

Issue 1 - Term 1
11 March 2021

Principal
Tish Clarke

Deputy Principal
Tanya Cox

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Kellerberrin
District High School
Sow knowledge, harvest success

Kellerberrin District High School

Chalkdust Chat

YOUR GUIDE TO THE SCHOOL NEWS, INFORMATION AND EVENTS



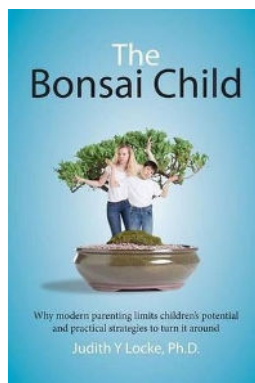
From the Principal

Kaya everyone!

Can you believe we are already towards the middle of Term 1? We've had an action packed start to the 2021 school year and by looking at the calendar, it is not going to slow down any time soon. We are all looking forward to March Munch, Harmony Day, combined Year 7/8 and 3/4 Assembly, Teddy Bear Hospital, Interschool Swimming, a meeting of the School Board and much more. All of this, we need to fit in before we finish term one on the 1st of April ready for the Easter break.

There has been significant emphasis in recent years around the resilience of our young people. Yet, the research suggests, that in general the wellbeing and resilience of our children is not necessarily improving.

I've recently read a great book by clinical psychologist Doctor Judith Locke - *The Bonsai Child*. Dr Locke's message is clear – a child's potential can be inadvertently stunted by their parents' desire to give them an ideal childhood unmarred by any difficulty or disappointment.



As parents we can do a number of things to support our young people's growing self-regulation, including:

- Helping them to develop self-discipline
- Giving clear and calm instruction when asking them to do something
- Staying consistent
- Offering children fewer reminders of what they need to do
- Allowing children to bear the brunt of any consequences

There's no doubt, raising children is challenging, although we all want to ensure our children have a smooth journey through life, sometimes we need to let them work through the bumps.

I've had a great term so far (bumps and all!), and I

trust that you all have too. I am looking forward to seeing our learners make further progress as we near the end of Term One.

Tish Clarke
PRINCIPAL



The K-6 classes are taking part in March Munch, where students challenge themselves to crunch on vegetables for Crunch&Sip during the month of March.

Research suggests only 6% of primary school students in Australia eat enough vegetables, our school is encouraging students to choose vegies for Crunch&Sip to create healthy habits and help boost this figure.

During March Munch please consider sending vegetables for your child to eat for Crunch&Sip as well as fruit.

Snow peas, celery, cut up cucumber or capsicum, cauliflower florets, cherry tomatoes or carrot sticks – there are so many colourful vegies to choose from!

School Board

What does the School Board do? The School Board of a public school works with the school community to achieve the best outcomes for students. It plays an important role in contributing to good school governance so that school resources are used efficiently, and community expectations and the school's priorities reflect the needs of students.

Who are the current Board members: Simon Hunter (parent representative), Simon Tighe (parent representative), Ebony Syred (parent representative), Emma Crofts (staff representative), Julie Doncon (community representative), Judi Forsyth (community representative), Herma Inverarity (community representative), Tanya Cox (staff representative), Tish Clarke (Principal) and Callie Forsyth (parent representative and Chairperson).

When do we meet: Week 3 and Week 8 of each term

What time do we meet: Meetings usually commence at 6pm

Where do we meet: KDHS Library

Who can attend: anyone/everyone

Can you ask questions: generally, anyone in attendance is asked to observe only.

How do I contact the Board: please email Board Chair, Callie Forsyth at rawandripe@westnet.com.au or Tish Clarke at latisha.clarke@education.wa.edu.au Alternatively, you are very welcome to chat with any member of the Board.



Perfect weather for our first faction carnival for 2021! We were all super excited to be swimming for our new factions Bunuru and Djilba.

It was great to hear the encouragement coming from all of our learners and their families for each and every swimmer. Chants and songs have already been shared for the new factions by our learners and we look forward to hearing more.

We were all so proud of the resilience and perseverance we saw in everyone.

Thank you to the staff and parents for their help during the event.

Year 3/4 Girls Champions

Chelsie Harvey & Maya Ryan

Year 3/4 Boys Champion

Liam Askew

Year 5/6 Girls Champion

Temily Daddow

Year 5/6 Boys Champion

Wyatt Moylan

Middleschool Girls Champion

Matilda Saunders

Middleschool Boys Champion

Malakai Fitzgerald McIntosh

Runner Up

Joshua Syred

Runner Up

Sadie Moylan

Runner Up

Victor Isaacs & Coby Saunders

Runner Up

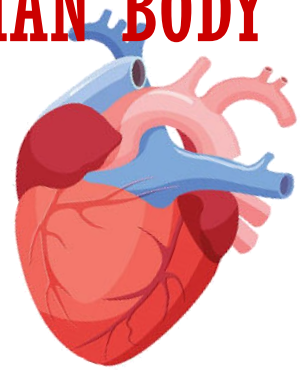
Rikki Garlett

Runner Up

Jeffrey Legge & Cameron Saunders

YEAR 9 & 10 SCIENCE

BIOLOGY - THE HUMAN BODY



Sheep Heart Recount

The first thing we did was go over the safety rules because we were using scalpels. Rylan

Lamb Heart

We cut down the heart and looked inside. Tiarna



Lamb Hearts

We learned that there is a thick side and a thin side of the heart. Cheyanne

Lambs Heart

During the average life span, the heart will beat more than 2.5 billion times. Zac



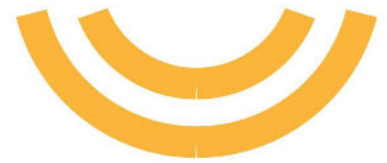
Dissecting a sheep heart

After everyone was done poking and feeling the heart, we gathered at the front for a demonstration on how to begin the dissection process. This involved making one continuous slice along the squishy side of the heart revealing the inside of the heart, which was filled with little fleshy strings called valves. Chester.

