



Grow with Respect

The Davallian

14th March 2025

No. 3

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Dear Parents and Community Members,

Congratulations to Mrs McHugh and the fabulous students from C4, who hosted yesterday's assembly. It was a very 'sporty' assembly, with the students demonstrating how our School Values are represented in differing sports. Well done on a great assembly.



Evacuation/Lockdown Drills

Over the next fortnight, our school will conduct both evacuation and lockdown drills. This will give our students some understanding of what will occur should we ever need to evacuate our school or action a lockdown. Should parents be on the school site when we initiate our drills, you too will need to be part of the process.

All classrooms in the school have specific evacuation maps/routes on the wall as a guide. Prior to initiating drills, staff will speak to students informing them of the up-coming drills to reassure them they are only a practise.



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SMS student absences to
0408 924 839

NAPLAN 2025

Well done to our Year 3 and Year 5 students, who this week commenced the NAPLAN assessments. Students will complete assessments in Numeracy, Reading, Writing, Spelling, Grammar and Punctuation. NAPLAN provides schools and parents with the opportunity to understand how their child(ren) are performing academically in comparison to a national mean performance. It also provides schools with data to compare school performance to that of like schools. NAPLAN is simply one test on one day, and as a school, we endeavour to quietly prepare our students, ensuring their wellbeing is maintained.

A huge thank you to Mark Leaning and Sunny Kendrick who ensure the technological side of NAPLAN is ready for each assessment. This is a massive undertaking, and their efforts do not go unnoticed.

Principal's Message (continued)

Before School Supervision

Please remind your children to come to the old undercover area if they arrive at school before 8:40. We request that parents support us with this and join their children in the undercover area. It is where the 'cool kids' hang out after all. For every parent that decides to wait outside the buildings, another child will assume it is okay. We can't provide supervision in these areas and have had plenty of experience with the kinds of consequences, some quite serious, of accidents that occur without teachers present.

Smiling Mind

We're excited to inform parents that we'll be starting the Smiling Mind Primary School Program this year - an evidence-based program designed to support your child's social and emotional development. We'll be kicking off soon, with students completing a new lesson topic each fortnight, with lessons including fun activities, discussions, and take-home worksheets to complete with families. But it doesn't stop there – Smiling Mind also offers loads of free resources for families to explore together! From guided meditations to tools for fostering resilience, these resources are perfect for supporting wellbeing at home. Check them out here:

<https://smilingmind.com.au/how-we-support> Let's work together to nurture happy, healthy minds!



In-Term Swimming Lessons Weeks 7 & 8 – A1 and PP3

Next week will see the commencement of in-term swimming lessons, with A1 and PP3 attending swimming at Craigie Leisure Centre for the next two weeks. This will be PP3's first ever swimming lesson at school, and I know parents have been busy over the past weeks helping their children to become proficient at independently dressing a damp body! A1 are veterans at swimming lessons as they started in 2024, and did a great job!

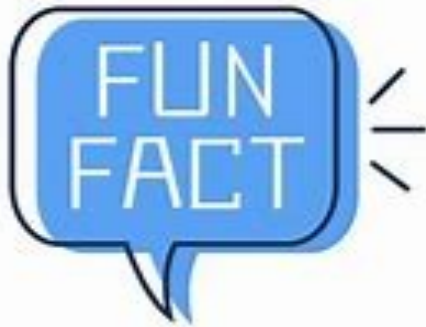
During Weeks 9 & 10 of this term, all other classes from PP – Year 3 will also be involved in swimming lessons.



Principal's Message (continued)

Crosswalk

The role of the crosswalk attendant can be quite busy, stressful and at time difficult. Not only do they support our families and students in crossing Davallia Road during peak hours, as part of their role they also have a traffic control/management responsibility to keep traffic moving. If you are on Davallia Road awaiting to turn into Juniper Way, should the traffic not be moving out of Juniper Way, you may be asked to drive past and do a loop. We understand this can be frustrating, however, as a school, we can't create a traffic hazard, causing gridlock on Davallia Road. Your understanding, patience and respect in this regard is greatly appreciated.



Fun Fact

Do you know which staff member has an identical twin?
Find the answer later in the newsletter.

