



# Newsletter

**Issue 17 Term 4 Week 4**

## Diary Dates

### TERM 4

#### Week 4

**Fri 8/11**

**Pupil Free Day**

#### Week 5

**Mon 11/11**

. Remembrance Day  
Assembly 10:45am  
. Community Hub English  
Class 12:00-2:30pm

**Wed 13/11**

. Kindy Visit  
. Community Hub Circle of  
Security 12:30-2:30pm

**Thurs 14/11**

. Community Hub  
Playgroup 9-11am

#### Week 6

**Mon 18/11**

. Community Hub English  
Class 12:00-2:30pm

**Tues 19/11**

. Staff vs Students Netball  
Game  
. Special Lunch

**Wed 20/11**

. Kindy Visit  
. Community Hub Circle of  
Security 12:30-2:30pm

**Thurs 21/11**

. Community Hub  
Playgroup 9-11am

## Information from the Principal - Classes – 2020

On Wednesday we sent forms home regarding 2020 placement of students. As the letter stated, we need your support in the following matters:

\* If you intend on enrolling a new student and haven't filled out an enrolment form, please do so as soon as possible.

\* If you know that your child/ren will not be attending Karrendi PS next year, please let your child's class teacher or myself know as soon as possible.

\* If you would like us to take into consideration any social or academic issues which might affect your child's placement for next year, please ring or make a time to have a chat by 15<sup>th</sup> November.

## Read All About It!

Our school was lucky enough to be featured in this week's Northern Weekly Messenger!

Well done to our students Ruby, Connor and Mia for proudly representing our school!

We're so proud to have been given the opportunity to share our yoga and mindfulness work with our local community.

Article credits:

Story: Kaysee Miller

Photo: Roy Vandervegt



Karrendi Primary School yoga students Ruby, 8, Connor, 8, and Mia, 8. PICTURE: AAP/ROY VANDERVEGT

## Lessons are taking shape

### EDUCATION

#### Kaysee Miller

A Parafield Gardens school's dedication to meditation and mindfulness is stopping students getting bent out of shape.

Karrendi Primary School's yoga and meditation program has every student doing yoga and meditating each day.

The school's wellbeing leader Joseph Perri says the pro-

gram has had "amazing" results. "We've seen students a lot calmer and being able to go in to lessons more focused," Mr Perri says. "Coming into the classroom after lunch ... it really helps them to relax and then focus on the learning."

Students do 15 minutes of yoga after lunch and finish their day with 10 minutes of meditation.

Year 2 Mia says learning new yoga poses is her favourite part of their daily practice.

"Doing yoga and meditation after school makes me feel so calm and relaxed," Mia, 8, says.

Mr Perri says the meditation gives students the chance to wind down before going home for the day.

"The idea around the meditation was to build up the students' skills in being mindful and also give them the opportunity to reflect at the end of the day and go home relaxed," he says.

**REMINDER – TOMORROW IS A PUPIL FREE DAY.**

Staff will be engaged in professional development focusing on moderation and school improvement.



# Pet Day

What a wonderful Pet Day we had last week! Big thanks to Mr Perri and our SRC Reps for their great organisation of this special event. Many thanks also to students, staff, parents, caregivers and family members who brought pets along and generously donated money for the Animal Welfare League. We raised an incredible \$432! It was a great morning and we really appreciate your ongoing support with these special events, they would not be possible without it!



## Character Strengths

During our recent staff meeting, teachers engaged in PD about how they have been using Character Strengths in the classroom. It was great to hear so many teachers talk about how their students were showing and practicing a variety of different strengths. For instance - Room 19 students had been focussing on being 'Brave' by talking to new students during lunchtimes. Room 22 students practiced 'Curiosity' by interviewing each other to find out information they didn't know about their classmates.

We look forward to sharing more good news with you about our Character Strengths work in the future!