

The Pearsall Post Newsletter

Thursday, 20th October 2022

Student Absence Line:
0437 482 159

Important Dates to Remember

- **EARLY CLOSE EVERY WEDNESDAY @ 2:30PM**
- **Halloween Disco— 28th Oct**
- **Pizza Day Thur 27th Oct & Thur 1st Dec**
- **Subway every Friday via Quickcliq**

Please TEXT Absences to 0437 482 159

From the Principal,

Welcome back to Term 4 at Pearsall Primary School ! This promises to be a very busy term with our school really beginning to move into providing rich experiences for our students to enjoy. This year we already have had many wonderful events as things return to normal after COVID.

In addition, I further look forward to the school community coming together at events coming up in the future. This includes orientation activities for our parents of and with our kindergarten students starting in 2023, our Year 6 Camp and Graduation and the Christmas Concert which will combine with a celebration of 10 Years of Pearsall PS. The last day for students this term will be Thursday the 15th of December.



Year 6 Camp

Our adventurous and excited Year 6 children are currently enjoying their school camp. They are staying at Nanga Bush Camp and are engaging in a wide variety of outdoor activities that will be challenging and fun. I wish them well and hope for fine weather and sunshine. I thank all staff for making the camp possible.

Scholarships and Acknowledgments

A number of our Year 6 students have been recognised in a number of different high schools they will be attending next year:

Ava— Perth Modern

Jack— Mater Dei College Football Scholarship

Lily, Evie, Jayla and Indie-Lee—Mater Dei College School Production

Sick Students

As we get closer to the warmer months we will still have quite a few students (and staff) who are suffering from a range of illnesses. I ask that if your child is coughing and spluttering please keep them home until they have fully recovered. Sending children to school when they are sick can result in more students and staff members coming down with the same illness. Your cooperation with this is greatly appreciated.



Department of Education
Shaping the future

VacSwim enrolments now open

Help keep your child safe in the water.
Enrol now for the summer 2023 school holidays.

education.wa.edu.au/vacswim

VacSwim Swimming Lessons

Enrolments are now open for VacSwim Swimming lessons during the summer school holidays. VacSwim offers fun lessons at beach or pool locations during the long break.

Semester 2 reports— correct email details

Please make sure your email address is up to date at the office. It is important to check the email details for your child/ children are correct, as this will be the address used to send home the Semester 2 reports.

NEW 2022 TIMETABLE

8.25am	Classrooms Open
8.40am	Siren for start of day
10.40am	Recess
11.15am	End of Recess
1.15pm	Lunch
1.40pm	End of Lunch
3.00pm	School Day Ends

Please note:

**2.30pm finish on
Wednesdays**

LOST PROPERTY

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A box of lost property is located at the rear of the Admin building. Parents are welcome to check for items once gates open in the afternoons. Please ensure all belongings are clearly labelled.

Attendance

In reviewing our attendance data recently, we are finding that the number of that are missing school for unauthorised reasons is growing. We are disappointed to find that the number of students attending school more than 90% of the time (which is minimum standard) has reduced below 70% of students. This means that we have a large number of students that are missing school more than one day per fortnight. In winter, it can be difficult to get out of bed, and is easy to stay home if you are not feeling 100%. However we want students to develop resiliency and push through when things get hard. The following table outlines some interesting facts related to attendance and the time missed:

ABSENCES	70%	80%	90%
In a week	1.5 days	1 day	0.5 days
In a term	15 days	10 days	5 days
In a year	60 days	40 days	20 days
In a Primary school	2.1 school years	1.4 school years	1.40 days
Across Primary and Secondary school	3.9 school years	2.6 school years	1.3 school years

Every day at school is important. Even if you maintain 90% attendance which is minimum expected, you are still going to struggle to achieve the level of learning expected. In fact, before you even begin, you need to make up the 1.3 years at school you have missed, before you even begin.

I do not want children to come to school if they are really sick, however, let's get them to school whenever they are able. Let's aim for 100%!

Business Plan for 2023-2026

A draft Business Plan for 2023 is now being developed with significant input from staff and the School Board. A focus will be made on reading and identifying assessments to understand where students progress is being made.

OPEN MEETING—School Board, Monday 24th October

An Open School Board Meeting will be held on Monday 24th October, at 6pm in the school staff room. Parents of current students are welcome to come along and see what occurs and express interest at the next round of nominations.

