



# BOYANUP PRIMARY SCHOOL

*Independent Public School*

[boyanupps.wa.edu.au](http://boyanupps.wa.edu.au)

Telephone (08) 9732 3700

Absentee SMS 0437 204 580

[boyanup.ps@education.wa.edu.au](mailto:boyanup.ps@education.wa.edu.au)

Principal: Mr Justin Grasso

[Justin.Grasso@education.wa.edu.au](mailto:Justin.Grasso@education.wa.edu.au)



Issue No: 4 March 21st 2023

## Harmony Week

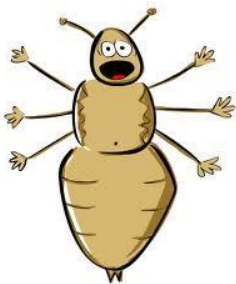
Harmony Week is officially between the 20<sup>th</sup> to the 26<sup>th</sup> March, however due to NAPLAN and to coincide with our assembly in Week 9, we will be celebrating Harmony Week next week.

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone.

Boyanup PS will officially recognise Harmony Week with a dedicated assembly on Thursday 30<sup>th</sup> March by TA 1. Students will be encouraged to wear orange or dress up in the 'traditional dress' that represents their family heritage. The P&C will have a special menu in the canteen on that day with foods from various countries being available.



Australia is one of the world's most successful multicultural countries and our cultural diversity is at the heart of who we are.



## Headlice

### Beware – Headlice are Back!

Could you please check your children's hair regularly, as we have had several reported cases of headlice in our school recently. Your child may return to school when all live head lice have been removed. There is no need to stay away from school if there are a few remaining eggs, but you must continue treatment over the following 10 days to ensure that all eggs and hatchlings have been removed. Thank you.

## School Board

Congratulations to the following new members joining our School Board; Mrs Jean Rayson (Community Representative), Mr Don Van Es (Parent Representative), Mrs Erica Foan (Parent Representative) and Miss Sonya Howe (Parent Representative). They will work with our existing members; Mrs Lisa Mitchell (Community Representative), Mrs Claire Earle (Parent Representative), Ms Jo Parry (Staff Representative) and Ms Lauren Turner (Staff Representative).

Mr J. Grasso  
Principal

# The ZONES of Regulation

*The Zones of Regulation® is a framework and easy-to-use curriculum for teaching students' strategies for emotional and sensory self-management.*

The Zones approach uses four colours to help students identify how they are feeling in the moment given their emotions and level of alertness as well as guide them to strategies to support regulation.

By understanding how to notice their body's signals, detect triggers, read social context, and consider how their behaviour impact those around them, students learn improved emotional control, sensory regulation, self-awareness, and problem-solving abilities.



At Boyanup Primary School, we support all students by teaching them *The Zones of Regulation®* as a whole school approach (WSA). This helps students recognise when they are in different states or "zones," with each of four zones represented by a different colour.



*The Red Zone is used to describe extremely heightened states of alertness and intense emotions. A person may be elated, euphoric, or experiencing anger, rage, explosive behaviour, devastation, or terror when in the Red Zone.*

*The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions; however, individuals have more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.*



*The Green Zone is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.*

*The Blue Zone is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.*



All the zones are natural to experience, but the framework focuses on teaching students how to recognise and manage their zone based on the demands of their environment and the people around them.

# The ZONES of Regulation

## Parent Information Workshop

Where: → Library - Boyanup Primary School

When: → Wednesday, the 22<sup>nd</sup> of March 2023 @ 3.15pm

Why: → *Sharing information on the implementation of Zones of Regulation*

Who: → Jo Parry & Lauren Delich

## School Dental Service

### School Dental Service – Harvey Dental Mobile

The School Dental Service provides free dental care to students who are enrolled at a Western Australian school aged 5 to 16 years or until the end of Year 11.

The Harvey Dental Mobile that services your school is temporarily closed. If you have any queries or your child has a dental emergency please call Tuart Forest DTC on 9795 1768 weekdays 8am-4pm. For after hours emergencies, call 1800 098 818, or contact your local private dentist.

