



NEWSLETTER Issue No 2 15 March 2019
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FROM THE PRINCIPAL

YSSSA SWIMMING CARNIVAL

Congratulations to all our students who took part in the recent YSSSA Swimming Carnival. It was a great day with both Moorine Rock Primary School and St Joseph's Catholic Primary School being in attendance.

Congratulations to everyone who participated and a big thank you to our staff and parents who assisted on the day!

SOCIAL MEDIA

Just a reminder that if and when you take photos at assembly, a swimming carnival or any school event and you have captured other students or staff please DO NOT post these photos on to social media. If the photo is just of your child, or you have permission of those in the photo, that is fine, but it is inappropriate to post photos without the permission of those depicted. There are many confidential reasons why some students cannot have their image published as well as their right to privacy.

VOLUNTARY CONTRIBUTIONS AND CHARGES

Thank you to those parents and carers who have already paid their child/children's Voluntary Contributions and Charges. Although the contributions are voluntary; the quality of our teaching and learning program will be enhanced when every family makes a contribution to the cost of supplementing funding gained from other sources, including the State and Federal Governments. I strongly encourage those of you who have not yet made the payment to please do so at your earliest convenience. Statements have been sent out to families this week.

MEDICAL STUDENTS VISIT

Yesterday we were fortunate enough to host medical students from Curtin University and Notre Dame University for two hours. These students were placed with families throughout Southern Cross as part of a country immersion program, to help give them a sense of the opportunities and challenges that come from living and working in a rural setting. Thank you to a number of our school staff who were involved in billeting medical students, thus highlighting the generosity and openness of our school community.



Southern Cross DHS students took part in a variety of activities with our Early Years students, holding a Teddy Bear Clinic. This involved them each bringing in a favourite teddy bear to care for at various stations set up for them. Our students treated many ailments from Gastroenteritis to Hyperthermia!

Our Year 2-10 students participated in a Q&A activity with the medical students visiting their classes with discussions ranging from the subjects the students studied in high school, the marks required to study medicine and what experiences they have had. Maybe we have a few budding doctors/nurses in our classrooms?!

It was a great visit and we thank everyone for coming to see us!

Dates to Remember

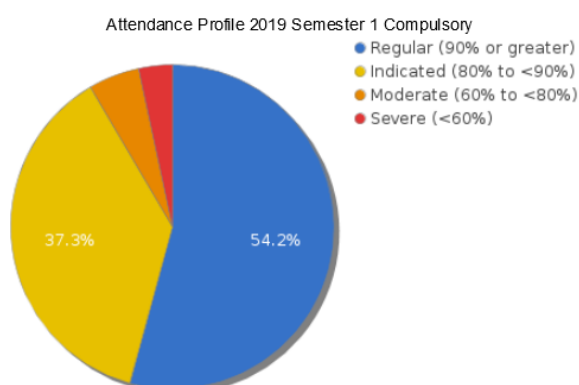
March/April 2019

21 Mar	Parent Day 9-10am
27 Mar	P&C Meeting 5.30pm
29 Mar	P&C Easter raffle donations due

ATTENDANCE

Up to yesterday our school has an overall attendance rate of 89.8%. Of this total we have only 54.2%, or just over half of our school population of students attending school regularly. As a result, and in order for us to keep parents informed, letters were sent home this week to parents with child/ren who have attended school for less than 90% of the days available at school this term.

There are many reasons as to why children are absent from school and they range from illness to appointments in Perth, or elsewhere, that must be attended by themselves or family members.



2019 - Semester 1 Collection

Breakdown	Attendance Rate %
K/N	97.0%
PPR	92.3%
Y01	91.2%
Y02	94.4%
Y03	90.0%
Y04	89.8%
Y05	86.5%
Y06	88.8%
Y07	88.0%
Y08	90.5%
Y09	91.7%

Our school attendance target is set at **90%** - this is considered 'regular' attendance. It still allows for an absence rate of five days per term. I would really encourage parents and carers to only keep your child away from school if there is a genuine reason.

