18th March 9.00am

Community News

Softball Cancelled

Monday softball has been cancelled.

Dwellingup Place Makers

A **Busy Bee** will be held at then **Dwellingup Community Hall** this **Saturday 14th March (10.00 am – 2.00pm.)** You may have noticed the work that has already commenced next to the hall.

There are exciting plans to revamp the area, so come along, lend a hand and be part of a positive change in your community.

Dwellingup Bushfire Brigade Cadets

Saturday 14th March
10.00am

Busy Bee at the Town Hall with
Dwellingup Creative



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.



Last Monday a representative from Playgroup W.A. visited the Playgroup. She was very impressed with the welcoming and creative environment that the Playgroup members have created for their children (and themselves).

Monday 9.00-11.00am
Room behind school Undercover Area

ALL WELCOME!

Dwellingup Community Village Inc (former Nursing Post)

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

HAIRDRESSER: Wednesdays

Bookings essential: **0439 746 183**

REFLEXOLOGIST: Every four weeks.

Bookings essential:
Tess 0417 955 981

Coronavirus (COVID-19)

We receive daily updates from the **Department of Education** in conjunction with the **Department of Health** in response to the Coronavirus. The school is also putting measures in place in response to this, including hygiene procedures, stocking up on items and preparation of work packages in the hopefully unlikely advent of a school closure.

Please be assured that responses to these updates are a priority and you will be informed immediately of any developments.

Please contact the school if you require further information.

Free Community Movie **Mary Poppins**

Friday March 20th 6pm
Dwellingup Community Hall
(See attached flier)

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



World Health
Organization

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



World Health
Organization

Strategies to Build Resilience

Parents can help kids build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Kids need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, kids will experience anxiety and shut down in the face of adversity.

Teach Problem-Solving Skills

The goal is not to promote rugged self-reliance. We all need help sometimes, and it's important for kids to know they have help. By brainstorming solutions *with* kids, parents engage in the process of solving problems. Encourage kids to come up with a list of ideas and weigh the pros and cons of each one.

Resist the Urge to Fix It and Ask Questions Instead

When kids come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.

Label Emotions

When stress kicks in, emotions run hot. Teach your kids that all feelings are important and that labelling their feelings can help them make sense of what they're experiencing. Tell them it's okay to feel anxious, sad, jealous, etc. and reassure them that bad feelings usually pass.

Demonstrate Coping Skills

Deep breathing exercises help kids relax and calm themselves when they experience stress or frustration. This enables them to remain calm and process the situation clearly.

Embrace Mistakes—Theirs and Yours

Failure avoiders lack resilience. In fact, failure avoiders tend to be highly anxious kids. When parents focus on end results, kids get caught up in the pass/fail cycle. They either succeed or they don't. This causes risk avoidance. Embracing mistakes (your own included) helps promote a growth mindset and gives kids the message that mistakes help them learn. It can be helpful to talk about a mistake you made and how you recovered from it.

Build a Strong Emotional Connection

Spend one-on-one time with your kids: Kids develop coping skills within the context of caring relationships, so it's important to spend one-on-one time with them. This means you need to put down the smart phone and focus on your child. When kids know they have the unconditional support of a parent, family member, or even a teacher, they feel empowered to seek guidance and make attempts to work through difficult situations. Positive connections allow adults to model coping and problem-solving skills to children.

Promote Healthy Risk-Taking

In a world where playgrounds are made "safe" with bouncy floor materials and helicopter parenting, it's important to encourage kids to take healthy risks. What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push themselves.

Promote the Bright Side—Every Experience Has One

Optimism and resiliency go hand in hand. Some kids may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, acknowledge the feelings that lead to pessimistic thinking and teach your child to reframe his thoughts to find the positive.

Model Resiliency

The best way to teach resilience is to model it. We all encounter stressful situations. Use coping and calming strategies. Deep breathing can be an effective way to work through stress. Always label your emotions and talk through your problem-solving process.

Go Outside

Exercise helps strengthen the brain and make it more resilient to stress and adversity. While team sports are the most popular method of consistent exercise for kids, all kids really need is time spent outdoors engaging in a physical activity. If team sports don't appeal to your child, encourage them or introduce them to bicycling, playing tag, or even just swinging at the playground. These are all great ways for kids to engage in free play that also builds resilience.

Resilience helps kids navigate the obstacles they encounter as they grow. It's not possible to avoid stress, but being resilient is one of the best ways to cope with it.

DWELLINGUP
CREATIVE

PRESENTS

FREE COMMUNITY MOVIE

LET'S CELEBRATE THE OPENING OF
OUR NEW COMMUNITY SPACE

FRIDAY MARCH 20TH FROM 6PM

MOVIE STARTS AT 7PM

'MARY POPPINS RETURNS'
DWELLINGUP COMMUNITY HALL
OUTDOOR COMMUNITY SPACE!

FREE POPCORN | BYO FOOD & DRINKS |
BYO CHAIRS AND PICNIC RUGS
| FREE TEA & COFFEE |



FOREST DISCOVERY CENTRE
PRESENTS

Earth Care Fair

16th May 2020
10am to 4pm

This family friendly event and is a great way for people to experience the benefits of sustainable living, find out more about our unique environment, and get involved in their local community.

Venue: Forest Discovery Centre 1 Acacia St Dwellingup

Featuring eco friendly, fair trade and sustainable product market stalls, market stalls, 'single use plastic' free food vans, live music, Aboriginal cultural activities, and adult's and children's upcycling workshops and presentation from a range of organisation involved in caring for our earth.

Contact the Forest Discovery Centre on 9538 1395 or email
admin@forestdiscoverycentre.com.au
www.forestdiscoverycentre.com.au



**Partnerships that Celebrate the
Diversity of Local life in Dwellingup**

Important Information re: Historical Display at DHVIC

Further to the request from the Dwellingup Community Compact at the Special Meeting held on Monday 9 March, it is hoped that the following information provides clarification in relation to items on display in the museum section of the Dwellingup History and Visitor Information Centre (DHVIC):

The Shire understands that there has been some confusion and miscommunication regarding items within the museum at the Dwellingup History and Visitor Information Centre (DHVIC), that have either been donated or on loan, being relocated to Pinjarra or disposed of. The Shire confirms that some of the accessioned items that have been on loan or donated to the Visitor Centre will be utilised within the new Dwellingup Trails and Visitor Centre as part of the rotational interpretative display that will pay tribute to the history of Dwellingup and surrounding areas. For those items that will not be accommodated as part of interpretative display, they will be offered in the first instance, to people, families, groups and/or organisations that were kind enough to have loaned or donated the items. In circumstances where the donor/s does not want the item returned, the item will be offered to the Dwellingup Community Compact and other Dwellingup based interest / community groups. Where possible, every endeavour will be made to repurpose unwanted items as part of landscaping features, that will contribute to the character and sense of place at the new Centre. This may include repurposing items to create seating, sculptures and other creative / heritage interpretive features. For those items that and are considered to be in poor condition and are remaining after the above process, may be discarded as storage of items surplus to the needs of the Centre, donors or the community will prove challenging. At a future date and prior to the Dwellingup Trails and Visitor Centre opening, an invitation will be sent to respective donors (in the first instance) and subsequently to local community groups and organisations to view the items available.

If you have any further questions please do not hesitate to contact Susan Allan, Tourism Coordinator on 08 9531 7650 or emailSusan.Allan@murray.wa.gov.au