

Our motto: Pride and Achievement

Our values: Kindness, Achievement, Respect and Responsibility

Science of Learning

This newsletter's article from *The Science of Learning* by Edward Watson and Bradley Busch is called The One About Eating Dinner Together. Not always easy for busy schedules but definitely worth the effort even if it is not every night.

Student Progress Meetings

75% of our families attended Student Progress Meetings. Thank you to all parents for being respectful of times, allowing the teachers not to keep other parents waiting. I hope you found them useful and positive.

Swimming Lessons Weeks 9 and 10

A note was sent home outlining each classes swimming lesson times as well as what to bring. We look forward to students have a fun time in the water for the next two weeks.

Positive Behaviour Program:

Wrist Bands and Badges Recognition of Good Attendance and Behaviour

Starting in Term 2, we will be introducing an individual point system for students where they earn a point for each day they attend school and display good behaviour. They will still receive a point if they have to leave for a short period for an appointment. If students are sent out to buddy class or to the office they will not receive a point for that day.

When they reach the following targets, PP to Year 2s receive wrist bands and Year 3–6 receive badges: **Bronze: 40 Silver: 80 Gold: 130**

These points will reset to 0 at the beginning of every year.

Badges and wrist bands will be presented at assemblies or in class if there are no upcoming assemblies.

Triple P Parenting - Anxiety

Here is a link to the Triple P Parenting website – anxiety if your child is struggling with this very common problem. [Effective parenting strategies for child anxiety, developed by clinical psychologists | Triple P](#) It is also saved in the library on the Parents' Connect.

Andrea Macfarlane
Principal

Dates to Remember

Term 1

31 March to 11 April

Swimming Lessons

Friday 11 April

Last Day of Term 1

Term 2

Monday 28 April

Professional Development day for staff.

Students DO NOT attend.

Tuesday 29 April

All students first day back to school

Wednesday 30 April

Anzac Day Service

THE ONE ABOUT EATING DINNER TOGETHER

@inner_drive | www.innerdrive.co.uk

THE STUDY

Families are now far less likely to eat meals together regularly than they were in the past. But what impact does regular family meal times have on student development? To find out, researchers surveyed almost 100,000 students from over 213 cities.

THE MAIN FINDINGS

- 1 More than half of young teenagers ate dinner with their family 5-7 times a week. This number dropped to just over a third for older teenagers.



- 2 Children who regularly ate dinner with their family reported enhanced:

- ✓ Communication with their parents
- ✓ Parental involvement in school
- ✓ Motivation levels
- ✓ School engagement and time spent on homework
- ✓ Self-esteem
- ✓ Ability to plan and make decisions
- ✓ Optimism about their future

- 3 Children who regularly ate dinner with their family reported less:

- ✓ Alcohol use
- ✓ Tobacco use
- ✓ Drug use
- ✓ Depressive symptoms
- ✓ Anti-social behaviour
- ✓ Violent tendencies
- ✓ Problems at school

Ref: Fulker et al, 2006, *Journal of Adolescent Health*
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THE ONE ABOUT EATING DINNER TOGETHER



RELATED RESEARCH

Other research has focused not only on frequency of family mealtimes, but what families do during those times. One such study found that one-third of children report watching television whilst eating with their parents. This was associated with them eating fewer vegetables, drinking more fizzy drinks and consuming more fats. However, it is worth noting that these children still had a healthier diet than those who did not eat regularly with their family.

Eating dinner as a family has also been shown to help teenagers create dietary habits that stick with them into adulthood. This chimes with other research that found similar effects for eating breakfast regularly as a child. Evidence suggests that eating dinner as a family and eating breakfast regularly as a child have decreased over the past 30 years, but that by planning what to eat and scheduling time together to do so, families can change this.

CLASSROOM IMPLICATIONS



Although this study looked at correlation and not causation, the authors do suggest that "adolescents may learn social skills and develop a more positive self-worth during mealtime interactions". This raises three interesting thoughts. Firstly, what happens to students who do not experience regular mealtimes? Does this go some way into helping us understand both them as an individual as well as their daily lives?

Secondly, how can we best help those students who do not experience eating with others? A growing feature in many schools recently has been the use of nurture rooms, which aim to replicate this type of experience so that students can practice developing relationships. Thirdly and finally, it also highlights the need to emphasise to parents the importance of eating together as a family. This is difficult for parents, many of whom are either working late hours or on shift work, but nudging parents to take as many opportunities as they can to eat with their children likely will lead to a boost in both student character and academic performance.

Improving our Attendance Announcing this fortnights winners!

Year 2!