If your child is unwell, please ensure you notify the school. In cases where you have visited the doctor and the absence will be for longer than three days, a medical certificate from the doctor would be appreciated. This allows us to keep our records correct and up to date.

Unfortunately, we know there is a very strong correlation between school attendance and children's achievement levels, and as such, unnecessary absences should be avoided.

Your support and vigilance with attendance is much appreciated.

Kind regards

Karen Tabner

FROM THE DEPUTY PRINCIPAL

Don't they say, time flies when you're having fun. It's hard to believe that we are already half way through Term 1 and with only four weeks until the first school break, there is still lots to be done.

THE STUDENT LEADERSHIP TEAM

As planned, on Tuesday 26 February 2019, the SCDHS student leadership team departed from Southern Cross at 7:00am, travelling by bus to Kulin. The students were extremely enthusiastic, with an abundance of energy to participate in group sing-alongs for the entire 3-hour commute. Myself and Mr Nind were very much looking forward to our arrival at camp.

After arriving at Camp Kulin, many students instantly began to mix with kids from other schools and began forging some new friendships. Throughout the day, they participated in a number of leadership and group-based activities to develop and strengthen various leadership attributes.

Throughout the two-day journey, the students also spent an afternoon at the Kulin Aquatic Centre to counteract the heat and participated in a quiz night which saw lots of singing, dancing and mini challenges to encourage the students to move beyond their comfort zones. During this time, we witnessed some interesting costume creations and cat walk poses.

Before our departure, students had one final challenge to complete, possibly the most difficult, uncomfortable and frustrating experience of many. With an abundance of obstacles blocking their path, students were required to navigate through a complex 'mine field' whilst blindfolded

and directed by a peer from a different school. It was great to see the determination and persistence of all students from Southern Cross District High School which enabled all of them to master the task.

Overall, it was a very valuable experience and lots of fun was had by all involved.

Aside from Camp Kulin, the leadership team will also be participating in a 'Meet and Greet' with members from the Yilgarn Shire on Tuesday 19 March as well as hosting a sausage sizzle fundraiser on Thursday 28 March, 2019.

STUDENT LEADERSHIP CAMP – CAMP KULIN



CONSTABLE CARE

On Thursday 28 February 2019, all students from Kindergarten to Year 6 participated in a constable care workshop at St Joseph's Primary School. Moorine Rock Primary School also participated in the event and it was great to see all students working collaboratively to provide additional learning opportunities for our students.



The junior primary students participated in a puppet show presentation, whilst the senior primary students participated in an interactive drama performance exploring some complex relationships issues relevant to the school environment, with some students even lucky enough to engage in both presentations.

Whilst supervising the senior primary I was very impressed with the way they creatively explored some very common issues related to bullying, dealing with emotions, empathy and learning to be a nice, helpful friend. It was fantastic to see some of our students give some insightful comments and even to participate in some of the roll-plays.



Kind regards

Jessica Cameron

Student Council Sausage Sizzle

Our fabulous Student Councillors will be holding a Sausage Sizzle on Thursday 28th March at lunchtime. You will be able to purchase a sausage in a bun for \$2.50 and an icy pole for \$1.00. No pre orders necessary.



HAPPY BIRTHDAY

Dane	04 Mar
Amy	10 Mar
Max	12 Mar
Chantae	20 Mar
Ben	21 Mar
Brydee	22 Mar
Shellbee	29 Mar
Isabella	2 April
Jayden	5 April



Congratulations to our Merit Certificate Winners

Kindy/Pre Primary/Year 1

Claudia
Tia

Her confidence in initiating play and joining in with others.

Being organised each morning and with her activities throughout the day

Year 2/3/4

Jayden
Mia

Working really hard to improve his mental maths skills. Great job Jayden.

Her insightful contribution to class discussions. Keep up the great work.

Year 5/6

Crystal
Shayla

Showing fantastic persistence in the area of Maths

Consistently applying herself to all learning areas and putting in a great effort

Year 7/8

Myles
Myles
Myles

His fantastic efforts and continual focus during art.

