



~ The Lighthouse ~

Bunbury Primary School Newsletter

An Independent Public School

Edition #3 30th March 2023



Our Values: Respect Responsibility Care Achievement

Our Motto: Strive to Achieve

FROM THE PRINCIPAL'S DESK

Dear Parents/Carers,

I hope that you are looking forward to the term break that is just around the corner. If you are fortunate enough to be going on a holiday, please take care driving (especially over the Easter break) as we want everyone back at school healthy and full of energy for the coming term.

PRIME ENERGY DRINK

On the topic of energy, it appears that the wave of interest in the new drink on the market, PRIME, has reached our school. According to my research, each 350mL can contains 200mg of caffeine (Monster drink only contains 86.4 mg of caffeine). This is not a suitable drink for children, let alone drinking it at school. The PRIME website even states that the drinks are not suitable for people under the age of 18. Such caffeine intake can lead to difficulty sleeping and can become addictive. Children are actively growing, and their brain, nervous system and heart function and development are crucial for their future health. Caffeine acts at all these sites and it would be unwise to recommend any substances which could have any deleterious effect.

The Rehydration version, which boasts no caffeine or sugar does contain dipotassium phosphate, which is an artificial flavour enhancer and preservative and is said to be safe for consumption but can cause symptoms such as nausea, vomiting, headaches, and constipation. It also contains sucralose, which is an artificial sweetener which has been shown to alter the gut microbiome and increase levels of systemic inflammation. (This information has come from an article in the Mirror newspaper written by Dr Deborah Lee).

Based on all of this, please do not allow your child to bring either PRIME Energy Drink or PRIME Rehydration Drink to school as they will be confiscated and returned to you.

AFTER SCHOOL PICK-UP

Surprisingly, this is not a complaint about the Reading Street pick-up area – it works well, and I appreciate the patience that most parents/carers demonstrate in the afternoon. Reading street is our main pick-up point and, due to this, is supervised for 20 minutes after

school. In that time nearly all children are usually picked up and on their way home. Some parents/carers choose to come around 3:15pm to avoid the initial crush of vehicles. I know that some parents choose to pick up their children at the front of the school. This is okay if they are there for a 3:00pm pick-up. However, if children are left waiting for 15 to 20 minutes problems can arise – this is a short time to most adults but an eternity to a child. Please, if you can't be at school at 3:00pm to pick-up your child, make sure they go to the Reading Street pick-up area and get them from there. It is safer for them, and their safety should be paramount in any planning.

SCHOOL BOARD

Our School Board plays a role in setting direction and monitoring progress of the school. Our current Board is made up of school representatives and parent representatives. This includes myself (as Principal), Mr Andrew Cresswell (Board Chair), Mrs Dillon and Mrs Palermo (Associate Principals), Mrs Whittaker and Ms Guelfi (Staff Representatives), Mrs Ludita McLean, Mr Dane Tappenden, Mrs Mel Henderson and Mrs Cara Cox (all Parent Representatives) and Mrs Bridget Archer (P&C Representative).

At the moment the main focus for the Board is developing a new 3-Year Business Plan for the school and reviewing some of our guideline documents (also referred to as policies).

INTERSCHOOL SWIMMING CARNIVAL

Congratulations to our Interschool Swimming Team! They have once again taken out the trophy as the winning school with another dominant performance. From all accounts they admirably represented themselves and our school. Thanks go to Mrs Piavanini and Mrs Whittaker for their work in organising and supporting the team. It is also wonderful to see the parent/carer support for the team on the day.

BUNNINGS VISIT

The pre-primary staff wish to pass on their thanks to Bunnings, who donated soil and plants for the Pp Veggie tanks. The staff are hoping to create a sensory garden with herbs and plants that attract butterflies and other local insects and birds. The school thanks Bunnings for their generosity and assistance.

FROM THE PRINCIPAL'S DESK - CONTINUED

FIRST AID INCURSION

All children have participated in some basic first aid "training" over the past three days courtesy of St John Ambulance service. The programme has been informative and hands-on, and enjoyed by the children. Ask your child what they learnt, and they may even be able to show you!

