

NEWSLETTER

Number 6 | Term 2 | Week 10 | 28 June 2023



EAST HAMILTON HILL PRIMARY SCHOOL



FROM THE PRINCIPAL

STAFFING

Next term we welcome Mary-Ellen Sheridan back into the Science position, following a year maternity leave. It has been a privilege to have Craig Barker filling the role in Science over the past 12 months. Craig brings an incredible passion to our Science program, with exciting hands on experiments and enthusiastic explanations. We thank Craig for his dedication to our students over that time and look forward to seeing him around the school in a relief capacity for the remainder of the year.

On the back of a successful term of Lucy Martin teaching Protective Behaviours in Health, we will be extending this for the remainder of the year. Lucy will continue to teach the Health curriculum from Yr 1-6 on a Wednesday and will be reporting on Health for those classes in Semester Two. Lucy's skill and passion for teaching Health is incredibly valued and our students benefit greatly from the relationships she builds with them and the knowledge she instils.

It is with great pleasure we announce that Mrs Kerrie Thomi is the successful applicant for the Library Officer position. Kerrie has been doing an outstanding job in the Library this year and we are excited to have her in the position in a permanent capacity. Congratulations Kerrie!

This semester we have been fortunate enough to have Amber Ferris working as the Mainstream EA in Kindergarten Group A alongside Nicole Dwyer. Amber is in the final year of her Early Childhood teaching degree and is completing her final practicum next semester. We thank Amber for the exceptional work she has done this semester and wish her all the best with her teaching career, she is going to be amazing.

We also thank Natalie Bobojcov for her work in both Kindergarten classes on a Friday this semester. Nat has been filling this position in a fixed term capacity, whilst awaiting the appointment process to commence. We have enjoyed having Nat's joyful presence in the school every Friday and look forward to welcoming her back soon.

We are excited to welcome Annalise Shulman to our school as the Education Assistant in Kindergarten on Monday, Wednesday and Friday. Miss Shulman comes to us with a wealth of experience and enthusiasm. Please make Miss Shulman feel welcome when you meet her!

EVENTS

Last Friday students in Years 4, 5 and 6 represented our school with pride across the three interschool sports of AFL, Soccer and Netball. Congratulations to all our students who participated and demonstrated their personal best efforts, sportsmanship and team spirit. Thank you to our teachers for coaching students in these sports over the last term and to Miss Gabrielson for her work coordinating teams and squads.

Tomorrow all students participate in our school Cross Country event. Students will run in year groups and cheer each other on. We encourage students to wear their faction shirts and parents are welcome to attend. Throughout the term students have been preparing for this event; setting personal fitness goals, practising and acknowledging their personal growth. Runners are encouraged to focus on doing their personal best! A coffee van will be onsite to help with the cold morning!

Times of races are as follows:

| | | |
|---------|--------|--------|
| 9:00am | Year 1 | 1 Lap |
| 9:20am | Year 2 | 1 Lap |
| 9:40am | Year 3 | 2 Laps |
| 10:00am | Year 4 | 2 Laps |
| 10:20am | Year 5 | 3 Laps |
| 10:40am | Year 6 | 3 Laps |

B/C Division will run with their year group.

On Friday we have our NAIDOC Day celebrations and cultural awareness activities throughout the day. This is a significant day on our school calendar and are looking forward to welcoming Aunty Betty to our school for a smoking ceremony and Welcome to Country. This will be followed by a day of rotational activities celebrating the Aboriginal culture. Students are encouraged to wear NAIDOC shirts or clothing in the colours of red, black and yellow. NAIDOC celebrations will commence at 10am, following the CARE assembly.

OPUS SHOWCASE

On Monday night I had the privilege of attending the OPUS Showcase, a musical performance from students across the public school system. It was an exceptional display of the incredible talent our students in the IMSS (Instrumental Music School Services) program possess. We are very proud of Jimmy Martin and Shae Atkinson who performed as part of the Fremantle College Training Orchestra, and it was lovely to see some of our former EHHPS students shining on the stage.

www.easthamiltonhillps.wa.edu.au



SEMESTER 1 REPORTS

On Monday Semester 1 Reports were sent to parents via email link for students in Pre-primary to Year 6. This link has a limited accessibility time-frame so please remember to download and save a copy of your child's report for future reference. I encourage you to share your child's successes, progress, and efforts with them. If you have not received your child's report, please contact the office on 9487 9300 before the end of the term.