Dissecting with Dr Fitz-Mc

Bridie showed us how to find the vessels in the heart, it looked like spider webs. We used our tools CAREFULLY. Malakai





MENTAL NOTES

MENTAL HEALTH WORKSHOPS FOR STUDENTS & SCHOOL COMMUNITIES

BREAKING THE ICE: CONVERSATIONS ABOUT MENTAL HEALTH

PRESENTED BY YOUTH FOCUS

WHERE Kellerberrin DHS
Library

DATE 29 March 2021

TIME 5:00-6:30pm

RSVP 24 March 2021

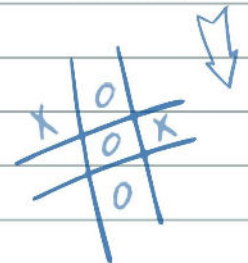
9045 6300



YOUTH FOCUS ENGAGES YOUNG PEOPLE AND THEIR COMMUNITY TO AMPLIFY LEARNING AND OPENING UP COMMUNITY WIDE CONVERSATIONS ABOUT MENTAL HEALTH.

SESSION CONTENT

- * Facts and statistics about mental health and suicide
- * Challenges of adolescence
- * How to maintain good physical and mental health
- * Depression and anxiety
- How to help yourself or someone else





Connect



**Kellerberrin
District High School**
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For secure, convenient access to your child's
education anytime, anywhere

**Know what's
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child's class**



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and homework**

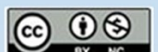


Visit
connect.det.wa.edu.au
or get the app



If you would like to know more about
Connect or **ConnectNow** please contact:

Tish or Tanya via the Office or
phone 08 90456300



AGM Meeting Agenda Kellerberrin P & C

DATE:	16 th March 2021	CHAIR PERSON:	<i>President: Mrs Ebony Syred</i>
TIME:	3.05 pm Kindy/PP room	MINUTE SECRETARY:	<i>Mrs Jane Ryan</i>

ATTENDEES:	President – Ebony Syred Vice President – Jayne Saunders Secretary – Jane Ryan Treasurer – Callie Forsyth Principal – Tish Clarke	
APOLOGIES:		

ITEM REF	ITEM	LED BY
1.	Welcome Apologies	Chair
2.	Minutes of Previous Meeting <ul style="list-style-type: none"> • Review minutes of previous meeting • Business arising 	Chair
3.	Correspondence In/Out	Chair
4.	President's Report	President
5.	Financial Report <ul style="list-style-type: none"> • Audited financial statement 	Treasurer
6.	Principal's Report	Tish
7.	Elections <ul style="list-style-type: none"> • Executive committee • Uniform co-ordinators • Committees • Appointments (signatories for bank account) 	Chair
8.	General Business	Chair
9.	Next Meeting	Chair

Any Submissions for the agenda can be emailed to janemarkryan@bigpond.com

Any Children will be welcome to play in the enclosed ECE play area.
Afternoon tea will be provided.

TERM PLANNER—TERM 1

	Monday	Tuesday	Wednesday	Thursday	Friday
6	8	9	10 Early Close 2.30pm	11	12 Interschool Swimming Dowerin
7	15	16	17 HARMONY WEEK (Wear Orange) Teddy Bear Hospital Visit Medical Students Early Close 2.30pm	18	19 HARMONY WEEK (Activities and coloured shirt day—see note)
8	22	23 School Board Meeting 6pm RAC Incursion	24 Year 7/8 & 3/4 Assembly Early Close 2.30pm	25	26
9	29	30	31 Early Close 2.30pm	1 April Last day of Term 1	2 Good Friday

2021 SCHOOL CONTRIBUTIONS

The Western Australian Government's priority is to ensure that all students are able to access an education program that satisfies the requirements of the Western Australian Curriculum, within the prescribed maximum contribution of \$60 for students enrolled in Kindergarten to Year 6 and \$235 for Years 7-10.

While the contributions are voluntary, the quality of our teaching and learning program is maximised when families are able to contribute to these funds. To date many families have already paid their voluntary contributions, for which we are very grateful. Those wishing to pay the contribution are welcome to phone or come into the office to make the payment. Your contribution will be used to supplement school funding for the purchase of resources needed in the provision of the learning program activities.

- Via Direct Bank Deposit
Kellerberrin District High School
BSB: 086 732
Account No: 454000427
Reference: child's name
- Cash/Eftpos at the front office.



SCHOOL UNIFORM SHOP OPEN
FRIDAYS 8.30—9.00
Order Forms are available from the front office, special thanks to your P&C Uniform Coordinator Jacki for helping us.



Triple P
Positive Parenting Program

Are you looking for simple strategies to help you raise confident, healthy children and build stronger family relationships? The Triple P – Positive Parenting Program is for you!

Triple P seminars are packed with ideas to help you give your child the best start in life. There's a variety of topics available for parents and carers of both children and teenagers, including positive parenting, raising resilient children, managing children's anxiety, and discussion groups for common parenting challenges.

The best part about Triple P – **it's free!**

Get the support and tips you need to support your child to thrive! Find a free seminar near you at <https://www.education.wa.edu.au/triplep>

LUNCH ORDER FRIDAYS

The Kellerberrin Bakery kindly supply our students the option to purchase their lunch on Fridays.

Lunches can be directly ordered and paid for at the Kellerberrin Bakery or via the front office.

Please return your orders to the school office in an envelope clearly marked with name, order and money enclosed.

