



Beverley District High School

Independent Public School

Fortnightly Newsletter Monday 17th June, 2019

Our School Voice

Office Phone: 9646 1165

www.beverleydhs.wa.edu.au

News Updates and Reminders

- **P&C Meeting Tuesday 18th June, 7pm in the staffroom.**
- **Winter Carnival in Brookton, Friday 21st June.**
- **Year 5/6 Assembly, 2pm Thursday 27th June.**
- **NAIDOC Day, Wednesday 3rd July.**
- **Footy Colours Day, Friday 5th July.**

Check Connect Notices

- WAAPA performing arts courses for children in years 1 to 12 (Flyer)
- CRC – Interior Design Workshop (Flyer)

Year 6 Resilience and Well Being Expo

On Tuesday 11th June, the Year 6 class travelled to Northam for the annual Resilience and Well-Being Expo accompanied by Mrs Aynsley, Mrs Mearns and Ms McGonigal. Over the course of the day, students from Beverley, York, Northam, Dowerin, Goomalling and Meckering visited seven different stations hosted by a range of organisations include the WA Police, Nyumree Free (Noongar for No Smoking), Holyoake, Amity Health and Avon Youth Community and Family Services. They covered topics such as goal setting, resiliency, mental health, respect and the effects of drugs and alcohol. As always, the sessions were informative and fun, particularly the hat decorating and spaghetti towers challenge!



TRIPLE P PROGRAM

Want to make family life easier – and happier? Triple P's **Power of Positive Parenting** seminars can help you understand why kids act the way they do, and how your reactions and words can make a big difference. Our seminars are **free** for all WA parents and carers, and packed with ideas to help you give your children the best start in life, and get more enjoyment out of being a parent. We will advertise seminar dates for upcoming workshops in Beverley and York in our coming Newsletters – keep a look out to book your spot.



Term 2	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8	June 17 th Canteen orders due in today	18 th P&C Meeting 7pm	19 th Canteen open – pre-orders only	20 th	21 st Winter Carnival @ Brookton
Week 9	24 th Canteen orders due in today	25 th	26 th Canteen open – pre-orders only	27 th Year 5/6 Assembly @ 2pm	28 th

20 John Street, Beverley WA 6304 T: 9646 1165 E: beverley.dhs@education.wa.edu.au W: www.beverleydhs.wa.edu.au

Year 5 Bounce Excursion

Our Year 5 students went on an Excursion to Bounce accompanied by Mrs Marg Barrett-Lennard, Mr Chris Mellick, Mrs Jacinta Murray and Mr Bruce Kilpatrick. They had a wonderful time experiencing the physical challenges and learning how to do flips and physical manoeuvres safely. It was a great day out for our students and was enjoyed by all. Thank you to all of our parents who came along to support the class on the day, it was very much appreciated.



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.**



SPARK Matrix

SUCCESS is the focus of our SPARK learning for the next three weeks. Keep an eye out for our 'SPARK Matrix' coming home today. Our students are looking out for success in themselves and others.

Place it on your fridge and use a way to communicate about being successful at home and school.

At Beverley DHS, we are SUCCESSFUL when we are

	Prepared	Aspiring	Respectful	Kind
Be Ready	Have the correct equipment ready for each lesson. Be on time. Do homework.	Show improvement. Present work well. Achieve set goals.	Listen to others. Follow instructions. Stay on task. Use a positive tone and positive body language.	Encourage others. Use put-ups. Praise mistakes.
Observe the Rules	Be in the right area with the right equipment. Zip bags & put them on hooks. Eat, drink and use the toilet before the second bell. Wear a hat!	Join in. Be active. Include others.	Respect personal space of others. Care for equipment and put it away. Walk on <u>verandahs</u> and around gardens. Tell duty teachers about problems.	Let people play. Share play equipment. Help others. Say sorry if you hurt someone or hurt their feelings.
Work	Keep passwords private. Hand in phones and all digital devices. Name and file documents.	Expand our skills. Challenge ourselves.	Be a positive role model. Resolve conflict in a positive way. Report a problem that cannot be solved to a teacher or trusted adult.	Help each other. Let someone know if you are worried about a friend.
Be a Good Person	Wear school uniform correctly and with pride. Put rubbish in the correct bin. Be tidy. Be clean and hygienic.	Be a positive role model. Resolve conflict in a positive way.	Use appropriate language and manners. Care for school property. Take turns. Be a good audience.	Be polite and friendly to everyone. Greet adults respectfully.

