

# Numbat News

STRIVE TO EXCEL



Pingelly PS



13 February 2019

## Administration:

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## Dates to Remember

- Monday Feb 11 - Friday Feb 22  
*Swimming lessons*
- Friday March 1  
*Faction swimming carnival*
- Monday March 4  
*Labour Day holiday - NO SCHOOL*

## Lunch Orders

**Monday - Friday** - Arola's Café Bakery

## Uniform Shop

**Every Wednesday** - 1.30 - 2.30pm

Dear PPS Families,

Welcome back for 2019. I hope everyone had a wonderful school holiday break, enjoying the opportunity to rest and spend time with family and friends. Week 1 has now come and gone and it was great seeing students return last week with smiles on their faces and lots of stories to share. Students settled well into their new classrooms and back into school routine. A big welcome to our many new students and families, and to Ms Anna Mysliwska who has joined our staff for 2019. We are looking forward to having a great year at Pingelly PS in 2019, and the opportunity of partnering with families and the community in providing the best for our students.

### STRIVE

STRIVE continues to be a driving focus for us at Pingelly PS as we seek to firmly embed the 6 STRIVE values. It has been great seeing our students display a range of these values across week 1 through interactions with others, when facing challenges and through pursuing their personal best. STRIVE tags and weekly certificates will continue to be used to acknowledge the display of STRIVE values.

### SEESAW

The SEESAW application is the key classroom communication tool used to keep parents informed and up to date with what is happening in classrooms. SEESAW notes have gone home this week with all the information needed for gaining access to your child's classroom journal.

### Classroom Information Meetings

In week 4, classroom information meetings will be held for teachers to meet parents and update them about the year ahead. The meetings will be a great opportunity for parents to come into their child's classroom and hear from their teacher. It is also an opportunity to ask any questions related to the classroom. More information will be provided in week 3 regarding meeting days and times.

### Nut Aware

The start of a new school is always a great time to be reminded that Pingelly PS is a 'nut aware' school. Nut aware means that we strongly encourage children not to bring any nut type products in their lunch boxes. As we have children at school with severe nut allergies, we all need to work together to minimise the risk of these children coming into contact with nut related products. Please do not hesitate to contact the school if further clarification is needed.

### Staff Changes

Starting in week 2, Mrs Holly Bassett will be commencing long service leave for semester 1. In her place we welcome Mrs Alyssa Lee to the kindy room.

### School Review

Next Wednesday, 20<sup>th</sup> February, Pingelly PS will welcome 2 members of the School Review team as we undergo school review. School review is a process of reflection and validation as we seek to continually be improving as a school. Every public school participates in the school review process, and week 3 is our school's turn. It is a great opportunity for us to showcase our school's progress and improvement focus.

### Bringing Up Great Kids – Parent Workshop Opportunity

Starting on Thursday 28<sup>th</sup> February, a series of 4 parenting workshops will be held at the school with a focus on children's emotional development, and incorporating mindfulness practices into parenting. This is a great opportunity for any parents interested in exploring these concepts to come along and enjoy the workshop with others. Please refer to the flyer for further details.

Have a great week,  
Rob McArdle  
Principal

STRENGTH

THOUGHTFULNESS

RESPECT

INITIATIVE

VALIANCE

EMOTIONAL Q

## P&C Annual General Meeting

All parents and carers are encouraged to attend.

- ◆ MONDAY February 18
- ◆ 1pm
- ◆ Kindergarten room

**The objects of our P&C are to promote the interests of the school through -**

- \* cooperation between parents, teachers, students and members of the general community
- \* assisting in the provision of resources, facilities and amenities for the school
- \* the fostering of community interest in educational matters

Why not get involved with this dynamic group and become a part of your children's education?



**WELCOME** to Pingelly PS Ms Anna Mysliwska.

'Ms Anna' has had experience working as an Education Assistant at Exmouth District High School and Beacon Primary School, before coming to Pingelly.

Ms Anna will be working in the Kindergarten, Pre-Primary and Years 1 classes within the school.

**Please make her very welcome when you see her.**



**We would love some willing helpers to assist at the Faction swimming carnival on FRIDAY MARCH 1**

**Experience is not necessary - just a desire to lend a hand.**

**Call the front office on 9887 1061, and become involved in a fun day.**

## SWIMMING LESSONS

Swimming classes began this week, with the Year 5/6 class being the first to break the ice.

