



# DARTMOOR PRIMARY SCHOOL

2023 NEWSLETTER - TERM 1 WEEK 9

DARTMOOR PRIMARY SCHOOL IS A CHILD SAFE SCHOOL



Congratulations to Mrs Gillian Bull who accepted the position as Principal at Dartmoor Primary School.

This is great news for the Dartmoor community.

Well done Mrs Bull!

## Welcome to the 2023 School Council!

**President:** Byron O'Keefe

**Vice-President:** Brianna Keen

**Secretary:** Leanne Firth

### Parent Members:

Luke Bentley, Mat Bull, Vince Vinci, Ali Rentsch

**Staff Member:** Megan Taylor

**Community Member:** Annemaree Harvey

2023

Curriculum Contributions (aka School fees) have been approved by school council for \$140 per student. Payment options are via direct payment using student name as the reference. Contact Alana for further information.

BSB: 633 000

ACCOUNT: 161 313 721

NAME: Dartmoor PS Council Account

REFERENCE: Student Name



**2023 DPS  
School Captain:  
JETT KERLIN**



**Jett has made a great start to the year as the leader of Dartmoor Primary School, we look forward to seeing you grow in this position throughout the year. Keep up the great work Jett!**

## Term 1

### Important Dates

Tuesday 28th March  
Parent Teacher Interviews

Thursday 30th March  
District Athletics for student who qualify (over 10 years)

Thursday 6th April  
Last day of Term  
2:30pm dismissal

## Term 2

Monday 24th April  
Pupil Free Day

Tuesday 25th April  
Anzac Day - No School

Wednesday 26th April  
First day of Term 2

"Building Success and Friendship"



# Sports Day 9-03-2023





Scott from Circus Element came to visit us on Thursday 23rd February to teach us circus tricks. We all got to have a go and widen our coordination and creativity.

Everyone really enjoyed themselves, it was a super fun day.



# Dartmoor Primary School has a Little FREE Pantry!

A Little Free Pantry (LFP) is a community-based initiative that aims to provide basic necessities to those in need and is available 7 days a week and designed to be accessible and non-judgmental.

The concept behind it is simple: give what you can, take what you need.

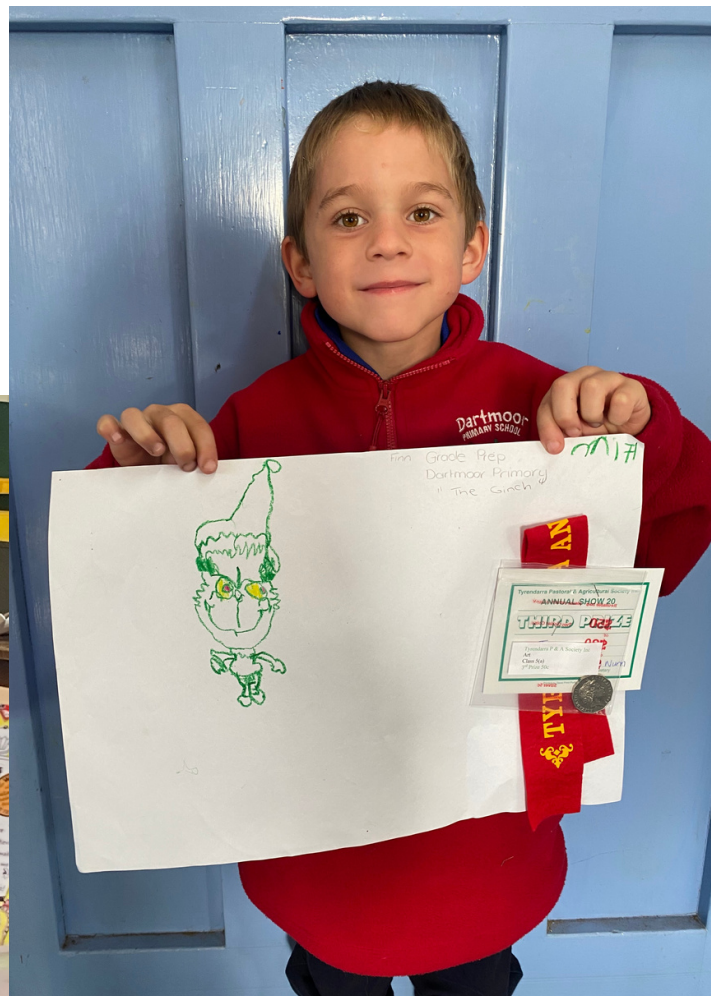
Families and community members are encouraged to donate non-perishable foods or hygiene items to the pantries.

