



We are Thinkers
We see something –
We do something



We are Carers
We look out for others



We strive for Excellence
We always try to be the
best we can be

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Darkan Primary School Website Project

"Getting information off the Internet is like taking a drink from a fire hydrant."— Mitchell Kapor, US Entrepreneur – computer software developer

This quote sums up this project which took 5 months to come to fruition, starting in April. To do the groundwork then create a project brief. There is so much information out there...where do you even start!?

The question we did start with is – "What did we want the website to look like?"

So I did what any other normal person of this century would do – I went online and stalked other schools websites! I made a note of the good ones and then spoke with the admins to see what kinds of costs were involved and more importantly how easy it was to use.

I obtained 4 quotes to give an idea of price range and what kind of website functionality variations in the packages. I quickly learnt a whole new vocabulary for a techno phobe like myself – for example I think I now look pretty clever when I talk about HTML word press, themify, widgets, meta words and dynamic functionality. But please don't ask me to explain what they mean...

Once the quotes were received they were presented to the school finance committee for a decision on which quote was to be accepted. The prices ranged from \$4,500 to \$600. It was decided that our web design was to be purchased through Sponsor Ed who only specialise in Education websites. The next stage was to create a site page then choose a theme template that would suit the look of our school.

The content was uploaded to the website and finally we get to the "Go Live" stage.....

So here it is our School Website :
www.darkanps.wa.edu.au

The site is compatible on desktop, tablet and mobile.

We welcome any feedback – if you would like something added or a section created please let us know.

Stay tuned for some more exciting developments – such as an app you can use on your phone, live blog and live Facebook feeds.

Karen Harrington, Office Administration

Karen Young 'Anxiety' Presentation

My final message would be to encourage every parent to access the Hey Sigmund Anxiety Talk that psychologist, Karen Young gave us a couple of weeks ago. Her message was about anxiety, courage and resilience. She believes that anxiety is the working of a strong, healthy brain that's a little overprotective. It's not troubled. It's not broken. It's creative, strong, brave, intelligent – and a little overprotective.

Karen gave a comprehensive overview of anxiety in children and outlined what it looks like, feels like and sometimes even what it sounds like. She spoke very strongly about the **Power of Parents**, re-iterating several times that loving, committed parents don't cause anxiety, but they are a powerful part of the solution. She stated that anxiety triggers the attachment system and activates parental support. This is an adaptive, healthy, perfect response.... unless there is no real threat. It is also a completely understandable response – it's how it's meant to be between loving parents and their children, but when there is no real threat, it can inadvertently fuel anxiety. Karen outlines that in us parents, this could look like:

- ≠ Supporting avoidance.
- ≠ Protecting? Or overprotecting.
- ≠ Reassurance – how much is too much?

Karen believes the best question to ask is 'Does my response build their courage, or shrink it? Please visit the Hey Sigmund website for additional information. www.heysigmund.com

There are further explanatory notes, as well as strategies and practical suggestions about how to support your children to manage their way through anxiety.

Karen has also forwarded us her notes from her Presentation which all parents are welcome to access. Please contact the front office.



Darkan PS website

A bit of homework for you all is to have is to look at the school's brand new website! You need to go to

www.darkanps.wa.edu.au

Karen Harrington has been the driver of the website and has done an outstanding job in putting it all together. Over time, this will become your go-to place to access all the information you need about the school. There will be excursion paperwork, letters, forms you need to return to school – nearly everything you need to know will be able to be done through the website. You can access it on a computer, an Ipad or your phone!

The website looks amazing and simply confirms the professional image of the school.

Great work Mrs Harrington.

Thank you again for having me in your school. In closing, I'd like to leave you with this thought:

“... the most overwhelming key to a child's success is the positive attitude and involvement of parents.”

With warmest regards

Jackie McBurney

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Living the Healthy Life

All families will receive a copy of this 'Packed with Goodness' booklet, with great lunchbox ideas for their kids. If you would like any further nutritional information, please call me at the Williams Medical Centre on 9881 0385 every Tuesday or see me at school every second Tuesday.

Emma Liddelow
School Nurse



Room 2 Antics

This term we have been working very hard and achieving success in lots of different ways.

In writing we are learning about the Iron Man. At the beginning of the term the Iron Man crash landed in the bush and our job was to go and find the Iron Man and put him back together! We have read the book, drawn the Iron Man, we have changed our Iron Man story to create our own story and shortly we will be building our own Iron Man out of used parts.

In HASS, year 3's have been learning all about Australia and its natural features. Year 4's have been learning about Africa and Europe and the natural vegetation, population, native animals and climate. Last Friday we presented a speech to the class about either Australia and a famous landmark or either Africa and Europe for year 4's.

In Maths we have been collecting data and displaying graphs and we even got to use smarties in Maths to graph the colours- and yes, we ate them afterwards. We have also looked at Angles, and 3D shapes.

In Indonesian, we have been looking at places in Indonesia and a place near Darkan. We are making a PowerPoint Presentation in Indonesian. In Performing Arts we are practicing for Tattybogat. In Health we have been looking at the six food groups and all about healthy eating.

There is so much we have been learning about!

