



DUMBLEYUNG PRIMARY SCHOOL

From the Principal's Desk

Hello Parents, Carers and Community Members,

National Science Week saw Year 5/6 students attend a GSSN STEM Day at Katanning SHS last week. Miss Dale accompanied nine students, kindly transported by Mr Dave Stephens, to Katanning so they could participate in 3D printing to create a bag tag, Lego Robotic building and coding, Microbit coding and perpetual 3D triangle drawing using 3D Splat tools. Students met neighbouring Year 5/6 students from across the network and were all treated to a free sausage sizzle lunch. The afternoon saw students learn about atoms, molecules and their parts. We'd like to thank the staff of Katanning SHS, GSSN Science Hub, and GSSN Network for hosting a great day. Many thanks to Mr Dave Stephens for driving and Mr Clem Henry for the loan of his bus.

To conclude our Science Week celebrations here at DPS all students have been treated to a 'free' whole school event at the end of Term, Thursday 21st September, with an excursion to SciTech. Nicholls Coach will be leaving DPS at 7am and returning around 5pm, the day is optional for Kindergarten students, with Kindergarten Parents knowing what their child will manage. A pillow on the bus can always accommodate a sleep. 5 parent helpers can attend, with first option going to Kindergarten parents. Keep an eye out for confirmed details and permissions. A huge thank you to our ever supportive P&C who generously supported us with transport costs. A huge thank you to SciTech who generously awarded the grant of free entry and supplemented travel costs. We are ever appreciative of this opportunity and for many of our students it will be their first time attending SciTech!

Lunch this week is reversed with play first then followed by a bell for ten-minutes of eating time. Lunches are hurried and sometimes not fully eaten with children eager to run-out and play. The thinking is if the children play first, they may work their appetite up and eat all that is packed! Senior Room students are not liking the change, but Juniors love it. Keep an eye-out on the lunch boxes this week and see if you notice a change. Students and staff will be surveyed then parents before any permanent changes.

This Friday the 25th August sees our greatly anticipated Book Week Dress Up Day! The parade will kick off at 9am in the quadrangle, families are more than welcome to join in on the viewing of the Dress-Up Parade. I look forward to seeing the marvellous costumes.

Child Psychologist and National Digital-Parenting expert, Dr Kristy Goodwin spoke at the recent Parent Webinar where many tips and considerations were raised for parents navigating the fast changing digital world. Dr Goodwin claimed a primary school child should be having 11-12 hours sleep a night, with 1 hour after school every day for physical exercise (jumping on the trampoline, kicking the footy, playing basketball, playing with pets etc), not leaving a lot of time in the 24-hour period for the school day and other necessities. What she is observing is a great decline in children's wellbeing due to basic needs like sleep and physical exercise being compromised. Social Connection is a primal human need and gaming platforms and social media are invading what would once be face-to-face interactions. Dr Goodwin advises of not using digital technology as a consequence for undesired behaviour but rather draw up an agreed contract, that includes Mum and Dad, on; when, where and for how long Digital use will take place in the home. This should include specifics around platforms, devices and content shared or viewed. Dr Goodwin advised that the human brain needs to have 'downtime' that we are not designed to be switched-on every waking hour, particularly growing brains. Mindfulness, boredom, connection to nature and slower paced board or card games are still highly valuable activities that are often undervalued and contribute to Wellbeing. A change my family and I have actioned is swapping out 'The Block' this month for card-playing, UNO, being the current favourite.

Our Student Leaders wish to express gratitude to Mr Clem Henry and Taddy from our Dumbleyung community who have graciously donated \$485.00 worth of containers to their fundraising initiative which will assist with Graduation-Shirts and Camp costs. Thank you so much.

Hand, Foot and Mouth is on the rise in the community, can families be vigilant for symptoms of the highly contagious virus. Thorough hand washing before eating will assist in eliminating the spread, children must not attend school with visible symptoms. Please see the healthywa.wa.gov.au website for further information.