ANZAC DAY

As you would be aware, ANZAC Day falls on the first Tuesday after the term break. Information will come out soon about children joining me in the ANZAC Parade representing our school. We will march with the other schools and lay a wreath at the service. Our school will hold our own ANZAC Assembly on Friday April 28th (after ANZC Day) and parents/carers and friends will be welcome to attend. The assembly will commence at 9:00 am and children in service organisations (cubs, brownies, scouts, etc.) are encouraged to wear their uniform on the day (or at least during the assembly).

INTERIM REPORTS

As parent/carers will be aware, Interim Reports will be emailed home on Wednesday April 5th. The Interim Report is intended to give you an idea of how your child's teacher feels they are settling into the new school year. There are no grades against learning areas, with the main **focus** being on behaviour and attitude.

TERM 1 BREAK

Undoubtedly you are all aware that next Thursday is the final day of Term 1. Good Friday is a public holiday. School will re-open on Monday April 24th, which will be a School Development Day (children do not attend) and this is followed by ANZAC Day where the school is closed. Children will commence Term 2 on Wednesday, April 26th.

CALENDAR OF EVENTS

Our Calendar of Events for this year was sent home yesterday via Seesaw and Connect. The idea behind this calendar is to give you a 'heads-up' on when things are planned to happen during the year. I must point out that these are the planned dates of the listed events – but plans can and do change. I hope that this calendar will help you plan for the events listed (as they relate to you and your child).

Kind regards,

Shane

ROOM 12 ASSEMBLY

During our Civics and Citizenship unit this term we have been learning all about Australia's system of government. As a part of this unit we wrote expositions titled "If I were Prime Minister". The students of Room 12 wrote, directed and produced the entire assembly ourselves. Our main item featured some of the things we would do if we were to become prime minister!



INTERSCHOOL SWIMMING CARNIVAL

Bunbury PS had a very successful day at the South West Schools Interschool Swimming Carnival, finishing overall winners.

Congratulations to all of our participants and thank you to the parents and families that came along to support us.

We had a number of age group champions on the day:

Yr 4 Runner Up Champion Girl - Rasti

Yr 5 Champion Boy - Daniel

Yr 6 Runner Up Champion Girl - Ruby

Yr 6 Runner Up Champion Boy - Flynn



HARMONY DAY

All students and staff were invited to recognise and celebrate our cultural diversity and inclusivity by wearing something orange or dress in national costume or traditional dress last Friday, 24th March.

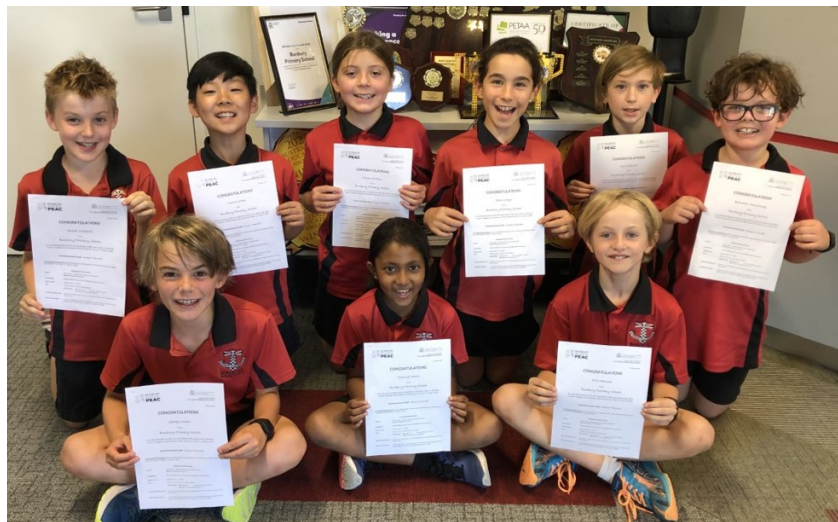


Year 4 PEAC Taster for 2023

Congratulations to the following Year 4 students who have received an invitation to attend the Year 4 PEAC 'Taster' program for 2023.

The program will begin in Term Two from 9.00-11.30am each Monday.

Ana, Archer, Brandon, Erick,
George, Gus, Martin, Rasti,
Thenugi



DATES TO WATCH

Thursday 30 March	Runners' Club cancelled today only
Friday 31st March	Assembly Room 6
Monday 3rd April	Yr 6 STEM Showcase
Wednesday 5th April	Interim Reports go home
Thursday 6th April	Runners' Club
	Themed Free Dress—
	RSPCA gold coin donation
	Student's last day Term 1
Wednesday 26 April	Students resume Term 2



AWARDS, GOTCHA WINNERS &

PROGRESSIVE FACTION POINTS

Week 9 Assembly

Lions	14661	Eagles	14672
Panthers	13786	Dragons	14833

Congratulations to all the Winners!