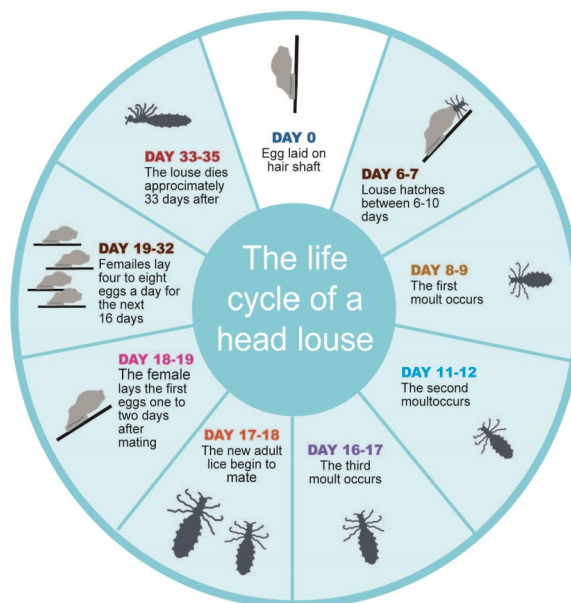
From
Room 2



Head Lice

These little critters are doing the rounds again. We have had a couple of instances at school already and I ask parents to please check your children's hair on a regular basis. Head lice doesn't know any socio-economic boundaries and can be found on a wide range of children and adults! They particularly LOVE clean flowing hair!

We have attached an information brochure (PDF) from the Health Dept about the best treatment for head lice, but if you have any questions please don't hesitate to ask. If your children do have head lice, please keep them at home until the live lice have been removed and your preferred method of treatment has commenced. Once the *live* little critters have been removed, children can return to school.



SPORTING ACHIEVEMENTS

We'd like to say a huge CONGRATULATIONS to our one and only Miss Kaya-Lee Te Kapa for being chosen to represent the Great Southern Regional team 12 & under to play in the 'State Cup!'. Well done on a fantastic achievement and we are so super proud of you Kaya-Lee! ❤️

Also congratulations to Arabella Goss and Sienna Kulkulj for being selected in the Narrogin and Districts Netball Association under 11 squad. They have had huge success in all the tournaments played throughout this netball season, travelling to Albany and Perth. ❤️

We are so proud to have three girls from our local netball team to be given this wonderful opportunity and experience with this great game called netball!

Well done.

Tina Abbott

NETBALL

Dates to Remember...

August

Wed 28th Wattle Winter Carnival

September

Mon 9th Yr 5/6 Kalgoorlie Camp
School Board Meeting

Tue 17th P & C meeting

Fri 20th Tattybogal—School performance

Fri 27th Colour Run

Last day term 3



Go Health!

Staying active this winter

In the winter months, we all struggle to find the motivation to stay active. It is important that our children continue to be physically active even when it gets colder to stay fit and healthy.

Physical activity has many benefits for children, including stronger muscles, better bone health, improving heart health, better mental health and increasing flexibility and coordination.

Some ways to stay active this winter include:

- Participating in winter team sports such as netball, AFL and hockey.
- Rugging up and taking the dog for a walk – just because it's cold doesn't mean you can't go outside
- Create an obstacle course inside the house.
- Create an 'active space' for your children. This may include a basketball ring, hopscotch, indoor hockey nets or a dance floor.
- Limit screen time to two hours or less per day. By doing this, children are much more likely to be active.

Quick Tip

Putting on an exercise video that you and your children can follow is a great way for your whole family to exercise together while not having to venture outside into the cold.

Recipe Link

Mac & Cheese Bake: <https://livelighter.com.au/Recipe/Filter/3?Keyword=%5B%22Winter%22%5D>

HEALTHY MAC & CHEESE BAKE

RECIPE



Prep: 20 mins
 Cook: 30 mins
 Serves: 4
 ☆ ☆ ☆ ☆ ☆
 Print

Your P&C Wrap Up - Meeting 20th August, 2019

The Darkan Primary School was awarded \$200 at the WACCSO Conference last weekend for the "Good News Story" on the Op Shop Ball and Library Upgrade. Well done to those involved and we'd love to hear some suggestions for spending it.

The Colour Run fundraising is full steam ahead with over \$800 already sponsored! This event is on the last day of term - 27th September. We will need a few volunteers to help the leadership group setting up obstacles and 'colouring' the competitors - more information to come.

The St John's Defibrillator has arrived and will be installed at the swimming pool in readiness for the coming season.

Darkan P&C Christmas Tree - we need one or two people to take on coordinating this annual event, total support provided! All 'to do' lists, food amounts, templates etc are provided. Please contact Joanne King for further information on what's involved.

The committee approved the following expenditure:-

- * \$40 to top-up snack foods used in the staffroom (used when issues with canteen occur)
- * \$150 towards incentive prizes for payment of School Contributions by 27th September, 2019
- * \$600 towards travel expenses including bus hire for the Year 5/6 Winter Carnival in Bunbury

The P&C committee would like to thank all those that continue to volunteer in our canteen, especially those doing double shifts and shifts on their own. The canteen is our number 1 source of fundraising and without volunteers we could not fund activities for all of our children such as those above.

CANTEEN ROSTER

Date	Name	Name
Friday 30th Aug	Karlene Goss	Tina Abbott
Monday 2nd Sept	Melinda King	Candice Szlazak
Friday 6th Sept	Karina Smith	Melissa Wilkie
Monday 9th Sept	Kim Warren	Karen Harrington
Friday 13th Sept	Jodie King	Melanie Horley

DARKAN PRIMARY SCHOOL WHOLE SCHOOL BEHAVIOUR EXPECTATIONS



INITIATIVE

We are Thinkers

We see something – We do something



CONSIDERATION

We are Carers

We look out for others



EXCELLENCE

We strive for Excellence

We always try to be the best we can be