## Disposal by Public Tender

The following item is surplus to our school requirements and is available by public tender. Tenders open Friday 17<sup>th</sup> March and close 3.00pm 27<sup>th</sup> March. Please forward your expression of interest in writing to [loretta.roberts@education.wa.edu.au](mailto:loretta.roberts@education.wa.edu.au) or it can be dropped into the school office. The successful bid will be contacted by close of business Tuesday 28<sup>th</sup> March. For further enquiries please contact Loretta Roberts on 9732 3700.

### DESCRIPTION

#### 2008 NSS Stallion 8SC.

- It's manoeuvrability and deep-down cleaning make it the perfect extractor for restoration of small and medium-sized carpeted areas.
- The Stallion 8SC blasts solution into the carpet through its three stainless steel jets. The embedded dirt is agitated by the floating brush, which automatically adjusts to different carpet pile heights. The solution and loosened soil are then extracted through a cast aluminum vacuum shoe by the powerful 3 stage vacuum motor.



Ideal for homes, offices, hotel rooms, and other areas where carpet restoration is required. The Stallion 8SC is a workhorse built for the rigors of heavy-duty commercial and private use.

## Boyanup OSHC

**BOYANUP  
OSHC  
MEET  
THE  
TEAM**

YOUNG BUCKS OUT OF SCHOOL  
HOURS CARE BOYANUP

We currently have spaces for other schools  
to attend, please call our OSHC team  
leader on 0400533101 to organise a tour.

[www.YoungBucksELC.com.au](http://www.YoungBucksELC.com.au)

Young Bucks Before and After School Care would like to remind our families that they also offer Casual Days.

You can contact Hope as late as the night before to enrol your child for a casual day on 0477 533 101.

There are plenty of spots available for both Casual and Regular Care days. For more information contact Hope or visit [www.YoungBucksELC.com.au](http://www.YoungBucksELC.com.au)

## School Absentees

If your child is absent from school, please SMS **0437 204 580** with a brief explanation. Alternatively, you can send a note to school with your child on their return. A text message is automatically generated at 10.00am if we have not received a verbal, written or SMS reason for your child's absence.



## Easter Raffle - Donations

BOYANUP PRIMARY SCHOOL P&C  
PRESENTS

# EASTER Raffle

Can you spare a Donation  
to the P&C Raffle?  
**DONATIONS NEEDED**

All Donations can be handed into  
the Main Office by 31st March

**Tickets must be in by the 5th April** **Drawn on 6th April**

**\$2 Per Ticket**

Payments for tickets can also be  
made by direct deposit to:  
Name: Boyanup school Fund  
BSB: 066 507  
Acct: 00901091  
Ref: Raffle Tix (Name)

## School Fees

School Fees and P & C Contributions can be paid at the school office  
(Eftpos or cash) or by direct debit.

**BSB: 066507**

**Account: 00901091**

**Reference: Family Name**

**Every payment assists our school and our students.**

**CURRENTLY PAID 54.03%**

10%	20%	30%	40%	54.03%	60.00%	70%	80%	90%	100%
-----	-----	-----	-----	--------	--------	-----	-----	-----	------

## Canteen Harmony Day Meal

The wonderful canteen team will be offering a special lunch for the students next Thursday 30<sup>th</sup> March to celebrate Harmony Week.

Recess items available will include some delicious apple crumble and custard or fruit salad and custard cups. They will be offering a variety of different multicultural lunch options to purchase.

All orders for Harmony Day Meals will still need to be pre-ordered via Quickcliq using the Special Event Tab. Orders will need to be in by 3pm Wednesday 29<sup>th</sup> March.



# HARMONY WEEK

## Canteen Special Menu

### Thurs 30th March

#### FOOD MENU

G - Butter Chicken & Coconut rice	\$3.00
With Roti Fry Bread (G/F but not the Bread)	\$5.00
G - Nacho Bowl (G/F Option)	\$5.00
G - Quesadilla	\$3.00
Ham, Cheese and Pineapple	
Ham and Cheese	
Chicken, Cheese & Mayo	
Nacho	
G - Crispy Chicken Rice Paper Rolls x 2 (G/F Option)	\$3.00
G - Homemade Pizza (G/F Avail)	\$3.00
Ham & Cheese	
Ham, Cheese & Pineapple	
G - Spaghetti Bolognese	\$3.00
G - Apple Crumble	\$3.00
With Homemade Custard	

And Some of your Canteen Favs also available.  
Check Quickcliq for the full Harmony Day special Menu



EVERYONE BELONGS

## School Canteen

### THURSDAY IS CANTEEN DAY

**Orders can be placed via Quickcliq anytime between Friday to Wednesday 3pm**



Order through QuickCliq (information flyers available at the office, if required)

The Canteen are always seeking volunteers to help on canteen day. If you can assist in any way, please don't hesitate to contact Marji O'Connor on 0410 501 895 or pop into the office to leave your details and availability.