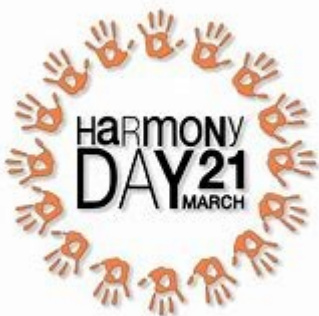
Ride to School Day – Friday 21st March

I hope parents and students have pulled out their bikes and are ready for Ride to School Day. Mr Warner is very excited and hope to see more than 200 students and parents riding to school. There will be lots of fun and prizes to be won.



Harmony Day – Friday 21st March

Harmony Day 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. We ask students and staff to wear orange to show your support. This year, Harmony Day coincides with Ride to School Day.



Principal's Message (continued)

Kiss and Drive

As we now have a building site opposite Kiss and drive, there will be times when our process will be impacted. Having met with the builder, he is very clear on how our process works and the need to endeavour to keep our bays clear of traffic. At times this may not be possible, and we will be working with the builder on these occasions to ensure the least amount of impact is experienced. Parents are requested to support our Kiss and Drive process to be quick and efficient, by reminding students to exit the vehicle quickly in the mornings.

Have a great fortnight!

John O'Neill
Principal

Fun Fact Answer – Miss Pickering has an identical twin sister.

School Operational Times

School times are as follows:

Monday to Friday

8.40 am

**Classrooms Open Students arrive at school,
attend class and ready for the day**
Siren sounds for the start of the day

8.55 am Period 1
9.40 am Period 2
10.25 am Period 3

11.10 am Recess
11.30 am Period 4
11.50 am Period 5

Siren Sounds (20 min recess time)
Siren sounds and children return to class

1.00 pm Lunch
1.40 pm Period 6
2.25 pm Period 7

Siren Sounds (40 min lunch time)
Siren Sounds and children return to class

3.10 pm

School Concludes

NB: Each Wednesday the school closes at 2.45pm

Associate Principal's Message

Stress Test

It's that time of the school year again, NAPLAN time. Our Year Three's get to do it all for the first time and our Year Fives get another go.

NAPLAN provides a snapshot of how our students are placed in Literacy and Numeracy on a test, on one day, on four occasions in their schooling life. Over time, we can see how much growth has occurred and, for a cohort, we can see where the strengths and weaknesses are so we can address it now and in subsequent years. What we can't tell from NAPLAN is what impact external factors may have had on an individual's results during the testing.

All sorts of things crop up in everyone's personal life from time to time that can have a significant impact on how a child scores in NAPLAN. A family drama or crisis, illness, fatigue or anxiety can all put a child in a diminished state. When NAPLAN markers read through their papers, they have no way of knowing that 'Little Mikey had a virus that week' or 'Sarah's Mum is sick in hospital at the moment.'

Equally, how does NAPLAN impact on the individual? Is your child struggling with stress? As a parent, what can you do to help prepare your child for NAPLAN?

Some years ago I found the following list of tips contributed by Flavie Waters in an article: ['The psychological impact of NAPLAN, and stress-busting tips.'](#) Posted in Happy kids' corner in The Bulletin, the newsletter of the Deanmore Primary School P&C. Thank you to Flavie who was a Mum at Deanmore and Associate Professor of the Schools of Psychology and Psychiatry at UWA for her words of advice.

- You, as parents, need to minimise the pressure. Kids get pressure from school already, so think carefully about whether pressing them further is helpful.
- Devote 10 minutes a day with your child during down-time (just before going to bed, or in the morning) and truly listen to what they have to say. Initially, let your child take the lead about what they want to say, and let them talk until they feel relaxed enough to be open about their worries. Engage in 'active listening' and encourage them to talk about their fears, as this process of verbalizing can make them feel better. The time you spend with them also shows that he/she is important to you.
- Listen carefully to what is causing the stress. Perhaps, together, you may think of a few solutions that can help the situation. Often, we are stressed because we feel that we have lost control over a situation. By breaking down a problem, it is possible to identify some elements that can be worked on, thereby helping regain a sense of control. Some solutions may involve speaking to the teacher, spending more time with friends, reducing after-school activities, or spending more time on special activities.
- Let your child know that you understand they are stressed, and don't dismiss the feelings as inappropriate. Reassure them that stress is normal, everyone feels it, and the purpose of stress is to ensure that we perform to the best of our abilities. Point out that they needn't worry about performing beyond their capacity. You know what they will do their best and that is all you are expecting.
- Boost your child's self esteem. This can include the following: (i) let them choose a special fun activity that you can do together: this gives them 'quality time' with you, and it will make them forget to worry for a time; (ii) give plenty of heartfelt praise, and criticise less, and (iii) focus on what your child enjoys and have fun as a family.