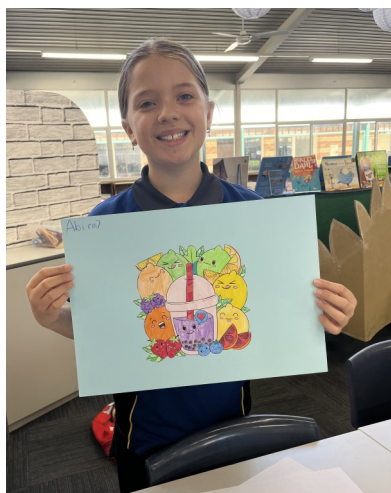
We are encouraging all families to improve attendance in school.
Each week we will report how each year has done so far in 2025.

Pre-Primary	87.2%
Year 1	92.9%
Year 2	93.3%
Year 3	91.9%
Year 4	90.3%
Year 5	90%
Year 6	80%

We will announce the winner in each newsletter—sent out every two weeks

Library news

The students have been enjoying a break from the heat during lunch, with a visit to Quiet Corner Club in the Library on Mondays. We've had some brilliant reading, origami, card making and Lego!



Laptop Bags

We have spare laptop bags if anyone wants one!
Come collect from us at the front office. First come first served.

Keep us up to date and contact us

Sickness: A reminder if your child is unwell or attending an appointment, please contact us by **SMS on 0438 916 777**.
Send a short message with your child's name, reason and date they are going to be absent.

Holidays: The Department of Education discourages families taking vacations during school terms. If you are planning a vacation of more than 3 school days, please email the Principal with the request. The Principal will review and decide if it can be approved. Criteria is based on an attendance average of at least 90% and the number of vacations taken.

yangebup.ps@education.wa.edu.au

Breakfast Club

We will be running out of Milo or Aldi's Energy Maxx for Breakfast Club very soon. Any donations are gratefully received.
Thank you. Joel Candy, School Chaplain

Everyday Matters programme.

Permission slips are available in the front office.

Please note change of day to Thursdays



Everyday Matters

a fun before-school program

Games Activities Craft Bible Stories

Thursday mornings from 8am in Block B, Commencing 5th March

Pick up your permission slip from the Front office

P & C NEWS

Easter Raffle

Our Easter Raffle will be drawn soon on 9 April!

The P&C kindly ask all families to donate an easter egg. We also welcome donations of clear cellophane, baskets, Easter themed decorations etc.

Thank you to families who have donated Easter eggs and returned their raffle tickets. Tickets and donations can be handed in to either the front office or classroom teacher by 4 April for a chance to be in the draw.

Mother's Day Donations

When we return for Term 2, the P&C will be holding our annual Mother's Day stall. We would love to receive donations from local businesses of gifts that we can sell or raffle for our wonderful school mums and grandmothers. Please provide donations to the front office or please send a message on our P&C Facebook page, or email: yangebupandc@gmail.com.

10c Containers

We are proud to be a collection point for the school community to donate your 10c containers to Yangebup P&C! Simply drop your containers at any of the various 10c bins or green onion bags throughout the school, or quote our code C10350066 when you next drop your containers at a depot.

Please only put 10c containers in the collection bins and bags, and don't add general rubbish and food scraps, as our wonderful volunteers need to sort through the containers.

Uniform Shop

Uniform Shop opening dates for Term 1: only one more open day for this term, Wednesday 9 April in the Undercover Area from 8.20am-8.40am.

New opening day - From Term 2 we will be opening on Fridays instead of Wednesdays.

For Term 2 we will be open 8.20am-8.40am every second Friday, including 9 May, 23 May, 6 June, 20 June and 4 July.

Please note we now have a dedicated email for our Uniform Shop. If you have any queries, please send them to yangebupprimaryuniforms@gmail.com

P&C Meeting

Our next P&C Meeting will be held on **Wednesday 2 April @ 6.30pm** in the school library for our first meeting. New members are always welcome.

The P&C (Parents & Citizens Assoc.) is a not for profit, volunteer group of parents, staff and friends of the school who work together for the benefit of Yangebup Primary School. We ALWAYS welcome new members! If you're interested in becoming a member, or you'd like more information, please email your details to us at yangebupandc@gmail.com or send us a Facebook message!

Please like and follow our Facebook page <https://www.facebook.com/YangebupPrimaryPandC> to keep up with any news, reminders about meetings and upcoming school fundraising and community events. Instagram: https://www.instagram.com/yangebup_primary_school_pandc?igsh=dGMONG1kdzAxejJk

HELP SUPPORT THE P&C 2025

Easter Raffle

We ask that you please donate Easter eggs or wrapping materials such as cellophane, ribbon, baskets or easter themed bags.

These will be raffled off in the last week of Term 1.

TICKETS
COMING
HOME
SOON!

DONATIONS CAN BE DROPPED OFF AT THE FRONT OFFICE
BY FRIDAY 4TH APRIL.