Keep an eye out for confirmation on installation, some ideas of donations include:

Long-life milk & fruit-juice (200mL & 1L), Rice, pasta, pasta sauce, Non-perishable meat (Eg Jerky, Tinned Chicken/ Tuna/ Sardines/ Spam/ Ham), Tinned Fruit and Vegetables  
Breakfast items (Eg Instant Oats Sachets, Kellogs variety packs, breakfast biscuits etc)  
Peanut butter and vegemite (small plastic jars preferred), Sachets of Sugar, Tea & Coffee  
Snacks (Eg non-perishable dip and biscuits, salsa, muesli bars, multi-packs of chips/savoury biscuits), Biscuits (Eg Saladas, VitaWeet, breakfast biscuits), Feminine hygiene products, Toiletries (Eg toothpaste, toothbrushes, deodorant, sunscreen, combs, soap, cotton buds, body wipes, 2-in-1 shampoo/conditioner), First-Aid supplies (eg travel first-aid-kits, bandaids, insect repellent, sanitiser), Baby supplies (eg formula, nappies, wipes)

**Below: Kai and Jett enjoying a book together.**

**Left: Finn with his third place poster from the Tyrendarra Show.**



"Building Success and Friendship"



# Student Awards

Assembly: 10 February 2023



**Junior Room: Cace, Finn and Kai**  
**Senior Room: Payton**



# Student Awards

Assembly: 24 February 2023



**Junior Room:**  
**River**

**Senior Room:**  
**Rhylee**

"Building Success and Friendship"

# GRIP LEADERSHIP

Jett attended the Grip session in Mount Gambier on the 14th March along with other leaders from the district.

Well done Jett!



## Wellbeing Day in Merino

We had a fantastic day in Merino on Monday 20th March enhancing our team building skills playing with Nudel Kart.

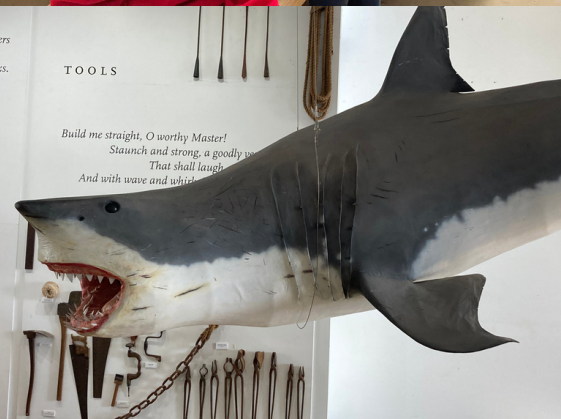


"Building Success and Friendship"

# Maritime Discovery Centre

Wednesday 22nd March

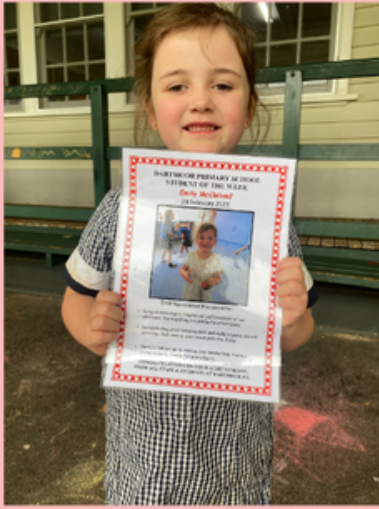
Consolidating our learning on Whales.





# Student Awards

Assembly: 3 March 2023



Junior Room:  
Emily

Senior Room:  
Ruby



# Student Awards

Assembly: 10 March 2023



Junior Room:  
Ava and Nolan

Senior Room:  
Jaimie



# Welcome to The Resilience Project

## PARENTS & CARERS

This year, we are excited to bring The Resilience Project (TRP) into our school community!

### WHY?

Current research tells us...

Why mental health matters

RESILIENCE PROJECT



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.



Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

### EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The [University of Adelaide](#) and The [University of Melbourne](#). Click the links or

scan the QR code to find out more about the impact the program has on emotional wellbeing and behavioral changes.



### ABOUT THE PROGRAM

**The Resilience Project** is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

We will be implementing their evidence-based **Teaching and Learning Program** throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy** to build resilience.

### WHAT CAN BE DONE AT HOME?



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring **Gratitude, Empathy and Mindfulness (GEM)** to life on [TRP@HOME](#).

