

THE NULSEN NEWS

Newsletter 3

DATE: 7th March 2019

ALL ABOUT NULSEN PRIMARY SCHOOL, THE SCHOOL IN WHICH WE LEARN

At Nulsen Primary we aim to create a safe and supportive school community for everyone. Our community is an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone. Parents know their children best and know the best way to tailor communication to their needs. As a part of the National Campaign Bullying No way the following tips are being promoted. Please adapt these tips to what works for you and your child.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.
5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.
6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please feel free to contact the school if you would like to discuss any aspect of our approach to preventing bullying. Thanks for your support to make Nulsen Primary School a great place for everyone.



If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.

Cut this out for your fridge as a reminder of what you can do with your child

Area 13 will be conducting our Bullying No Way Assembly next Friday 15th March.

Please come and join us and ensure that together we have a common approach to dealing with Bullying.

DALE WATKINS
Principal

Coming Events

Monday 11th March: P & C Planning meeting – 9am
Friday 15th March: Area 13 assembly – Bully No Way Day
Wed 20th March: Faction Carnival Day
Tues 26th March: Aboriginal Parent meeting following Kindilinks at 12noon – more information to come

Area Antics

Area 2 enjoyed our visit from Scitech last week – especially Artist Hugo and Scientist Imogen.

Area 4 had a great time cooking cakes at Scitech. We are learning about our five senses!

Area 8: Check out our turtles in the office – we have been learning how to draw them!

Area 9: Ask me when to use the short vowel 'e' or the long vowel 'ee.' We have been learning lots of 'ee' words and using these in our writing.

Area 13 are going to be practising their assembly item over the next 2 weeks. Please come along to our Bullying, No way assembly on Friday, 15th March.

Area 14: We are exploring our PATHS program to find out what bullying is and how we can stop it together.

Area 16: We have been going from 'Sizzling Starts' to 'Tightening Tensions' for our writing. Things are getting interesting.

STEM: Sustainability, Wildlife, Building and Maintenance, Recycling and Chook Clubs are all up and running!



P&C NEWS



Last week we were lucky enough to get four aprons and two hats donated to the Canteen from Haslems. Our Canteen manager Trish is rocking the look. What a great way to start the year. Trish will be doing some changes to the menu in the canteen so watch out for some great SPECIALS.

Our next P&C planning meeting will be held in the Betty Donovan centre on Monday 11th March at 9am. We will be organising the food for the Athletics carnival as a fundraiser for the school camp and the canteen. If you can HELP please let us know by coming to Monday's meeting.



Thank you to Haslams and the parents, staff and children of Nulsen PS for your ongoing support.

Anne, P&C President 2019

SciTech incursion

As you can see from the photos above, our students had an amazing, hands on, educational experience in chemical sciences last week.

We created lava lamps, exploding bath bombs, puffy paint, milo and muffins. The senior classes experimented with flammable gases!!

The skills the students learnt are being further developed through their Science classes.

- 51 Children attended Pancake Breakfast last Friday! A big thankyou to Activ Esperance for making the pancakes - comments from the students included : "Yum!" "Better than Maccas!" "Delicious!"
- Thanks also our great team of Breakfast Club volunteers - you do an awesome job.
- Nulsen Primary School salutes you all.



Thank you
Activ
Esperance:
you make the
best pancakes



From the Chaplain. : A little quiz for parents and carers : How well do you know your children?



- Who is your child's best friend?
- What is your child's favourite colour?
- Who is your child's greatest hero?
- What embarrasses your child the most?
- What is their greatest fear?

- In sports, what would your child rather do?
- What is your child's favourite song?
- What are your child's favourite and least favourite subjects at school?

- What is your child's favourite television show?
- Who is your child's favourite teacher?
- What makes your child really angry?
- If your child could buy anything in the whole world, what would they want?
- What household task does your child dislike the most?
- What is your child's favourite food?
- What is your child's favourite family occasion?