it as

P&C News & Update:

The next P&C Meeting will be held On TUESDAY, 18th June at 7pm in the Staff Room- All welcome!

Many thanks to ALL of the parent volunteers, who have helped Jo out in the canteen during Semester 1. Your support is very much appreciated.

By now you will have received a note home, asking for assistance with the parent helper canteen roster in Semester Two. Parent helpers are vital to keeping the canteen running. Please assist us by volunteering for one of the dates specified on the note, and returning this to school by Friday, 21st June.

Canteen Helper Roster-

Week 8 (19th June)- Bec Elsegood Week 9 (26th June)- Laura O'Meagher

PHOTOGRAPHY GROUP

Photography is currently a design option offered to our secondary students with Mrs Davey and Mrs Walker. They have been exploring the many different aspects of composing an effective photo and have enjoyed the different focus areas each week. Some of the different types of photography they have examined so far include: abstract, floral, close up, portraits and use of negative space. A popular element of the photography session is their weekly review of everyone's best photos from the week before, such a positive experience for all involved. Here are some samples of photos taken by the students in class.



Note from the School Dental Van

The school dental caravan will be commencing at Beverley District High School on the Monday 17th June.

It is now the policy of Dental Health Services to try and have parents present when we do your child's dental examination. This enables a current medical form and consent to treatment form to be completed prior to any treatment being carried out. It is also a great time to answer any of your questions about your child's dental health.

If you receive the Medicare Child Dental Benefit Scheme rebate, please bring your Medicare card and let staff know at your appointment.

All students enrolled in the service will receive a recall appointment through the mail or via phone call. If you feel you should have received an appointment, but do not get one, please contact staff on 0437 202 882. If you need to change the appointment time, please contact us so we can arrange a more suitable one for you. We may not have an up to date address or phone number.

If your child has not been enrolled in the school dental service, you will receive an enrolment form. Please complete and return it to the van, even if you do not want your child seen.

Students are eligible up to the age of 17 or the end of year 11. If you have a student in high school, even if they are not at Beverley DHS, and would like them to be seen, you can contact the dental van so we can organise enrolment and appointment for you.

If you need to change the appointment time, please contact us so we can arrange a more suitable one for you.

Thanks

Your Dental Team

Sharon and Rachel.



Sun protection for teenagers

Children that have less exposure to ultraviolet (UV) radiation during their childhood have a lower risk of developing skin cancer when they're older. Our senses can't detect UV so it can be damaging without us knowing.

That's why it's important to get your teenagers into the practice of using sun protection measures.

Making sunscreen visible and always available will help remind your teenager to apply sunscreen. Stock up on smaller tubes of sunscreen and place it in their school bag, sports bag and hand bag so they're always carrying sunscreen around with them.

If you have a household bottle of sunscreen, leave it out on the bathroom counter as a physical reminder to apply sunscreen before heading out.

Teenagers may be more willing to wear hats and clothes that cover exposed skin if they've chosen the items themselves. If your teenager complains that their hat makes them look silly, take them shopping and let them pick out one they like, as long as it provides UV protection.

Quick Tip

Use sun safety measures when UV is above 3 and stay out of the sun if possible if it reaches 8 or above. So your teenager knows when to cover up or stay out of the sun, get them to download SunSmart's free app onto their smart phones.

They can personalise the sun protection alert to notify them when the UV reaches a level where sun protection is required!

Recipe Link

<https://livelighter.com.au/Recipe/389/baked-chicken-parma-with-sweet-potato-mash>

