



DUMBLEYUNG PRIMARY SCHOOL

From the Principal's Desk

Dear Parents/Carers and Community Members,

Our Wellness Day last Friday the 8th November with Michelle Renton of Yogazoo, was a huge success! The children engaged in many activities through out the day that promoted mindfulness and the importance of being in the 'here and now' and not the future too much or the past, as it is not in anyone's control. Michelle articulated in an age appropriate way to our students how our bodies and brains feel sometimes when we have lots of things going on in our heads. Breathing techniques, pressure points, body movements, stretches, being in nature, calming screen-free creative activities such as art or Lego are all ways we can disconnect from our busyness of our schedules and reset.

Michelle spoke to the children about ensuring they are not on any screens for two hours before bed-time as sleep, particularly deep sleep is vital in maintaining optimum health when young bodies are busy growing and learning. This is like the analogy I use with families and children; *'we don't park the car in the garage at 100km/hr, we need to slow the engine down and slowly pull-up to park.'* Healthy sleep routines need to be built into our children's self-regulation tool kits so they can manage this by themselves when they are away at boarding school or living independently as young adults. Establish a winding-down routine for the evenings with your child while it is fresh in their minds, map out what they need to do for an hour and half leading up to the 'lights out' stage, then rehearsing this every night will be adopted a little less begrudgingly with some luck! Ensuring our students have a full tank of sleep, and some 'down' days of nothing on the calendar or demands to be somewhere, where they can just 'be' and quietly indulge in free time at home, are equally important to plan for.

Reach out to myself if you need further assistance in self-regulation/ mindfulness strategies you are trying to develop with your kids.

All the best for the hectic last few weeks of the Term and the mayhem harvest brings.

Kind regards
Mrs Melanie Ball



Tennis WA Sunsmart Red Ball Competition

Learning-Excellence-Equity-Care

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

Dates to remember:

TERM 4

- 12 & 13 November
Narrogin SHS Transition Days
- 13 & 14 November
Katanning SHS Transition Days
- 18 November
Tennis
Playgroup in Bristol
- 25 November
Tennis
- 2 December
Playgroup in Bristol
- 3 December
Year 6 Graduation Dinner
- 10 December
End of Year Concert
- 11 December
Good Standing Reward Day
- 12 December
Movie Day
Last Day of Term 4

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Tennis Coaching with Megan Henry

Dumbleyung Primary School was successful in receiving a Sporting School Grant for Term 4. Megan Henry has been delivering a four week Tennis Coaching program to students, which commenced Monday 4 November 2024, providing an opportunity for students to enhance and develop their tennis skills.



Senior Room Assembly Thursday 7 November 2024

Senior Room assembly started with individual student leadership speeches. Well done to all students who delivered their speech to an audience. Teachers and students will now vote for the 2025 School Captains and the leadership group will be announced at the End of Year Concert.

The senior room students then performed their Keep the Sheep skit, which was enjoyed by all.



Wellness Day Friday 8 November 2024

On Friday 8 November we welcomed Miss Michelle from Yogazoo for a whole school mindfulness wellness day. Students participated in yoga, meditation, mindfulness activities, nature and creation all while learning how to tame their minds and bodies.



Remembrance Day Monday 11 November 2024



Dumbleyung Playgroup

Term 4 - 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER	07	08 First Day Term 4	09	10	11
	14	15	16	17	18
	21	22	23	24	25
	28	29	30	31	01
NOVEMBER	04 General Play	05	06	07	08
	11	12	13	14	15
	18 Story Time	19	20	21	22
DECEMBER	25	26 Final Playgroup Session	27	28	29
	02 Christmas Activity	03	04	05	06
	09	10	11	12 Last Day Term 4	13

FOR SALE
EVERGREEN CONTRACT AND BUS
KUKERIN SOUTH

TOYOTA HI-ACE 2016 (REPLACE 2028)
 DAILY Kms 123 DAILY RATE \$498.72 inc GST

GOOD CURRENT & FUTURE NUMBERS/KMS
 TAKE OVER TERM 1 2025
 \$178,000.00 PRICE IS NEGOTIABLE

ENQUIRIES CANDICE 0473 060 447
 lloydcandice00@gmail.com



Term 4 - 2024



	Monday	Tuesday	Wednesday	Thursday	Friday	SAT	SUN
6	11 November Tennis Coaching	12 Narrogin SHS transition	13 Narrogin / Katanning SHS transition	14 Katanning SHS transition	15	16	17
7	18 November Tennis Coaching	19	20	21	22	23	24
8	25 November Tennis Coaching	26	27	28	29	30	1
9	2 December	3 Year 6 Graduation Dinner BBQ	4	5	6	7	8
10	9 December	10 2:00pm End of Year Concert REPORTS Home	11 Good Standing Reward Day	12 Movie Day Last Day Term 4	13 SDD staff only	14	15