**Thank you** to Mrs Jodie Marshall, and her great team of Caitlyn, Lakeisha, and Madison, who all help make our kids water wise and water safe. They also help in stroke development which will hopefully bring about some great results at the forthcoming faction carnival.

DAY	DATE	EVENT CALENDAR
Mon - Fri	Feb 11 - 15	Swimming lessons
Mon - Fri	Feb 18 - 22	Swimming lessons
<b>WEEK 4 - CLASSROOM INFORMATION MEETINGS</b>		
Friday	March 1	Faction swimming carnival
Monday	March 4	Labour Day holiday - <b>NO SCHOOL</b>
Friday	March 8	Assembly
Friday	March 22	Interschool swimming carnival - York
Friday	April 12	ANZAC service. <b>LAST DAY OF TERM 1</b>

**MONDAY - THURSDAY LUNCH MENU**

AROLA'S CAFÉ - 98 606 808

Name: \_\_\_\_\_

**FOOD ITEMS**

Ham & Cheese Toastie	\$3.80	
Pizza	\$3.20	
Nuggets & Salad	\$5.20	
Mac & Cheese	\$5.20	
Meat & Salad Wrap	\$5.20	
Meat & Salad Roll	\$5.20	

**DRINK ITEMS**

Spearmint Milk	\$2.30	
Choc Milk	\$2.30	
Strawberry Milk	\$2.30	
Banana Milk	\$2.30	
Juice	\$2.30	
Orange / Trop / Apple		

**SNACK ITEMS**

Ice Cream	\$1.20	
Fresh Fruit	\$1.10	
Yoghurt	\$2.80	

Total: \$

Change will be left in the office

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**FRIDAY LUNCH MENU**

AROLA'S CAFÉ - 98 606 808

Name: \_\_\_\_\_

**FOOD ITEMS**

Pie	\$4.30	
Sausage Roll	\$3.60	
Pizza	\$3.20	
Hot Dog	\$5.20	
Nuggets & Salad	\$5.20	
Mac & Cheese	\$5.20	
Meat & Salad Wrap	\$5.20	
Sauce Tom / BBQ	\$0.50	

**DRINK ITEMS**

Spearmint Milk	\$2.30	
Choc Milk	\$2.30	
Strawberry Milk	\$2.30	
Banana Milk	\$2.30	
Juice - Orange / Trop / Apple	\$2.30	

**SNACK ITEMS**

Ice Cream	\$1.20	
Muffin	3.80	
Fresh Fruit	\$1.10	
Yoghurt	\$2.80	

Total: \$

Change will be left in the office

# Eat like a rainbow!

Encourage your kids to eat like a rainbow by eating a variety of foods everyday. Children need a range of nutrients to help them through the school day. Eating like a rainbow involves choosing a range of vegetables and fruit, breads and cereals, meat and or protein and dairy foods.


[superherofoodshq.org.au](http://superherofoodshq.org.au)





## Bringing Up Great Kids

HELPING PARENTS TO APPRECIATE THEIR CHILD'S PERSPECTIVE AND EXPERIENCE OF THE WORLD.

A FREE FOUR SESSION PARENTING PROGRAM FOR PARENTS AND CARERS OF YOUNG CHILDREN.

Bringing Up Great Kids Parenting Program is a mindful parenting program which gives parents the skills to slow down and respond to children in a calm and relaxed manner, leading to less stress in their lives and positive changes in their children's behaviour.

- The program uses ideas of mindfulness and reflection to support parents to review and enhance their patterns of communication with their children, to promote more positive interaction, while encouraging the development of children's positive self-identity.
- Parents will be provided with a better understanding of their child's emotional development and reasoning abilities, and encouraged to reflect on how this understanding may influence their parenting approach.
- This insight will give parents the ability to contain their own emotions and to think through their responses to children, rather than give 'knee jerk' reactions.

Where: Pingelly Primary School Music/Art Room

When: Every Thursday starting 28 February, 7, 14 and 21 March 2019, 10am – 12:30pm

Cost: FREE

To Register: Pingelly CRC Phone: 9887 1409 Email: [pingellycrc@westnet.com.au](mailto:pingellycrc@westnet.com.au)

or Jeni Pages, Parenting Partnership Coordinator Phone: 0447 622 736 Email:

[ipages@wanslea.asn.au](mailto:ipages@wanslea.asn.au)

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