

## **JOLIMONT NEWSLETTER - Wednesday, 22 June 2022**

**Excellence Respect Integrity Care**

**2022 Year of Being Mindful**

***Makuru** sees the coldest and wettest time of the year come into full swing. Traditionally, this was a good time of the year to move back inland from the coast as the winds turned to the west and south bringing the cold weather, rains and occasionally snow on the peaks of the Stirling and Porongurup Ranges.*

### **From The Principal**

*New Transportable Top Oval:* The works will commence this week (fingers crossed) with the new transportable sitting alongside Room 16. Temporary fencing will be erected around the perimeter of the allocated area. If the building is delivered before the end of term, we will alert parents to the closure of the top oval entrance, however the date of delivery is not yet finalised.

*COVID UPDATE:* We are experiencing a resurgence in covid cases with 13 staff away this week and several classes with increasing numbers. Thank you for being vigilant with keeping your children home when unwell. Tummy aches, runny noses and sore throats seem to be the order of the day at the moment. The flu is also present and in some cases, reported to be worse than covid.

We remind parents to please keep their children home for a full 7 days after testing positive and to return to school on day 8 if asymptomatic. We have had several cases return a day early and the office have made calls for parents to collect their child.

*Gov WA Dept Health: The 7-day isolation period means 7 complete days after the day you became a case. This means 7 x 24 hours. For example, if you became a case at 11.45pm on 4 May 2022, your isolation period will not finish until 11.45 pm on 11 May 2022.*

*Happy Holiday:* We wish everyone a happy and healthy mid-year break and we look forward to welcoming several new staff next term. Thank you for your ongoing support through what has been an unprecedented time for our school and community. Phew.....We made it!

Barbara Iffla  
Principal

### **Interschool Cross Country**

Recently, several senior students represented Jolimont PS at the Interschool Cross Country Carnival. Congratulations to all JPS students for their valiant efforts, everyone gave their absolute best and represented our school wonderfully. Well done to Mosman Park PS for taking out the Champion Shield. Thank you to Mrs Heidi for assisting in training and helping prepare our students every Wednesday morning.

### **Loud Shirt Day**

Get LOUD! for Loud Shirt Day this Friday, 24 June. Wear a bright, colourful shirt and bring a gold coin donation to support kids who are deaf or hearing impaired.

### **Pyjama Day**

Wear your cosiest pjs, robes and slippers on the last day of school this term, Friday, 1 July. Please note this is not a fundraising day, it is just for fun!

### **Gardening Club Update**

Gardening Club has now been moved to Wednesday lunchtimes and is open to students in Rooms 6, 7, 14 and 16. If any parents are available to help out from 12.50pm to 1.20pm on Wednesdays, please get in touch with our chaplain, Katie (kathryn.hillalmeida@youthcare.org.au).

### **Chaplain's Chat**

Our Year 6 Care Councillors, Sustainability Leaders and I would like to say a huge THANK YOU to Bunnings Homebase for supporting our Staff Wellness Project last week. Bunnings provided all of the supplies, as well as the expertise of Dana Marriot, to help us and we were able to make a potted plant gift for each member of staff at school in appreciation of all their hard work this term. Please see photo attached.

### **Science and Technology Update**

Year 5/6 and Year 6 students have started their first unit of work, Fantastic Photons, linked to the Einstein-First Science Program at UWA. We have been having a ball using the analogy of Nerf Gun bullets as photons of light. The students took part in some Nerf Gun photography and an experiment to observe the transfer of momentum from photons to balloons. Please see photo attached.

### **Tournament of Minds 2022**

Announcing our Tournament of the Minds (TOM) teams for 2022.

Congratulations to the following students who have been selected to take part in the annual TOM competition in Term 3; Sophie H., Olivia B., Ethan C., Tilly B., Joshua J., James L., Kiko L., Oskar W., Alex Z., Adrian B., Nairi Z. and Pete L.

Mrs Joanne Turton

Science and Technology Specialist Teacher

### **Term Planner**

Our Term 3 planner will be available on our website towards the end of next week. Please note our Staff Development Day is in Week 5, on Friday, 19 August.

### **Young Engineers**

Ignite a student's passion for science, technology, engineering and mathematics (STEM) using LEGO® and robotics. We Learn, Design, Experiment & Imagine using motorised LEGO® models. Happening in Term 3 at Jolimont PS in the Library. Bookings here <https://perth-south.young-engineers.com.au/registration>

PP to Year 2: Wednesday 3:15pm - 4:30pm

Year 3 to Year 6 : Friday 3:15pm - 4:30pm

For more information, contact us on 0406 542 912 or [support.perth@young-engineers.com.au](mailto:support.perth@young-engineers.com.au)

### **Community Notice Board**

Check out our notice board located in the hallway near Admin office for activities happening in and around our community, throughout the term and school holidays.

### **DADS GROUP UPDATE**

Dads & kid's events update: PLACEHOLDER – 2022 Dads and Kids Campout. Dwellingup Baden Powell Campground (same as last year), Saturday 17 September – SAVE THE DATE. Info and booking details coming out mid-July.

### Dad-proof tips: Mens Health Week 2022: Six tips to support boys and men's health:

As men, some of us may find it harder than others to talk openly about our physical or mental health concerns, wellbeing or seeking support when we need it. As a society this is something we need to work to overcome, and also teach our sons that as men, it's normal to express our concerns; after all – it's our health we are talking about!

Unfortunately, the research finds men to be falling behind when it comes to looking after their health. Heart disease is the leading killer of Aussie men, with four in five heart deaths under 65 being men. Devastatingly, men also take their own lives at four times the rate of

women (that's five men a day, on average) and is the leading killer of men under 55 in Australia.

We need to encourage men to look after their health, for themselves, families and children. Ensuring we create an environment that feels secure to talk openly, whether it's a workplace, in the home, school or in a social setting is key.

Top tips to support men and boy's health:

- 1 Talk openly. If something is concerning you, even if it's minor, talk about it with a mate, your partner or health professional. Whether it's your physical health, mental health or something going on in your life. Too often men seem let things slide until the last minute and only seek help when it becomes urgent.
- 2 Be a role model. If you have a son, teach him it's not weak for men to speak up about mental health, wellbeing, or physical health. It shows strength and empowerment for your own health.
- 3 Keep your health in check for your kids. Stay up to date with your doctor's appointments, keep fit, eat healthy and look after yourself, because your kids and family need your best self!
- 4 Get moving. With the busy lives we lead, it can be difficult to make exercise a priority, especially heading into the colder months! Even if it's just 30 minutes a day, try to get out and move your body. Take the dog for a walk, kick the footy around with the kids, go for a run, or even do some laps up and down the stairs!
- 5 If something doesn't feel right, get it checked. Even if it's something minor, it's better to get it checked than to let it go. Setting this standard for your sons is also important so they grow up knowing they don't need to feel embarrassed.
- 6 Make time to do the things you love. Is there a hobby you've let go because 'life'? We encourage you to make the time to pick it back up and do the things you love. It is key to your own wellbeing.

If you require further support check out Australian Men's Health Forum <https://www.amhf.org.au> or Mensline <https://mensline.org.au>

Dad's joke of the week: What did the banana say to the dog? Nothing. Bananas can't talk.

How to get involved in Jolimont PS Dads Group activities and updates:

Register at the FP Dads Portal. Takes 60 seconds. Go to [thefatheringproject.org](http://thefatheringproject.org) > In Schools > Join a Dads Group (search 'Jolimont')

**Canteen**

The Canteen is open Tuesday to Friday, click [here](#) to set up an account, and [here](#) to view the canteen menu.