**The Imperfects** podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.

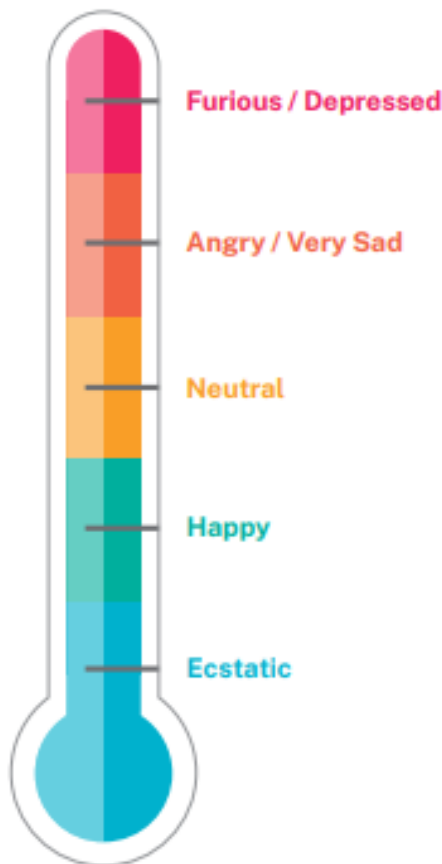




## Emotional Literacy

Emotional Literacy is being able to **recognise and name our emotions**. If we can label our emotions, then we can start to understand the why and begin to problem solve to work through what it is that we're going through.

It is important to know that it is okay to feel all the emotions! **The key is to understand these and be able to use strategies to manage our emotions effectively.** Below is an example of a mood scale; this is a handy visual to use with children but can also be a handy tool to use for adults! Throughout the day we will move up and down the mood scale as we feel different emotions.



### REFLECTING ON EMOTIONS

- Have a think about times when you have felt like you were at the top end of the mood scale, in the orange or red.
- What were the triggers that made you feel like this?
- Think about the emotions you were feeling, it could have been anger, extreme sadness, furiousness, high anxiety, etc.

### MOOD CHANGERS

- Now think about how you were able to bring yourself back down on the mood scale.
- Do you already have strategies in place, or could you build up your 'mood changer' toolbox?
- Some examples of mood changes could be:

DEEP BREATHS

PLAYING WITH YOUR PET

PLAYING MUSIC

A HUG FROM YOUR CHILD/REN

MINDFULNESS

A WALK

Click here or scan the QR code to download a catastrophe scale template that you could print and use as a family.



Click on the image or scan the QR code to listen to **Dr. Emily**, a psychologist who talks about **Emotional Awareness** on the podcast, 'the imperfects'.



Click on the image or scan the QR code to listen to **Lael Stone** on the podcast, 'the imperfects'. Lael is an educator and a parenting expert.

If you enjoyed that episode, [click here](#) to listen to her most recent episode too.



Proudly supported by

**coles**

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.



**Monday the 27th of March**

**Senior class made Zucchini pizza with Mrs Bull, stay tuned for the Juniors turn on Wednesday.**

**Thanks so much to Sandee and Col Rentsch for the donation of tomatoes and zucchinis to the school (and also some cucumbers) and a big thank you to you both and Bindy for the zucchini pizza recipe.**

**It was as delicious as you promised it would be!**

## **Zucchini Pizza**

### **Ingredients:**

- Base:** 100g Greek yogurt  
100g plain flour (River 100g GF self-raising flour)
- Topping:** 8-10 tomatoes  
1 large zucchini  
3 onions  
4 garlic cloves  
Handful grated cheese

### **Method:**

**Base:** Combine yogurt and flour. With rolling pin flatten into a small pizza base.

### **Topping:**

1. Chop onion and garlic finely
2. Dice tomatoes
3. Pop in saucepan on stove and boil down
4. Grate zucchini and squeeze out excess water
5. Once tomato, onion and garlic is soft and pulpy add the zucchini in and cook for a few minutes.
6. Cover base with tomato paste
7. Top with zucchini tomato mix
8. Sprinkle cheese over the top
9. Pop in moderate oven until cheese has browned
10. Enjoy





Thank you again to Sandee and Col for providing our families with a apple cucumber to take home to try.



# District Athletics Friday 24th March in Portland

## CASUAL BUS DRIVER NEEDED!

What do you need?

Commercial Passenger Certificate

Working with Children's Check

Current Medical from the GP

Police Check

Contact Dartmoor Primary School on  
(08) 5528 1382 for further information.