## Faction Athletics Carnival

Our Faction Athletics Carnival will be held Week 2, Term 2 on Friday 5<sup>th</sup> May.



Our P & C Uniform shop have Preston and Redgum Faction shirts available for purchase and a limited number of secondhand faction shirts.

## Containers for Change

### CANS ! BOTTLES ! JUICE BOXES !

As part of our WasteWise and Recycling program we participate in the Containers for Change initiative.

The school has three bins (coloured bins with white lids) near the bike racks where recyclable cans, bottles and juice/milk boxes can be left by families during school opening hours.

All funds raised by your donations will go towards the School and our students.



## Term Planner

### 2023 BOYANUP PRIMARY SCHOOL

### Term One

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>8</b>	20 March	21 <a href="#">Newsletter</a>	22	23	24 <b>Kindy</b>	25	26
<b>9</b>	27 March <b>HARMONY WEEK</b>	28	29	30 <b>TA01 Assembly</b> <b>Harmony Day Meal</b>	31	1 April	2
<b>10</b>	3 April	4 <a href="#">Newsletter</a>	5	6 <b>Students last day</b>	7 <b>Good Friday</b>	8	9
<b>H</b>	10 April <b>Easter Monday</b>	11	12	13	14	15	16
<b>H</b>	17 April	18	19	20	21	22	23

Start and End of Term

Public Holidays

School Holidays (students)

School Development Days





BUNBURY  
EISTEDDFOD



2023

MUSICIANS  
SINGERS



CHOIRS  
DANCERS  
PERFORMERS

THIS IS YOUR OPPORTUNITY TO

SHOWCASE YOUR TALENTS



MORE INFORMATION AT  
<http://www.eisteddfodwa.org.au/>  
Entries Open: 18<sup>th</sup> March  
Entries Close: 24<sup>th</sup> April



BUNBURY NETBALL ASSOCIATION

SCHOOL HOLIDAY  
NET SET GO CLINIC

Saturday 15th April 2023

9:00 - 11:30am

BUNBURY NETBALL ASSOCIATION  
Hay Park

\$20.00 per player

Morning Tea Provided



For Ages 5-7 years & 8-10 years






**Triple P - Positive Parenting Program**

**FEAR-LESS-SEMINAR**

Appropriate for parents of children and teenagers aged 6-14 years

Everyone experiences anxiety occasionally. Anxiety is a normal response that can be helpful and typically passes quickly. However, anxiety can sometimes get overwhelming. Learning to manage anxiety effectively is a vital life skill.

**This free two-hour seminar offers information about:**

- An understanding of how anxiety works
- Key anxiety management skills that parents can teach children
- Knowledge on how to help children develop coping skills and face feared situations
- How to manage children's anxious behaviour effectively

\*No child-minding available and it is recommended that children are not brought along to the sessions

**THURSDAY**  
**MAY 11<sup>TH</sup> 2023**  
**5 PM - 7:30 PM**  
**AUSTRALIND PRIMARY SCHOOL**

**BOOKINGS CAN BE MADE:**

1- Searching for your location at [www.triplep-parenting.net.au/wa](http://www.triplep-parenting.net.au/wa)


2- Contacting the school directly:

• Australind Primary School by phone or email:  
9796 3900, [Australind.PS@education.wa.edu.au](mailto:Australind.PS@education.wa.edu.au)









**JUNIORS  
HAVE A GO  
DAY**

J3/4	& J5/6	4-5PM
J7/8	& J9/12	5-6PM

**TUESDAY  
28TH MARCH  
@ BUNBURY HOCKEY STADIUM  
TURF 2**