Don't forget – some of the ways I can help:

- Listening ear
- Advocacy
- Linking to local services/agencies
- Referrals
- Information/training
- Grandparent Carer Group
- Morning Coffee - Friday mornings at the Betty Donovan Centre at Nulsen Primary School – All welcome 9.30am

Ladies Leadership Afternoon

Last Thursday, 28th February, Izabella, Serena, Clare and Ellouise attended the Ladies Leadership Afternoon. We learnt how ladies earn less money in a year compared to men. It was also suggested that ladies can do any job that a man can do! We watched a slide show and one of the more noticeable comments was that some women are not hired for a job in case they need to take maternity leave. We had a guest speaker who told us about her story in the workplace. *By: Izabella, Ellouise, Serena*

Leadership Day

Yesterday, 6th March, the Councillors attended the Leadership Day at Esperance Primary School. We learnt skills that were needed to be a positive leader in the school. We participated in trust activity where we were blind folded and we had to follow instructions from another student to get from one place to another. A poem was created and we performed a dance to promote Nulsen Primary School. Thank you to Esperance Primary School for hosting us at the first Leadership Day for the year. *By: Izabella, Serena*

Email from Todd McElroy, Deputy Principal, Esperance PS: *Thanks for allowing me to work with your student councillors today. They are a great bunch of kids. I was really impressed with the way that they engaged with the other student councillors. The theme of the day was "What makes a great leader?" After a few get to know you activities and a blindfold trust walk, I asked the students to come up with a 90 second (minimum) promotion of their school. I thought I would share with you what your students came up with.*

This is what it means to be a student at Nulsen Primary School
N stands for Nice. At Nulsen we have nice peers and teachers.
U stands for United. We are united as a group and we work together to achieve our goals.
L stands for Loving. We are loving and caring people.
S stands for such fantastic students.
E stands for Encouragement. At Nulsen we always encourage one another in everything that we do.
N stands for never giving up. We never give up and never give in
Dance Scene All together: We Love Nulsen.

Community News

HAVE YOU REGISTERED FOR AUSKICK THIS YEAR?

Esperance Auskick kicks off on Saturday 4th May, 9:00am at main Soccer Oval.



Ages - Pre-Primary to Year 3 Registration Fee: \$80

Register online at www.aflauskick.com.au All you need is your postcode and an email address. If you have any problems with registration please contact the EDFA office at edfa@bigpond.net.au

For further details contact the League Coordinator on 0438 942 972 or Chris Cassam 0400 763 052

EDFA YR4 COMPETITION

Esperance Junior Football Yr4 program kicks off on Sat 4th May 9am at Ports Oval.



The Year 4 group participate in a transition year between Auskick and the EDFA U12's (Yr5 and Yr6). The focus is on having fun, learning the skills and playing the game. Training and games will be held on Saturday mornings.

FEES :\$80 and registration is via the Esperance District Football Association's website

Register online at <http://websites.sportstg.com/> All you need is your postcode and an email address. If you have any problems with registration please contact the EDFA office at edfa@bigpond.net.au

For further information please contact the League Coordinator on 0438 942 972



Government of Western Australia
WA Country Health Service

"Does this ring a bell with you?"



Bed wetting, also referred to as *Nocturnal Enuresis* is a common issue in many Australian households which affects children of all ages. This problem entails children who lack night-time bladder control, at an age which control is expected (between the ages of 5-19).

Esperance Population Health provides an 8 week program using a mat and bell system that can assist children to become dry from ages 5 ½ years to 17. You need to get a referral from the doctor to be eligible for the program.

For more information please contact Kayla Tonkin at Esperance Population Health on 90710400

Esperance Toy Library

Open Day!

Saturday 23 March
10 am – 12 pm
Activ Foundation
11A Shelden Road

Sausage sizzle and face painting available for gold coin donation
Special membership deals
Come check out the great range of toys!



Soccer Registration Information sheets are available at the office.

Registration must be done on line.
Registration Day – For those having difficulty registering on-line the club will be holding a registration help session on **SATURDAY 23rd MARCH 2019** at the Club Shed from 9-11am.