Happy Active August everyone!

Kind Regards

Melanie Ball

Learning-Excellence-Equity-Care

*"Every child,
every day,
commitment to
achieve!"*

Dates to remember:

Term 3 2023

21-25 August
Book week

25th August
Book Week Free Dress Day

1st September
School Photo's
Tabloid Sports
Fathers Day

7 September
School Disco 5pm

15 September
Interschool Athletics
Wickepin

21 September
Scitech Excursion
7am departure from DPS

22nd September
Students Last Day
Good Standing

Term 4

Students Commence
10th October

October 16 -20
Camp Mornington Year 5/6

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Dear Parents and Caregivers,

August is ACT, BELONG, COMMIT month. We can't give away what we haven't got. The key to resilience and longevity on this journey of life is to make sure that we consider our own needs as important as those we care for. Act, Belong, Commit focuses on being mentally, physically, socially, spiritually, and culturally healthy. The website is amazing and has resources to help us put some of these principles into practice. I encourage you to check out the website and choose one area or activity you would like to start that can increase your overall well-being.

Also, we now officially have an **ID** code for **Containers for Change**. Anyone can donate at any depot and quote this **number-C11109849** and the funds go directly into the school account. Many thanks to all who have donated.

Till next time, Take care....Chappy

Tabloid Sports Day will begin at 1:30pm. All parents, carers, extended family welcome to join in on the Athletic Rehearsal Fun!

Team Games - leader ball, pass ball, tunnel ball, corner spry, flag races, tug-o-war, and the much rivalled egg & spoon race!

Tabloid Sports Day Sept 1 - All Welcome!



DPS SCHOOL PHOTO'S

FRIDAY
SEPTEMBER 1
2023

**PLEASE
REMEMBER**

All students to be dressed in your best school Uniform
green & gold, hair done and buttons up shoes tied
and face washed.



Merit Award Recipients



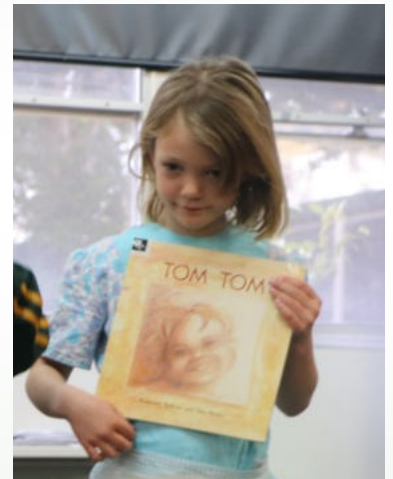
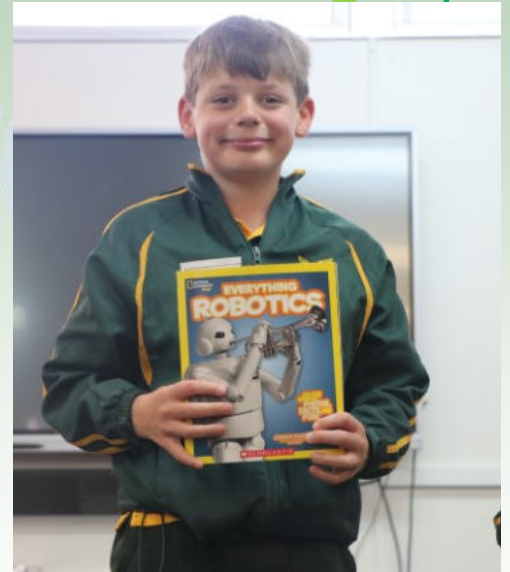
AUSSIE OF THE MONTH

August Bailey Cronin

Bailey is a courteous and compassionate member of Dumbleyung Primary School. He excels at displaying or school values of Learning, Excellency, Equity, and Care. Bailey strives to do his best and faces challenges positively even in hardship or challenging times. Congratulations Bailey!



100 Nights Of Reading



CRAZY Hair day