GIFT FROM CITY OF COCKBURN

We received a beautiful artwork from the City of Cockburn that was painted by artist Mel McVee at Coogee Live this year. The artwork takes pride of place in our undercover area.



HOLIDAYS

We wish our staff, students and families a relaxing holiday and look forward to seeing everyone back on Monday, 17 July 2023. Stay safe and have fun!

Grady Scheiblehner

PRINCIPAL

Grady.scheiblehner@education.wa.edu.au

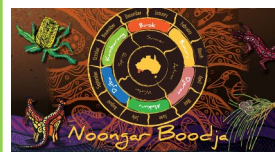
CONGRATULATIONS

To the following students for receiving Honour Certificates on Friday 09/06/23

| | |
|-----------------|----------------------------|
| Pre-Primary | Valerie Layla Archer |
| Room 1 | Adeline Savannah |
| Room 13 | Billy W Kim |
| Room 14 | Charlie C Kalais |
| Room 15 | Pippa C Bethany |
| Room 16 | Amali Mia |
| Room 17 | Lyla P Lua |
| Room 9 | Joey Chloue |
| PE | Yohan |
| Music | Kasey-Lee |
| Science | Kalais |
| Noongar | Andy |
| Art | Anika |
| Performing Arts | Zoe |

NOONGAR LANGUAGE IN 2023

Mrs Mippy would like to share our latest focus Noongar words. We are in the season of Makuru so cold and wet.



djakoori - run

barn - walk

BREAKFAST CLUB



We are very low on butter and jam, and would greatly appreciate your help. Thankyou for your support and generosity with donations throughout the term.

Breakfast Club Team





Year 1 Assembly, 9 June 2023



Room 13 reading with Kindy Students



NAIDOC Carnival, 22 JUNE 2023





Free program



Food Sensations® for Children

Are you a parent or carer of a child 0-5 years?
Join Food Sensations® for Children and make cooking for your kids easy.

Thursdays
20 July - 17 August 2023
9.30am - midday
Yangebup Family Centre

Free crèche

In a FREE, 5 week program taught by a university qualified nutritionist, you will learn:

- Healthy eating for the whole family
- How to teach children to eat and make mealtimes less stressful
- How to read food labels, prepare lunchboxes, and keep food safe
- How to cook and prepare quick, healthy and low-cost family meals.

Register your interest, numbers limited!
healthycockburn@cockburn.wa.gov.au or text 0418 839 796



Healthy Cockburn
Live better

Food Sensations for Adults

Eating Healthy on a budget

Join our FREE four week program on how to prepare, cook and eat healthy foods on a budget.

- Reading labels & selecting ingredients
- Budgeting & meal planning
- Healthy lunchbox & snack ideas
- Food safety

Wednesdays 10am-12.30pm
30 August, 6, 13, 20 September
(Four week program)
Hamilton Hill Hub 6163
1 Starling Street, Hamilton Hill

Registration Essential
E healthycockburn@cockburn.wa.gov.au
T 0418 839 796



Spaces limited




NAIDOC WEEK 2-9 July 2023

MONDAY 3 JULY

- Flag-raising & Aboriginal Entertainment**
Administration Building, 9-10.30am
- Make Roo Stew With Chef Kell!**
Cockburn Youth Centre, 11am-2pm
- NAIDOC-themed Craft Activities**
Cockburn Gateways Piazza, 11am-2pm
- NAIDOC School Holiday Activities**
Cockburn Libraries
www.cockburnlibraries.com.au

TUESDAY 4 JULY

- Nature Storytime Trek (Ages 2-5)**
Yangebup Lake, 9.30-10.30am
- Calling Kooya - Nature Discovery Day (Ages 4-7)**
Yangebup Lake, 11am-12.30pm (\$12pp)
- NAIDOC-themed Craft Activities**
Cockburn Gateways Piazza 11am-2pm
- Kep Boodja - Nature Discovery Day (Ages 7-12)**
Yangebup Lake, 1.30-2.30pm (\$12pp)

WEDNESDAY 5 JULY

- NAIDOC-themed Craft Activities**
Cockburn Gateways Piazza, 11am-2pm
- Seniors Centre Community Lunch**
Cockburn Seniors Centre, 11.30am-1.30pm (\$12pp)
- Baking NAIDOC Sweets**
Cockburn Youth Centre, 1-4pm
- Traditional Art Workshop**
Success Library, 5-6.30pm

