

JOLIMONT NEWSLETTER - Wednesday, 3 August 2022

Excellence Respect Integrity Care

2022 Year of Being Mindful

Djilba (Growing Season) is a transitional time of the year, with some very cold and clear days combining with warmer, rainy and windy days mixing with the occasional sunny day or two.

Scitech Excursion Tomorrow Thursday, 18 August - Year to Year 6

A reminder to parents: students must be at school on time tomorrow for the whole day Scitech Excursion and should be in their best school uniform, bring a light weight water bottle and their lunch in a disposable bag. Thank you sincerely to our science/technologies specialist teacher Mrs Turton for her organisation with this event during Science Week. Thank you to parents who are assisting with this event, your time and support is always very much appreciated.

Friday, 19 August - Staff Development Day

This Friday, students do not attend school. Staff will be working on whole school approaches to maths and associated resources along with strategies to differentiate the curriculum to meet the needs of our diverse learning community.

Celebrating Our Student Achievements

Marcel W in Year 6 performed exceptionally well at the recent Karate National Championships, successfully winning bronze in U14 kumite - 50kg (fighting) and silver for WA in children's male team kumite.

Selina J in Year 6 competed in the State Cross Country finals last Friday and successfully qualified to train for the state team in 2023.

Sophia W in Year 6 was selected for two highly prized solo parts as part of the Massed Choir event - 'Walk Together', a song about reconciliation, commissioned for the 2022 Massed Choir Festival.

Asha R has been selected to present at the West Australian Council of State School Organisations Conference. Asha will speak about her experiences of fundraising for charities beyond the school environment, what inspires her to do this work, and why schools should get involved.

Congratulations to our three finalists, Asha R, Selina J and Olivia B, for representing Jolimont PS on Monday at the Speak Up Competition. Well done to both Asha and Selina for making the state finals competition in a few weeks' time.

Jolimont's Got Talent

What a spectacular Tuesday afternoon! With 13 acts representing so many delightful areas of the arts from singing, dancing, signing, inspiring monologues to beat-boxing and instrumental pieces. We congratulate all our participants for their time, effort and extraordinary performances. Thank you to Mrs Cutler for her time and effort with organising this event to showcase our children's talent.

Sports Carnivals - A note for your diary.....

Faction Jumps & Throws Carnival, next Thursday, 25 August, 9:00am
Faction Athletics Carnival, Friday, 2 September, 9:00am
Faction Carnival programs are available from the front office

P&C

Who still remembers their favourite book from primary school? Nancy Drew? Wishing Chair Adventures? Matilda? Goosebumps? Babysitters Club? The week for celebrating all our favourite books is almost here.

Our annual Book Fair from Wednesday, 24 August to Friday, 26 August, will be open for browsing in the library before and after school (8.15am-8.45am, and 2.50pm-3.20pm). Pick up a new read and raise funds for our school.

Book Week Quiz Night will be in the undercover area on Friday, 26 August. Games, costumes, prizes and lots of book trivia! Tickets available here (limited numbers so book early). Questions about quiz logistics? Read our Parents FAQ attached.

Did you know P&C's have a conference? We are delighted that our upper school student Asha R is speaking on a panel at the annual Western Australian Council of State School Organisations on 10 September. Thank you Asha for representing Jolimont Primary School!

Finally, pop Wednesday, 31 August, in your calendar for our next P&C meeting, 5.30pm in the Library. See you there!

Chaplain's Chat – T3 Week 4

Mindfulness has been a special focus at Jolimont this year. It is the process of being present in the moment and paying attention to our feelings and what is going on around us. It can help students to feel calmer, regulate their emotions and more effectively focus on their school work. We have been practising mindfulness in classrooms regularly and have begun to include a whole-school session for a few minutes during mini-assembly on Wednesdays.

Here are some ideas that you can try at home, to help your child practise and utilise these strategies. You could introduce it by saying: "Sometimes it feels really good to stop and pay attention to what's around us. Shall we try that now?" or "I wonder if you'd like to learn a trick that I've discovered can help you think more clearly and makes you feel good?"

Sit quietly for 1 minute – and notice all the different sounds you can hear nearby and far from you.

Mindful walk – go on a walk where you collect fallen leaves or objects of different shapes, textures and colours.

Body scan – sit in a relaxed place and for a few minutes take turns in choosing a different part of your body to pay attention to and notice how it's feeling.

Slo-mo Bubbles – blow bubbles in slow motion, breathing slowly and watching each bubble form and float away.

Mindful meal – notice all the different flavours, colours and textures in your meal together.

Gratefulness – take turns to think of 5 people you'd like to thank or send kind wishes to.

Safari – go on a wander through your garden or down your street and count all the different types of birds, animals and insects that you come across.

For tips about using mindfulness at home and ideas of different activities to do, there are many resources available online. A good place to start is [Mindfulness for parents, kids and teens | Raising Children Network](#), which has helpful links and extra articles available.

Let's work together to equip our students with this tool to help them stay calm, recognise and deal effectively with their feelings, and to enhance their learning.

DADS GROUP UPDATE

ONLY A FEW CAMP SPOTS LEFT... Get ready for the 2022 Jolimont Dads and Kids Camping Trip!!

From Saturday 17 September to Sunday 18 September, at Baden Powell campground, Lane Poole Reserve near Dwellingup. Huge success in 2021 and totally booked out. Don't delay. In the next week Jolimont Dads Group will be communicating much more detail around location / map, schedule, activities, gear to bring etc. At this stage we are after names and numbers of attendees, and some other basic information.

Dads can book here: <https://events.humanitix.com/2022-jolimont-dad-s-and-kids-camping-trip>

Dad-proof tips: Needing tips to communicate with your son? Let's get started...

Fathers have a strong influence on their sons, sometimes without even realising it. The most important way fathers influence their sons is by spending time with them and by being involved in their lives.

When fathers work to strengthen the relationship with their son it creates a deeper, long-lasting bond.

There is also clear evidence now that boys with fathers and/or father figures actively involved in their lives do better emotionally, socially and academically.

- 1 Do things together. Boys (and men) open up more when they are doing something together, shoulder to shoulder. This creates a bond and opportunity for open conversation and sharing.
- 2 Share and talk about feelings and emotions. If you and your son are comfortable sharing your feelings and you help guide him to manage his emotions, he will have far better wellbeing outcomes through life.
- 3 Tell him you love him and are proud he is your son. Your approval and encouragement are very important to him. Let him know he is loved, regardless of performance, results, or mistakes.

Dad's joke of the week: If you see a crime at an Apple store, are you an iWitness...?

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 > In Schools > Join a Dads Group (search 'Jolimont')

CANTEEN

Please note the canteen is closed on Friday, 2 September, for all year levels, including Kindy & Pre-primary, as the school is hosting a Sports Carnival Sausage Sizzle. In the event that the carnival is cancelled, the canteen will remain closed.

For the canteen menu and how to set up an account, please click [here](#).