*His hard work and persistence in completing all tasks to a high standard
putting in an excellent effort to use descriptive language during independent
writing.*

Year 9/10

Felicity
Bailey

Amazing work leading to and completing her science test

His fantastic sportsmanship and encouragement of others in PE. Well done.



YSSSA Swimming Carnival



On Friday 1st March students from Pre Primary to Year 6 attended the annual YSSSA Swimming Carnival. A great day was had by all and it was fantastic to see the enthusiasm and sportsmanship from all the students. The highlight of the day for many being the staff vs students vs older students vs parent relay, with eventual winners the parent team consisting of Ryan & Imogen Carlson, Tammy Collins and Beau Parsons. Well done!

Older students had great fun participating in their individual races, relays and team games while the younger students participated in lots of fun games both in and out of the water. There were some fantastic individual results during the day and the following SCDHS students won individual medals. Congratulations!



Year 3 Champion Girl- Ruby Tuck

Year 3 Runner Up Girl - Caitlyn Krauss

Year 4 Champion Girl- Mia Pearson

Year 5 Champion Girl- Brooke Loader

Year 5 Runner Up Girl- Crystal White

Year 5 Champion Boy- Toby Hilder

Year 5 Runner Up Boy- Ben Martin

Year 6 Champion Boy-
Harlem Hepi



A big thank you to everyone who helped out both in the lead up and on the day of the carnival. Thank you to all staff members who assisted with jobs on the day as well as setting up and packing away. Thank you to the parents & family members who helped out on the day as place judges or assisted in other ways, and thank you to those parents, friends and families who came along to watch their children participate.

Our thanks also to the Shire of Yilgarn for the use of the pool for the day, particularly Gary for his work on the day and in the lead up to the carnival getting the pool and surrounding areas ready, and Onida Truran for helping to present the awards.

Year 2/3/4 Class News

Indonesian

Halo! We are so excited to be learning Indonesian this year. The year fours have been revising what they learnt last year and now they will learn some new words and phrases. The year twos and threes are brand new to it so have started by learning some greetings and phrases that we can use to talk to other people. In our lessons, we sing songs, watch videos and play lots of games to practise our Indonesian skills. Sampai Jumpa (see you later).

Writing

In writing we have been learning about narratives and how to create descriptive settings. Through the Talk 4 Writing program we have learnt the words and actions for a model text called The Manor House. It uses lots of words and tools to describe the setting, Harrow Woods, and we have been trying these out in our own writing.

Maths

In maths this term we have been learning about number and place value. We have looked at lots of different ways to represent numbers such as word form, expanded form, and with drawings. The year twos have mostly been looking at hundreds numbers, the year threes exploring thousands numbers and the year fours have been using numbers with tens and hundreds of thousands! Now we have started our unit on addition strategies and have been enjoying playing games to practise our quick addition skills.

Art

We started the term by creating colourful toucan artworks. We followed a video to draw the toucan and then used oil pastels to add colour. Even though we all followed the same instructions, they all ended up looking different. At the moment we are creating an abstract artwork using lines, patterns and warm and cool colours. They will look really cool when they are finished!



Building resilience in children

Resilience ... it's a familiar word, isn't it? But what does it really mean? When we talk about resilience, we're talking about a child's ability to cope with ups and downs, and bounce back from the challenges they experience during childhood – for example moving home, changing schools, studying for an exam or dealing with the death of a loved one. Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescence and adulthood.

Resilience is important for children's mental health. Children with greater resilience are better able to manage stress, which is a common response to difficult events. Stress is a risk factor for mental health conditions such as anxiety and depression, if the level of stress is severe or ongoing.

So where does resilience come from? Resilience is shaped partly by the individual characteristics we are born with (our genes, temperament and personality) and partly by the environment we grow up in — our family, community and the broader society. While there are some things we can't change, such as our biological makeup, there are many things we can change.

