



Beverley District High School

Independent Public School

Fortnightly Newsletter **Tuesday 4th June, 2019**

Our School Voice

Office Phone: 9646 1165
www.beverleydhs.wa.edu.au

News Updates and Reminders

- **Student Leaders Assembly Thursday 6th June, 2pm.**
- **Year 5 'Bounce' Excursion, Tuesday 11th June.**
- **Year 6 Resilience & Well Being Expo, Tuesday 11th June.**
- **School Board Meeting, Wednesday 12th June, 7pm.**
- **P&C Meeting, Tuesday 18th June, 7pm.**

Check Connect Notices

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Giving our students the support that they need...

At Beverley we have extensive individual and group support programs for Literacy, Numeracy, Speech and Development. Our Education Assistants work hard with our teachers and students to make sure that our students are getting targeted assistance when and how they need it. These are the people who work so hard and often go unnoticed behind the scenes and are the glue that keeps us all together!



Term 2	Monday	Tuesday	Wednesday	Thursday	Friday
Week 6	June 3 WA Day Holiday	4 th Canteen orders due in	5 th Canteen open – pre-orders only	6 th Student Leaders Assembly	7 th
Week 7	10 th Canteen orders due in	11 th Yr5 Bounce Excursion Yr6 Resilience & Well Being Expo	12 th Canteen open – pre-orders only School Board Mtg 7pm	13 th	14 th

INTERSCHOOL CROSS COUNTRY

Beverley DHS hosted the Interschool Cross Country at the Town Oval this year. Our students competed against York Gold, York Blue, Pingelly and Brookton in cross country running. We are so proud of our students' efforts on the day! Thank you to all of our wonderful parent helpers and to the KPP for running the canteen and morning tea! A BIG THANK YOU to the Beverley Shire for their ongoing support of school events in the community, it is much appreciated. Beverley came third in the Primary carnival and second in the Secondary carnival. A fantastic effort overall! Congratulations to Wyatt who won Year 4 and Under Runner-up Champion Boy and to Thomas who won Secondary Runner-up Champion Boy!



Please note: A reminder to parents to please keep sick children at home reducing the spread of infection to other students. If your child is away contact the school, preferably on the day of absence, to explain the reason for your child's absence.

Please visit our website, being it is the place to go, for information including the behaviour management and good standing policy, reporting policy, homework policy, 'telling us about problems' (complaints) policy and all relevant school information www.beverleydhs.wa.edu.au.

Can you help?

The school would really appreciate donations of:

- Clean cotton waffle blankets or washable doonas/comforters for our sick bay
- Car tyres (around 40 medium size) for our secondary hangout area
- Bags of wheat or similar to supplement our recycling to keep our chooks well fed over the winter

If you can help with any of these items, please let us know by calling or emailing the school office.
Pick up can probably be arranged!



Kindy Enrolments for 2020

2020 Kindergarten students have birth dates between 1.7.2015 and 30.6.2016. Please collect an enrolment form from the front office during the hours of 8.30am – 3.15pm or ask us to email one to you. All completed forms are required back to the school **by Friday 5th July, 2019.**



P&C UPDATE

The P&C would like to say a MASSIVE 'Thankyou' to the entire school community for their support of our recent Wood Raffle and Cake Stall. We were so pleased to see our cake stall so well supported by donations (and purchases!!) of saleable items, and there was a steady stream of 'goodies' to sell that arrived throughout the morning. The Saturday morning shoppers were indeed treated to a wide range of delicious treats to take home for morning tea or dessert... THANKYOU one and all!

And as for the wood raffle... well who doesn't love a wood raffle drawn in the middle of seeding!

Congratulations to our lucky raffle winners-

Wood Raffle- Tegan Foan

\$50 Note Raffle- Abigail Bailey

Canteen Roster: Week 6- Hollie Smith Week 7- Carissa Shaw

The next P&C Meeting is Tuesday, 18th June at 7pm... ALL WELCOME!



Position Vacant Beverley District High School

Beverley District High School Cleaner 00002126

This is a nine (9) month fixed term, part-time (0.44FTE) position commencing Term 3, 2019

Can you make our School sparkle?

Under the Cleaner in Charge the successful applicant will be a conscientious worker, having knowledge of the cleaning processes and cleaning equipment. You will have pride in your work and assist the team as they strive to keep the school environment clean and safe in accordance with Department procedures.

Employees will be required to:

- Obtain a current Department of Education Criminal Record Clearance prior to commencement of employment;
- Obtain or hold a current Working with Children Check; and
- Provide evidence of eligibility to work in Australia for the term of the vacancy

For further job related information

Please contact Wendy Moore, Principal, by telephoning (08) 9646 1165 or emailing wendy.moore@education.wa.edu.au

Applications must be submitted before 3.00pm (WST) on Friday, 14 June 2019

Please submit your job application through the following link:

<https://search.jobs.wa.gov.au/page.php?pageID=160&AdvertID=238325&source=other>



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.