Bear Award: Rooms:

Golden Bag Award:



Honour Certificates

Term 1 Week 6

Year 1

Amali, Benjamin, Griffin

Lachlan, Lina

Year 2

Georgie, Jasper,

Maccabee, Yuna,

Year 3

Reuben, Sophie A,

Sophie M, Tayton,

Yuet Sum,

Year 4

Imogen, Sharlie, Vincent,

Year 5

Cameron, Ellie, Grace

Isaac, Meg

Year 6

Brooklyn, Eva, Harvey

Lisette, Nathaniel

*Congratulations to
all our recipients.*

BETTER HEALTH CO.

FREE
prices

FREE fun healthy lifestyle programs

to help children and their families create healthy habits!

BETTER HEALTH PROGRAM

for children 6-12yrs

4.00pm

Wednesdays' at

Dalyellup Community

Centre

Starting: 26th April

Sign up:
www.betterhealthprogram.org



Want to prepare
your kids for a
healthier future?

BETTER HEALTH PROGRAM

Is your child...

- Aged 6-12 years old?
- Above a healthy weight?
- In need of support to improve eating and activity habits?

The Better Health Program is a free, 10-week healthy lifestyle program for you and your child. Weekly discussions include topics such as good nutrition, forming positive habits, becoming a healthier family and being physically active.

The program is available in online and face-to-face formats.

Both versions include a bunch of great freebies, and a reward at the end!

Facebook icon @betterhealthprogram

Sign up today!

www.betterhealthprogram.org

1300 822 953



Government of Western Australia
Department of Health

BETTER
HEALTH
CO.



Participants receive
great freebies and
a reward at the end!

BETTER HEALTH PROGRAM

Available in two formats

Online – complete fun, online sessions with your child plus a weekly call with your own personal health coach.

In a group – attend 2-hour group sessions with your child, once a week in a local venue. Participate in family learning sessions, games and physical activity for your child.

Sign up today!

www.betterhealthprogram.org

1300 822 953



OPEN NIGHT

For all parents looking to enrol their child
at Bunbury SHS in 2024

Thursday 11 May 2023

Tour: 5pm - 5.45pm

Presentation: 6pm-7pm

Bunbury SHS Library

(Across the road from the school's main entrance)

All prospective parents, carers and students are invited to join us as we tour the school grounds, meet key staff members, learn about our unique specialist programs, and explore what to expect from your high school experience.

To reserve your position, please visit:

www.trybooking.com/CGZLA



Youth Advisory Group presents



Youthfest

11am - 2pm | Friday 14 April | Wells Oval, Dardanup

EXCITING GAMES & ACTIVITIES
LIVE MUSIC - STALLS & MORE!

Visit our website or scan the QR code for more
information! www.dardanup.wa.gov.au/event



Facebook icon shireofdardanup

Instagram icon @shireofdardanup

free
entry

Shire of Dardanup



Government of Western Australia
Department of Communities



SCHOOL HOLIDAYS IN THE City



The CITY OF BUNBURY and its community facilities host a range of children's and youth activities during the school holidays.

Bunbury Regional Art Gallery, Bunbury Museum and Heritage Centre, City of Bunbury Libraries, Bunbury Wildlife Park and South West Sports Centre have a variety of fun programs to suit all young people.

Scan the QR code to view our latest School Holidays in the City newsletter.



Looking for you!

REGISTRATION

Looking for the
next AFL stars
Year 3 to 7
register NOW

C.P.F.C



CAREYPARKJFC@GMAIL.COM

<https://www.playhq.com/afl/register/79daf5>

COME PLAY RUGBY



2023 REGISTRATIONS NOW OPEN

TERMS 2 & 3: APRIL - SEPTEMBER
GAME DAY: SATURDAYS
TRAINING: STARTS APRIL
@ BARNARD PARK, BUSSELTON

NEW PLAYERS WELCOME
BOYS AND GIRLS
AGES 5 TO 12
\$170 PER PLAYER

AGES 13+ TO OUR PATHWAY CLUB SOUTH WEST SPIRIT



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