THURSDAY 6 JULY

- Inter-generational Afternoon Tea**
Cockburn Youth Centre, 2-4pm
- NAIDOC Craft**
Cockburn Youth Centre, 3-5pm

FRIDAY 7 JULY

- Movie Screening 'The Last Daughter'**
Success Library, 2-3.30pm

SATURDAY 8 JULY

- Kim Scott - Nyungar Language and Cockburn Connection**
Coolbellup Library, 6-7.30pm

SUNDAY 9 JULY

- Kim Scott - Nyungar Language and Cockburn Connection**
Coolbellup Library, 6-7.30pm

For bookings, please visit www.cockburn.wa.gov.au/NAIDOC

2023 National NAIDOC Week Poster: For Our Elders, Bobbi Lockyer.



Community Campaign Toolkit

RightByYou is a youth peer-to-peer suicide prevention website designed by and for young people. It supports young people who want to help their friends experiencing a mental health crisis.

Young people identified they wanted instantly accessible information to empower them to safely engage and support a friend who is showing suicidal signs online. RightByYou promotes Australia's leading best-practice youth suicide prevention resources. The website aims to build young people's confidence in identifying warning signs, initiating important conversations and referring friends to help.

This campaign toolkit aims to provide young people, communities, families, schools and organisations key resources to be able to self promote and share RightByYou to their communities. Resources include printable posters & flyers, stickers files and information on how to utilize and share RightByYou on social media.

How to get involved...

1. Share the RightByYou message:

• Talk about RightByYou

Our two-line pitch about RightByYou for you to share with others is:

RightByYou is an online platform designed by and for young people (12-25) who want to help a friend expressing suicidal concerns online. It promotes leading evidenced-based suicide prevention resources to empower young people to identify warning signs, initiate important conversations, and refer friends to help.

• Share flyers, posters and/or stickers

Print out RightByYou QR posters & stickers to hang and share around your school, workplace or community club.

Downloaded stickers can be printed at your local print shop at your own cost.



• Download and share our Social Media Tiles

Post a supporter tile on your social media channels to encourage your community visit the RightByYou website. You can get creative on your TikTok or Instagram story and create a "how to use the RBY website" video. Use the hashtag **#RightByYou**, **#RBY**, **#Neami** & **#NeamiNational**.

If you are using hashtags, you can always include others to help us spread the RightByYou message far and wide. We suggest: **#youthmentalhealth**, **#mentalhealth**, **#wellbeing**, **#selfcare**, **#ruokay**, **#thinkmental** or **#strongspiritstrongmind**

Suggested captions you can use:

- Worried about your friend's online posts? We can help. Learn more at rightbyyou.org.au
- An act of care could help a friend in need. Learn more at rightbyyou.org.au

Best practice is to include helplines in your captions, when posting about mental health, we suggest:

- Kids Helpline: 1800 55 1800
- Lifeline: 13 11 14



2. Educate and learn:

• Familiarise yourself with the RightByYou website

Educate yourself and others by spending time on the RightByYou website. The content has been led by young people and in partnership with leading Australian youth mental health services to provide the most relevant information for young people.

Visit rightbyyou.org.au to get started.

• Communicate safely around suicide

It's important to learn how to communicate safely about suicide.

Visit **Roses in the Ocean's** [Talking About Suicide Language Guide](#) & **Orygen's** [#chatsafe guidelines](#) for tools and tips to communicating safely about suicide.

• Share statistics on young people and suicide

You know that "Suicide is the leading cause of death among Australians aged 15-24"¹ and "Research identifies most young people experiencing suicidality do not seek help from mental health services and are more likely to seek help from peers."² We suggest reviewing the latest literature relating to young people and suicide to help educate yourself and others.

More leading statistics and facts around Australian Suicide Prevention can be found at [Suicide Prevention Australia's Stats and Facts page](#).

We appreciate your support.

Together we can support young people support to their friends showing suicidal concern online.

For more information please contact: rightbyyou@neaminational.org.au

1 "Suicide is the leading cause of death among Australians aged 15-24" - Australian Institute of Health and Welfare 2023 <https://www.aihw.gov.au/suicide-self-harm-monitoring/data/populations-age-groups/suicide-among-young-people>
2 Clarke, A. M., Kusumakar, T. & Barry, M. M. (2018). A systematic review of online youth mental health promotion and prevention interventions. Journal of youth and adolescence, 44(1), 90-113.