



Beverley District High School

Independent Public School

Fortnightly Newsletter Monday, 25 February 2019

Our School Voice

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www.beverleydhs.wa.edu.au

News Updates and Reminders

- Student Council Assembly, Thursday 28th February, 2019 at 2pm.
- Labour Day Holiday, Monday 4th March, 2019.
- School Board Annual Public Meeting - 6th March 7pm – all welcome
- Years 7, 8 & 10 Immunisation Thursday 7th March, 2019.
- Faction Swimming Carnival Friday, 8th March, 2019.

Check Connect Notices

- OLNA information for parents

Secondary Students Hard at Work

We are pleased to have a strong and growing numbers in the secondary school again this year. We have 21 students in the Year 7/8 class and 11 students in the Year 9/10 class. Our student cohort is responsible and hard working. As well as their core subjects, the students enjoy Design Technologies (Food Tech and Manual Arts), Sport and Phys Ed, Digital Technologies (ICT), Art, Drama, Italian (Year 7s), and project learning (Photography, Design or Horticulture). Our Year 10 students will begin their very important OLNA (online literacy and numeracy) assessments in Week 5.



Grounds Update

Thanks to parents and community members for referring concerns about the school grounds and lawns through to the school directly or via P&C and School Board members. We are currently investigating a number of options for improving the lawns, in addition to increased watering times, including soil profile analysis and vertimowing. We thank Steve Vincent and Mal Kehlet from the Shire of Beverley for their professional advice. The improvement plan will be shared at our next School Board meeting on 6th March, which is also an **open meeting**, so parents and community members are very welcome to come along.

We are very pleased that the promised footpath works on Edward St have commenced, and thank the Shire for undertaking these works. Once completed, we will continue our planned upgrade of the Kindy entrance to the school.

Faction Swimming Carnival

Our Faction Swimming Carnival will be held on **Friday 8th March, 2019** at the Beverley Pool. The K/PP committee will be running a **hotdog day** for lunches. Donations of cakes and slices for morning tea would be welcome.

If you are available to be a volunteer helper on this day please email or phone to leave your name with the school office.

Parent helpers are what make these days so successful for our students. Your children also thrive when they see you at the carnival supporting them.



Term 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	Feb 25 Canteen orders due	26	27 Canteen – pre-orders only	28 Student Council Assembly 2pm. Early close 2.30pm	March 1
Week 5	March 4 th Labour Day Holiday	5 Canteen orders due by 9am.	6 Canteen (pre-orders only) School Board Annual Public Meeting 7pm	7	8 Faction Swimming Carnival

Interm Swimming

We have finished two busy weeks of Interm Swimming. We would like to thank the swimming teachers Sarah, Tesse, Taylor, Jess and Sarah for their hard work in teaching our students. The students enjoyed cooling off in the hot weather and did very well across the board. We cannot stress enough the importance of water safety for our students. Australia has wonderful water experience opportunities but we need our children to be safe in the water. Please have your children in water based lessons as much as you possibly can. In Beverley we have Interm Swimming at school but you also have other opportunities such as the, Christmas VacSwim short series and our local Swimming Club once they have achieved Stage 3. For further details regarding Swimming Club in Beverley you can contact Zoe Wilkinson (President) on 0488930900.



P&C NEWS

The P&C hosted a Sundowner at the school in Week Two. Thank you to all of the parents who came along to meet the P&C Committee and their children's teachers. The AGM that followed saw all positions filled:

President: Bruce Kilpatrick, Secretary: Carissa Shaw, Treasurer: Tim Elsegood, Uniform Shop: Jodie Bell and Kristy Parker, KPP Representative: Skye Carlshausen, Canteen Coordinator: Kylie Raftice and General Committee Members: Sharlee Higgins, Lisa Blanch, Jacinta Murray and John Hawke

The **KPP Committee will be running a Sausage Sizzle as a fundraiser at the Faction Carnival on March 8th**. Order forms will be sent home prior to this. The P&C will be running the morning tea and all donations of cakes, biscuits and slices on the day, would be greatly appreciated by our helpers.

CANTEEN ROSTER REMINDER:

Week 4: Wednesday 27th February

Kerry-Anne Doyle

Week 5: Wednesday 6th March

Damien Murray

SEMESTER AND TERM DATES - BEVERLEY DHS 2019

	Students	Teachers
Term 1	Monday 4 Feb – Friday 12 April	Thursday 31 Jan – Friday 12 April
Holidays	Saturday 13 April – Monday 29 April	Saturday 13 April – Sunday 28 April
Term 2	Tues 30 April - Friday 5 July	Monday 29 April – Friday 5 July
Break	Saturday 6 July – Monday 22 July	Saturday 6 July – Sunday 21 July
Term 3	Tuesday 23 July - Friday 27 Sept	Monday 22 July - Friday 27 Sept
Break	Saturday 28 Sept- Monday 14 Oct	Saturday 28 Sept - Sunday 13 Oct
Term 4	Tuesday 15 Oct - Thursday 19 Dec	Monday 14 Oct- Friday 20 Dec

SCHOOL DEVELOPMENT DAYS (PUPIL FREE DAYS)

School development days occur at the beginning of most terms. These days allow staff to plan and implement school and departmental initiatives. Staff Development Days for 2019 will occur at the beginning of each school term and at the end of fourth term, as follows:

Thursday 31 January and Friday 1 February

Monday 29 April

Monday 23 July

Monday 14 October

Friday 20 December



Building resilience through mindfulness

Resilience is a person's ability to cope with stressful events and bouncing back after the difficult times. It also helps mental wellbeing, in particular, dealing with stress and anxiety.

One way of building resilience is focusing on managing and responding to emotions in a healthy and positive way.

Mindfulness focuses on the present, what is going on inside you and your surroundings. Practising mindfulness can help your child pay attention to their thoughts and feelings in the moment, and manage them effectively.

Alongside mindfulness training, use the examples below to help your child voice, respond to and manage emotions:

- Use open-ended questions with your child
- Encourage your child to talk about feelings
- Acknowledged when your child is distressed
- Help your child regulate emotions
- Talk to your child about preparing for events
- Help your child to realise that difficult times are a part of life

For more information about building resilience in children visit <https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience> or contact your local School Health Nurse.

Quick Tip

Prepare children for big life events that may be stressful by building their coping skills and resilience. Mindfulness training can help your child recognise thoughts and feelings they experience during a stressful event. Taking control of their thoughts and feelings can help reduce stress and anxiety.

Try these free mindfulness apps: Smiling Mind, DreamyKid and Headspace.