



# Walkaway Primary School Newsletter

**Newsletter #5**  
**1st May 2020**

## **MAY** **UPCOMING EVENTS**

6th—8th Mother's Day  
Stall

8th Lunch order day

20th Room 1 Assembly  
**CANCELLED**

## **JUNE** **UPCOMING EVENTS**

1st Western Australia  
Day Public Holiday

9th Edward the Emu  
**CANCELLED**

19th NCVISSA Winter  
Carnival  
**CANCELLED**

24th Room 6 Assembly  
**CANCELLED**

3rd Last day Term 2



Hello all

I know it has been a different start to the term and I appreciate how supportive you have all been during the management of the COVID pandemic. It has been lovely to welcome our students back to school this week and to talk to those learning at home via webex. By Monday, we are expecting to have at least 64% of our students at school.

### HEALTH and HYGEINE

It is a true credit to our parents and staff how calm and safe our students have felt coming back to school. Thank you for adhering to our drop off plan and parking in every second carpark at home time.

**THANK**  
*you*

Our cleaners, Julz Gallagher and Elizabeth Myers, have each taken on more time and have been working so hard to ensure our environment is consistently cleaned. It is a long day for them

and I truly appreciate the positive way these ladies have taken on their additional cleaning duties.

Our staff have been reinforcing hygiene procedures and non contact greetings (one of these is modelled here by Callum and Ali) both of which the students have been following very responsibly. **To help further, please send a water bottle with your child.**



### LEARNING

Our staff are going above and beyond what is required. They are very committed to making sure those students home schooling and those that are at school are learning the same content. To do this, our teachers are preparing both face to face lessons, online content via seesaw and work packages, once again showing their high professional standard and commitment to the success of our students. They couldn't achieve all of this without the fantastic work of our support staff who work tirelessly to ensure all this planning comes together.

During this time our teachers won't be putting in their usual class reports. I will share some photos of activities on their behalf. You will see a photo collage on page 3.

## SCHOOL IMPROVEMENTS

Our school improvement projects continue. The garden beds have had the conifers removed and are getting prepared for our fruit trees and the girls and boys toilets have received a fresh coat of paint. Thanks Julz and Poppy Curtin for all of the work you have done and continue to do to make our school look amazing!!



## AMBASSADOR'S NEWS

### LUNCHES

Our enterprising Ambassadors are organising lunch orders. Students will be able to order a pie, sausage roll or pastie on Friday. More information will come out on Monday.

## WALK CHARACTERS

Next week we will be sending out a survey to finish our WALK character designs. Our next step will be to have our characters around the school. To the right you will see one of the designs.



As always, please call or email if you have any queries, concerns or celebrations.

Kind regards

**Megan Barrett**, Principal



A huge thank you to the P&C for their early organisation of our Mother's Day stall so it can go ahead this year. Please note the times it will be open:

Tuesday 5th May to Thursday 7th May

Each recess the stall will be open on the stage

# ROOM 6



The kids in room 6 were very excited to be back and loved learning, exploring and creating this week.



# ROOM 1

Room 1 students were challenged to create a camp from pre-European settlement time. They were to include certain elements and took a photo. Next week they will be labelling their elements.



# ROOM 2

A very interesting book was shared which discussed the origins of maths. Some challenges were put to the class e.g. working out their age in months, minutes etc.—some great computational thinking going on:)



Room 2 is very excited to have sport on a Tuesday and Friday.



# ROOM 4



Room 4 is enjoying having sport back. In class they have been busy on Seesaw working on the same activities as our students who are home learning and on Typequick.



## BOOK CLUB IS HERE—Virtual Catalogue while Students Learn from Home

In these unprecedented times we're all being asked to change the way we work and live. Our tradition of putting books into the hands of kids isn't going to change, but for Term 2, we're doing things a little differently.

*Click the link below to access the new catalogue:*

<https://scholastic.com.au/book-club/virtual-catalogue-1/>

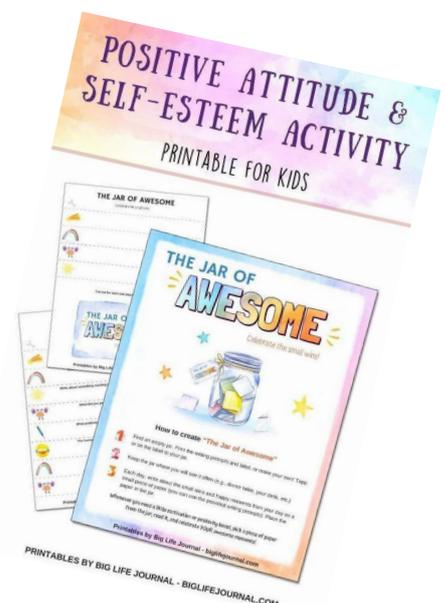
**Closing Date is 18th May, 2020**

**Orders will be delivered to school as normal.**

# GROWTH MINDSET

Our focus at Walkaway is to build a growth mindset in all of our students...and ourselves. We have discovered over the past two years, through surveys parent feedback and staff observations, that we have some students who put high pressure on themselves to not have errors in their work or accept that they will sometimes make a mistake.