One way of explaining the concept of resilience is to imagine a plane encountering turbulence mid-flight. The turbulence, or poor weather, represents adversity. Different planes will respond to poor weather conditions in different ways, in the same way different children respond to the same adversity in different ways.

The ability of the plane to get through the poor weather and reach its destination depends on:



- **the pilot** (the child)
- **the co-pilot** (the child's family, friends, teachers and health professionals)
- **the type of plane** (the child's individual characteristics such as age and temperament)
- **the equipment available** to the pilot, co-pilots and ground crew
- **the severity** and duration of the poor weather.

We can all help children become more resilient and the good news is, you don't have to do it alone. You can ask other adults such as carers and grandparents to help. Building children's resilience is everyone's business, and it's never too early or too late to get started. We've got some simple things that you can do in your own home.

How can I build resilience in my child?

Our [latest research](#) found that there are five areas that offer the best chance for building resilience in children.



As a parent, carer, or significant adult, you can help to develop essential skills, habits and attitudes for building resilience at home by helping your child to:

- [build good relationships with others including adults and peers](#)
- [build their independence](#)
- [learn to identify, express and manage their emotions](#)
- [build their confidence by taking on personal challenges](#)

There are some simple things you can do to build your child's resilience in these areas (click on the links above). You might be able to think of more.

It's important to remember that the strategies we recommend:

- are suitable for everyday use with children aged 0–12 years
- have been tailored for pre-school aged children (1–5 years) and primary school aged children (6–12 years)
- should be prioritised in a way that best meets your child's needs.

If your child is currently experiencing stress, challenges or hardships in life which are affecting their wellbeing, additional [professional support](#) may be necessary.

Term 1 – 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	SAT	SUN
7	18	19 Student Council meet & greet @ Shire 2pm	20 Homework Club Year 7 - 9	21 Parent Day 9-10am	22	23	24
8	25	26	27 P&C Meeting Homework Club Year 7 - 9	28 Student Council Sausage Sizzle	29	30	31
9	1	2 Paint The Town Red Relay Assembly Student Council	3 Homework Club Year 7 – 9	4 Newsletter School Review	5	6	7
10	8	9	10 Homework Club Year 7 – 9	11	12	13	14

SECONDARY ASSISTANCE SCHEME

YEARS 7 TO 12
YOU MAY BE ELIGIBLE FOR UP TO:

\$350

towards school expenses

DO YOU HOLD A: • CENTRELINK HEALTH CARE CARD
(OR) • CENTRELINK PENSIONER CONCESSION CARD
(OR) • VETERANS' AFFAIRS PENSIONER CONCESSION CARD

Applications Close
Friday 12 April 2019

Ask School Reception for More Information



P&C NEWS

The P&C are holding an Easter raffle as our term 1 fundraiser.

It would be greatly appreciated if each family could please donate something to pop in our Easter baskets.

Please drop your donations into the office
by Friday the 29th of March

Each family have received tickets to help



Narembeen Football Club

Southern Colts Carnival

Sunday April 14 10:30am start

Narembeen Town Oval



The Narembeen Football Club Southern Colts Carnival is a great opportunity for footballers under the age of fifteen to enjoy a wonderful day of football. Two hours of drills and skills from all the Southern Colts Coaches in the morning will be followed by two hours of nine a side football in the afternoon. There will be a healthy lunch for sale and some great prizes on offer. So please talk to the people at your Southern Colts Club to get your side to the Carnival. If you have any questions please don't hesitate to call the Narembeen Football Club on 0429647651.

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ANZAC DAY
SOUTHERN COLTS ALL STAR CLASH
NORTH VERSUS SOUTH



BRUCE ROCK TOWN OVAL

THURSDAY APRIL 25

4:30PM 8-10 YEAR OLDS

6:00PM 11-14 YEAR OLDS

GREAT PRIZES ON OFFER

**PLEASE TALK TO YOUR CLUBS IF YOU'RE KEEN TO
PLAY**

**PLEASE CALL 0429647651 IF YOU HAVE ANY
QUESTIONS ABOUT THE GREAT NIGHT OF FOOTY**

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