P&C President and Vice President

Our existing P&C President is retiring the position at the end of 2022. If you are interested in joining the P&C and potentially nominating for this role, please visit the P&C Facebook site for more information: [Pearsall Primary School P&C Association | Facebook](#)

2023 Enrolments & Departures

There are currently enrolment positions available in 2023 Kindergarten and some other year levels. If you or a family you know are interested, please contact the office for more information 6207 3900. If your children are not returning to Pearsall PS in 2023, can you please contact the office to let us know. This information is vital for our planning next year.

Running Club

A big thank you to Mr Gartell and Mr Bish for the organisation of a running club that takes place each Wednesday morning from 8am. Well done to all students and families who have been attending.



2023 Voluntary Contributions & Charges

The 2023 Voluntary Contributions & Charges has been reviewed and approved by the school board. Contributions are voluntary, however the quality of our teaching and learning programs will be maximised when each family makes a contribution. The amounts remain similar to this year and a copy will be sent out via connect next month.

2023 Swimming Lessons

In Term swimming for 2023 will take place in the first 2 weeks of next year. This will take place from Wednesday 1st February till Friday the 10th of February. Year 5 and 6 students will be swimming at Mulaloo Beach and the PrePrimary to Year 4s will participate in lessons at Aquamotion Wanneroo. Permission forms and payment will be collected before the end of Term.



P&C Halloween Disco

Halloween Disco Tickets - (Friday October 28th 2022) Dress Up optional
Now available ONLY on Quickcliq

◇ 4:15pm - 5:15pm = Kindy & Pre-Primary

◇ 5:30pm - 7:00pm = Yr 1 - Yr 2 - Yr 3

◇ 7:30pm - 9:00pm = Yr 4 - Yr 5 - Yr 6

www.quickcliq.com.au - if you haven't used Quickcliq before it is easy to register your kids. To find the Disco tickets you'll need to select MEAL ORDER - select your eldest CHILD and select 28th October as the date (select Special Event and Halloween Disco) and all different sessions will be available to order. If you are ordering for multiple children just use your eldest child's name and make an extra note (Additional Instructions) with names of additional kids and their year group.

*****KINDY & PRE-PRIMARY SESSION = 1 PARENT ONLY (No Siblings or Prams)**

No cash tickets - We will not be accepting door ticket sales on the night.

****TICKETS MUST BE PURCHASED NO LATER THAN WEDNESDAY 26th OCTOBER 8:00AM***



Leader in Me – Term 4 Habit Focus Overview

This term our focus will be on Habit 6: Synergize, Habit 7: Sharpen the Saw and a new addition Habit 8: Find Your Voice. Below is a brief overview of each of these habits.

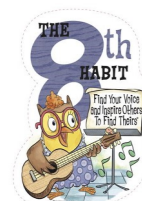
Habit 6: Synergize relates to celebrating differences, working together, being open minded, and finding new and better ways. It means that we know everyone is good at something and we can all learn something from each other.



Habit 7: Sharpen the Saw refers to having balance in your life. It is the habit of taking care of your body by eating right, exercising, and getting the right amount of sleep. It's the habit of spending time with family and friends, and to learn in lots of ways and lots of places, not just at school.

Habit 8: Find Your Voice where we are

encouraged to identify their strengths and pursue their passions. We can use our talents to make a contribution and look for ways to help others, and make the world a better place.



Asthma Plan update

The parent/ caregiver of any students who is a diagnosed Asthmatic must complete a Medical form regarding this condition. The form must be signed by their GP and be accompanied by an individual action plan. Any medication/ inhaler must be listed on the form and dropped to administration. These asthma plans and forms must be updated on an annual basis in accordance with the Department of Education legislation and to comply with 'duty of care'. All forms must be submitted to the office so they can be entered onto the students records.



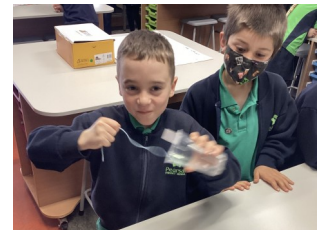
Asthma
Foundation WA

If your child is undiagnosed but requires medication to be stored and/or administered by self/staff at school, a medical form is also required. Please visit the front office for forms.