Make sure they do some sport, as energetic activity has magic properties on stress and negative thoughts.

A good home routine is primordial as it makes the world more predictable and less worrisome – make a weekly chart of mealtimes, TV times, bedtimes, and stick to it.

Encourage downtime and rest at home and foster longer sleep times. Studies show that increasing sleep time by 30 minutes in children who don't get enough sleep can increase academic performance by 10%!

Challenge the negative thoughts ('I can't do it'); this involves helping the child identify their negative thoughts, working with them to assess the evidence for these thoughts, and coming up with positive alternatives.

These tips are useful to know in helping reduce children's stress at any time, not just during NAPLAN time. This year's NAPLAN testing will conclude on Monday the 24th of March.

Mark Leaning
Associate Principal

School Notices

Zero (0) Waste Lunch (O.W.L)



At Davallia Primary, our aim is to limit the amount of rubbish and waste we have in our school community. On **Wednesday 26th March (Week 8)** we will hold our first Zero Waste Lunch Day of 2025. The goal is to see how many people can bring a lunchbox filled with NO WASTE! This means, packing your Crunch and Sip, recess and lunch with no plastic clingwrap or bags that will end up in landfill.

A great alternative to these includes:

- Using reusable wraps, such as Beeswax Wraps, instead of plastic clingwrap.
- Packing your Crunch and Sip, recess and lunch in reusable lunch boxes.
- Purchasing products that are not individually wrapped.
- Using a reusable water bottle.

The classroom with the most students that have ZERO WASTE will earn extra recess or lunch time and have the honour of having the OWL trophy displayed in their classroom until the next Zero Waste Lunch Day.

Last year, we saw some fantastic results and we hope to continue to see this during 2025. If we work together, we can continue to reduce our waste!

Sustainability Tip of the Week

Trying to be more environmentally conscious? Tired of getting tied in knots with glad wrap? Reusable sandwich and snack bags can be a brilliant way to reduce single use plastics in your home and child's lunchbox. They are available from Kmart, Woolies, Spotlight and many more places online. PEVA (short for Polyethylene vinyl acetate) is considered more eco-friendly than other plastic alternatives. I chuck mine in the dishwasher and they're still fine!!



Tip courtesy of Amy (P&C Sustainability Coordinator)

Got a sustainability tip you'd like to share with the community? Email davalliapspc.sustain@gmail.com

School Notices (continued)

Teeball State Championships 2025

Well done and congratulations to the Year 5 U11 Carine Cats on receiving a Silver medal at the 2025 Tee ball State Championships over the March long weekend. A wonderful result after a great Tee Ball season.



Surf Club State Championships 2025

Well done and congratulations to Ashleigh Naughton who represented Sorrento Surf Life Saving and competed in the Surf Club State Championships over the March Long weekend. Ashleigh trained very hard this season, with 5 training sessions a week and came out with a Bronze medal. A huge achievement, well done on a great result!



Community Notices

Care For Kids @ Davallia Primary School

Care for Kids OSHC run a great program on site at Davallia Primary School. Qualified carers, great activities, afternoon tea, ECRU accredited. To book, please call 9246 9551 or email the centre duncraigoshc@careforkidswa.net.au



**READY FOR A MIX OF FUN,
FRIENDSHIP AND ADVENTURE?**

JOIN THE GIRL GUIDES FAMILY

Girl Guides is a girl-led organisation which aims to empower, inspire and guide girls and young women to take on challenges, develop new skills and become leaders of their world.

Girl Guides provides a safe and supportive learning environment for girls from all walks of life.

We encourage our Guides to challenge themselves in the areas of practical skills, mental and physical resilience, and relationship-building with their peers.

Carine Friendship Girl Guides is currently taking new members between 6 and 11 years old.

Tuesdays, 4.30-6pm at Carine Guide Hall,
Monyash Ave, Carine

Contact Sharon 0414 471 414
carinefriendship@girlguideswa.org.au or Vicki at
membership@girlguideswa.org.au for a 2 week
free trial and to find out more.



**GIRL GUIDES
AUSTRALIA**
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