THANK YOU
FOR YOUR
SUPPORT!



COMMUNITY NEWS



0478 969130
 admin@perthmusicagency.com.au
 www.perthmusicagency.com.au
 www.facebook.com/perthmusicagency

Coming up in Cockburn:

<https://www.cockburn.wa.gov.au/Community/Families-and-Children>

- **Reconciliation Action Plan Educators Forum** run by City of Cockburn - Thursday 3 April 4-6pm. Free but rego essential.
- **Free therapy day (Maaraka Dabakarn) for Cockburn parents of primary aged children** at Jilbup Primary run by City of Cockburn – for parents worried about development or awaiting diagnosis
- **School holiday program for the Cockburn ARC 5–12-year-olds**
- **Free Cockburn library activities for children up to 5 years** at our 3 Cockburn libraries (All Storytime brochure)
- **Australian Stem Project Collab at Youth Centre**
- **School Native Plant subsidy**
- **Register for the Great Cocky Count by 16 March**
- Cyclists, skaters, scooters, walkers – contribute to our **new Bike and Walking network plan** and give us your feedback – free up your school carpark!



Hello Yangebup Primary families!
 Hello Yangebup Primary families!

Perth Music Agency have vacancies for PP-Year 6's in Term 2, 2025.

Lessons available are for **Ukulele/Guitar and vocals**. (New piano students are currently being waitlisted.)

The weekly 20 min lessons are held on-site during the school day.

Please contact Perth Music Agency for more details or download an enrolment form from their website.

SCHOOL HOLIDAY PROGRAM

Plenty of sporting & aquatic activities to keep the kids busy, make friends, and have fun!

- Cockburn ARC
- Ages 5 to 12
- Weekdays during school holidays
- 8am - 5pm
- \$65 per day

Register now!

Term Program: Cockburn Youth Centre



The Australian STEM Project has teamed up with Cockburn Youth Centre to bring you a hands-on program exploring all things science, technology, engineering and mathematics, with activities from forensic science to engineering!

Date: Fridays 6th of February to 11th of April
Time: 4:00 - 5:30 pm
Location: Cockburn Youth Centre, 25 Wentworth Parade, Success WA 6164

Register now!



Join us for the Great Cocky Count 6th April 2025

Photos: Keith Lightbody

BLACK-COCKATOOS NEED YOUR HELP

Join us for our annual survey of black-cockatoos across southwest WA to gain a better understanding of population size of these unique and threatened species.

It's simple, fun and every survey counts!

WHEN: Sunday 6th April at sunset

(5:15 - 6:45pm in Perth, other locations may vary)

WHERE: a cockatoo 'night roost' near you

(Participants are allocated to a roost close to home)

REGISTER ONLINE AT: <https://birdlife.org.au/events/great-cocky-count/>

Please be aware registrations close 3 weeks before the event (Sunday 16th March)

FOR MORE INFORMATION CONTACT:

greatcockycount@birdlife.org.au

(08) 9383 7749

The GCC is supported by funding from the Western Australian Government's State NRM Program.

FOUND A ROOST SITE?

Roost sites are places where black-cockatoos come to rest at night. We need to find as many as possible, for both white-tailed and red-tailed cockies. Call or email to tell us about it!

birdlife AUSTRALIA

natural resource management program



Comment on Cockburn

Help us grow our bicycle and walking networks!

The City of Cockburn is revising our Bicycle and Walking Network Plan to create a more connected bicycle, pedestrian and micromobility network. Tell us where you like to ride, walk, scooter or skate, pinpoint locations with safety, visibility or linkage issues, and share your ideas to improve connectivity around the City.

Have your say

Visit our webpage to participate online or come and chat to us in person at our bike maintenance pop-up.

Sunday 13 April, 9:30am–12:30pm, Near Bibra Lake Regional Playground. Tell us your ideas and have your bike serviced for free at the same time.

Scan the QR code to participate.



Feedback closes 4pm Tuesday 29 April 2025.

Visit comment.cockburn.wa.gov.au/bikeandwalk2025 for more information or call the City of Cockburn on 08 9411 3444.



Could Saver Plus help with your education costs?

Saver Plus Information Sessions

We are running Information sessions for anyone thinking about joining the program and wants to learn more about how Saver Plus works.

Eligibility, income and participation criteria. To find out more head to <https://www.thesmithfamily.com.au/>.

To Register please use the QR Code or Zoom Link Below.



[Click here to Register](https://www.thesmithfamily.com.au/)

saverplus.org.au
 1300 610 355



Saver Plus site developed by ANZ and the Brotherhood of St. Laurence and is delivered in partnership with The Smith Family and Berry Street. It is funded by ANZ and Department of Social Services.