Science Week Wrap Up

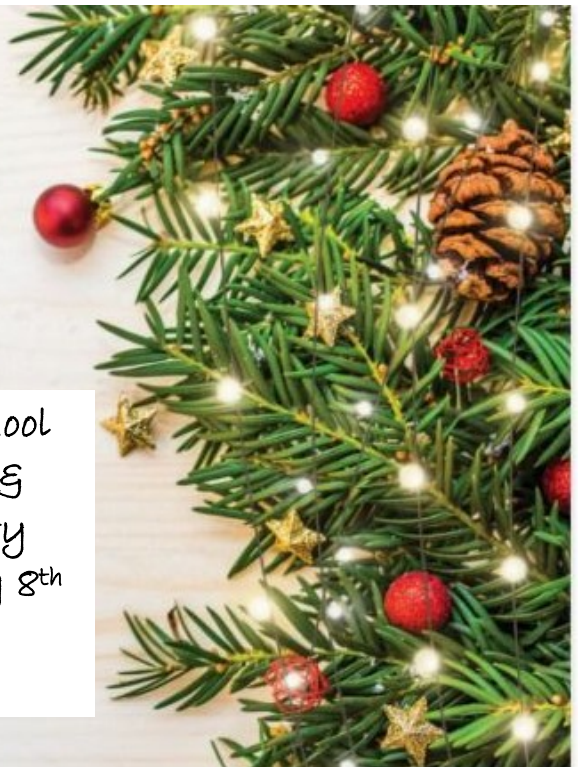
Week 9 of last term was spent celebrating all things science at Pearsall. Habit 8 is "Find Your Voice and Inspire Others to Find Theirs" and that was certainly in evidence throughout the week.

Our eight wonderful science leaders gave up every recess to facilitate a variety of activities including volcanic eruptions in the sandpit, dancing sultanas, colourful chemical reactions and planting seeds. Students from PP to Year 6 also wowed us with their scientific investigations during the class science fairs, presenting a wide variety of different investigations that they had conducted. During the week, class teachers ran science themed lessons, including PP Room 4 who had a whole morning of exciting science rotations and even made take home slime! A big thank you to everyone involved!



SAVE
..... the
DATE
FOR

Pearsall Primary school
Christmas Concert &
10 Year Anniversary
celebration, Thursday 8th
December 2022



Why self-sufficiency is paramount

Article by Michael Gross (founder of Parenting Ideas)

<https://www.parentingideas.com.au/blog/why-self-sufficiency-is-paramount/>



Recently, a mother of two primary school children thanked me for the impact one of my presentations had on her parenting style.

When I asked what was it that made the difference, she said that one particular question I posed in the presentation had the most impact. The question was *"What are you regularly doing for your children now that they can do themselves?"*

This mother attended my *Parenting for Independence* seminar after reading my book *Spoonfed Generation*. My message of developing self-sufficiency in children from the earliest possible age stayed with her.

She said that the independence message really came home to roost when her children went to an international school in Germany two years later. Self-sufficiency was expected at the school so the training she provided them as a result of the seminar such as in teaching them to pack school bags, preparing snacks and assisting with meals, doing daily chores, and getting themselves up each morning helped to prepare them for the expectations of an international school.

Why is self-sufficiency important?

Self-sufficiency, of the 'I can do it myself' kind, is the basis of self-esteem and resilience. One of the main developmental tasks is for children and teenagers to gain a sense of control and mastery over their environment. This mastery begins by gaining basic competencies such as being able to feed and dress yourself as a toddler and then gradually adding new competencies as physical and mental capacities allow. The development of children's independence can be frustrating and time-consuming, particularly if you are time-poor or have a

strong perfectionist streak. But that is the price of independence-building.

Step back to allow kids to step up

Respected US parenting and child development expert Dr. Debora Gilboa (aka Dr. G) believes parents need to step back to allow children to step up. It's a smart phrase that infers that parents need to take on the role of their child's teacher rather than be the person who is always solving their problems and doing routine tasks for them.

Gilboa says, *"It's crucial that you take a step back and let your kids make mistakes and learn from their experiences. You aren't going to be there in adulthood to clear the obstacles they face or solve their struggles."* It is through dealing with their own frustrations and learning from their mistakes that kids develop the resilience needed to stand on their own two feet.

Self-sufficiency tips

Gilboa gives the following three tips to develop self-sufficiency in children at any age:

1. **Problem-solving.** When your child or adolescent comes to you with a problem, resist the urge to fix it. Invite them to resolve the problem themselves.
2. **Welcome failure.** This is hard in our perfectionistic world but expect them to struggle and talk about what they can do to get back on their feet.
3. **Expect them to help.** Give them tasks that help the whole family, not just themselves and make sure they do them well. Be patient, but firm.

Self-sufficiency has many forms and many faces, including the ability to problem-solve, emotional self-regulation and taking responsibility for your actions. It's easiest to develop in children when they are young. This is also because not every child in a family will take to independence as willingly as others.

If developing independence is something that you haven't focused on before, don't despair. It's not too late to start. Begin where you feel comfortable, rather than make huge changes straightaway. Persist rather than give in when you have resisters; the notion of independence is too important for children's future success.

Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.