On the following pages, you will find an excellent source of ideas to help your child overcome perfectionism. I encourage you to go to [biglifejournal.com](http://biglifejournal.com) where you can sign up for free printables (like the one pictured) to help build a growth mindset for your child/ren.



# 7 ways to HELP YOUR CHILD with PERFECTIONISM



## 1 REDEFINE SUCCESS

Big Life Journal



Children who have a **growth mindset** are more likely to develop their potential. They view their successes as a result of **effort and strategies** rather than fixed traits like intelligence or abilities.

## 2 CHALLENGE THEIR THINKING

In the heat of the moment, use **empathetic** comments like "I can see you're angry because you want this to be perfect".

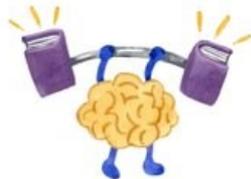
Then have your child **reflect** on these questions:

What's the worst thing that could happen?

What is a more positive way to think about this?

What part of my problem could I solve now?

## 3 EXPLAIN THE BRAIN MUSCLE



Talk with your child about their brain and its **incredible power** to grow and develop.

Remind that brains are **constantly changing and learning** from new experiences. When we make an error, our brains spark and grow—and we actually learn faster.

## 4 TALK ABOUT YOUR MISTAKES



A simple way to combat your child's unrealistic self-expectations is by pointing out **your own mistakes**.

**Talk about your mistakes** in real-time ("Oops! I just added too much flour to this recipe!") and how you are addressing them.

## 5 FOCUS ON LEARNING FROM MISTAKES

Rather than ignoring or shying away from addressing errors, give your child the opportunity to **figure out** what went wrong. Start with prompts like, "Let's pay attention and figure out what happened" or "Mistakes are opportunities—let's explore this together".



## 6 REFRAME GRADES



Rather than dwelling on grades, encourage your child to **ask questions** like, "What would I do differently this time?" or "What can I do to achieve a different score in the future?"

## 7 ENCOURAGE SELF-COMPASSION

Brainstorm **words we like to hear** from friends or parents when we fail or make a mistake. Encourage your child to ask themselves, "What would a good friend tell me about this?" or "What would my mom say?"



# 30 Ways to Respond to Your Perfectionist Child

Big Life Journal

1. *Practice makes progress.*
2. Perfect is a perspective.
3. All that matters is that you're doing your best.
4. There is no perfect! What's important is that you give it your all!
5. *You're doing your best and your best is good enough!*
6. Perfect is a myth. Effort and growing your brain is the real deal.
7. No one is perfect. We're all imperfect and that makes us all unique.
8. The purpose is not to make it perfect but to try, experience, and learn.
9. What would "perfect" look like to you?
10. Amazing things come from accidents and imperfections.
11. There is no such thing as perfection.
12. *I'm so proud of you for working hard. You are learning so much!*
13. It doesn't need to be perfect, but if you want it to be better we can practice that.
14. Mistakes allow us to embrace imperfection, while still nurturing effort, practice and skills development.
15. All you can do is your best. That's all anyone is asking for.
16. Remember we learn from mistakes!
17. *You are trying hard. You can be proud of that.*
18. What is your vision? What could you do next? Can I do anything to help?
19. I can tell you tried hard and it shows!
20. Imperfections are what makes things unique and special.
21. You are perfecting the practice.
22. *Perfection isn't the goal. Learning and practicing are.*
23. Practice makes it better. Improvement is the goal, not perfection.
24. It's okay to be disappointed when it's not as good as you hoped, that's what spurs you to improve!
25. We all can feel good inside knowing that we are doing our best.
26. If something is worth doing it's worth doing badly.
27. The strive for perfection is an imperfect objective in and of itself.
28. *Hard work creates progress.*
29. Practice makes it easier.
30. Perfect is for dreaming, progress is for doing.

