

PANNAWONICA SCHOOL NEWSLETTER



Issue 5
August 2024

Our Vision for our school is **Ohana**.

Ohana means family and family means that nobody gets left behind or forgotten.

At Pannawonica School, our purpose is to make sure that our students, our staff, our parents/caregivers and our community members do not get left behind socially, emotionally, physically, academically, culturally or forgotten.

Chick in Kindy



We had some special visitors in Kindy. Erin brought the chicks over from the daycare for us to look after for the day! We found out that they need a heat lamp to stay warm because they are only a week old.



Attendance

Every day Matters

Kindy A	75.98%
Kindy B	80.32%
Pre-Primary	76.18%
Room 2	84.21%
Room 3	85.70%
Room 4	86.76%
Room 5	83.51%
Room 6	80.65%
HS 7/8	84.62%
HS 9/10	78.89%
HS 11/12	98.68%

Friendly

Reminders

Before 8.10am, the school does not have Duty of Care of any student/s.

Please ensure student smart watches are put on School or Silent mode during school hours.

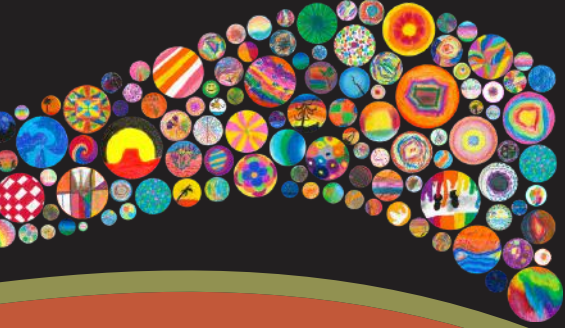
Merit Certificates

The following students received merit certificates at our last assembly. Congratulations!

- Harper Allering, Bonnie Beechey, Aiden Boyd, Kacey Butler, Colton Cox, Matthew Dale-Hayden, Addison Desmond, Jayden Fowden, Sienna Gammage, Maddison Gorman, Jayce Innes, Braxton Norris, Nash Norris, Mark Pohovnikar, Charlie Pol, Patrick Redenbach, Jack Van Den Bosch, Grace Warburton and l'Lenah Winton



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Bake Sale



A heartfelt thank you to everyone who contributed to the success of this event!

- Bakers: To our talented Year 5-6 students and the generous parents and community members who donated baked goods, thank you for your hard work and delicious creations.
- Volunteers: We couldn't have done it without the help of our dedicated volunteers who assisted with setup, sales and cleanup.
- Supporters: Thank you to everyone who came out to support the bake sale. Your generosity and community spirit is truly appreciated.

This event was not only a fundraiser but also a valuable learning experience for our students. They gained skills in teamwork, entrepreneurship, and the joy of giving back to the community. We look forward to more exciting events in the future and appreciate your continued support!



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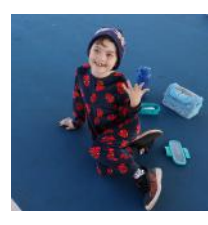
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High School Breakfast

On Friday 28th June, the High School students were all invited to attend a free breakfast at the mess as a reward for a wonderful term and particularly for giving the last 2 weeks of term their best effort, despite being tired! Students and staff enjoyed a wonderful relaxed breakfast at the mess, including pancakes, ice-cream, bacon and eggs!



Pyjama Day



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NAIDOC Day 2024

Keep the Fire Burning! Blak, Loud & Proud

This year, our school proudly celebrated NAIDOC Day 2024 with a vibrant array of activities that honoured and celebrated the rich history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. The theme, "Keep the Fire Burning! Blak, Loud & Proud," highlights the resilience, strength, and pride of Indigenous communities, encouraging everyone to embrace and celebrate their culture and identity.

Our NAIDOC Day began with a moving Acknowledgement of Country that set the tone for the day's activities. Students then participated in mixed year groups, fostering a spirit of collaboration and mutual support. The school grounds buzzed with excitement as students engaged in a series of hands-on workshops that provided a deeper understanding of First Nations culture.

Fish Weaving Art: Students explored the traditional art of fish weaving, where they crafted designs using paper to represent natural materials. This activity not only honed their artistic skills but also taught them about the cultural significance of weaving in First Nations communities.

Yulunga Sports Games: Students participated in Yulunga sports games, enjoying traditional Indigenous games that promote physical activity and cultural connection. These games, which have been played for generations, offered a fun and engaging way to learn about First Nations heritage.

The First Scientists: In "The First Scientists" session, students discovered the innovative scientific practices of First Nations peoples, especially related to water.

Mud Crabbing Information and Activity Sessions: The mud crabbing sessions introduced students to traditional fishing techniques. Guided by experienced cultural leaders, students gained hands-on experience and knowledge about the significance of fishing within First Nations communities.

We extend our deepest gratitude to the Cultural Committee for their hard work in organising and running these enriching sessions. Their dedication ensured that our NAIDOC Day was a memorable and meaningful event for all. Special thanks to Brendon Rahman, Colin Gray, Bart Clancy, and Laurissa Sampi for generously sharing their knowledge and stories with our students and staff. Their contributions added invaluable insights and personal experiences that enriched our understanding of First Nations culture.

As NAIDOC Day 2024 came to a close, students and teachers gathered to reflect on the day's events and express their appreciation for the learning experiences. The celebration was a beautiful reminder of the importance of unity, respect, and cultural appreciation. Students left with a greater awareness and understanding of the rich cultural tapestry that shapes our nation.

We look forward to continuing this journey of learning and appreciation, keeping the spirit of NAIDOC alive throughout the year.



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NAIDOC Day 2024 Keep the Fire Burning! Blak, Loud & Proud



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Potato Olympics

On Monday 22nd July, students of Pannawonica School opened the 2024 Potato Olympics with a ground breaking Opening Ceremony. Students from Years 1-4 made Potato Athletes to represent more than 20 countries (and one continent) and began training for the 2024 Pannawonica Potato Olympics! The ceremony commenced with an Acknowledgement of Country before the Potato Athletes were proudly shown off in a grand parade around the courts. Flame bearer Jayden Fowden lit up the Undercover Area and Pannawonica students raised the roof as the home country's (Australia) National Anthem was sung. An oath was taken to be great sportsmen, sportswomen, and sports potatoes before the games were officially declared open. Students and potatoes then danced their way into their final training sessions before the first event: 100m sprint.



Birthday Celebrations



August Birthdays

Tilly, Charlee, Lewie, Asher, Thomas, Nash, Alexander, Karlyze, Lucas, Kody,
Miss Heidi and Mrs Remerswaal

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P&C



ATTENTION

The P&C are in need of new executive members. If you are interested in becoming a P&C executive to keep our P&C going, please contact Talitha Martin

VOTING
WILL TAKE PLACE AT OUR NEXT MEETING: 11 SEPTEMBER

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P&C

Father's Day Stall

The P&C are holding the annual stall in
the school library

upcoming event
Week 7

This is a great opportunity to purchase a gift for Dad or Grandad. If you wish for your child to purchase a gift for the special men in their life, please send them with \$2-\$20 in an envelope or bag with their name labelled on it. your child will be visiting the store throughout the day with their class.

Thank you for supporting the
Pannawonica School P&C



Preparing a pathway to employment

Register to learn about paving a pathway to post school life.

The National Disability Insurance Agency (NDIA) would like to invite young people who are supported by the NDIS, and their families and carers to attend a webinar about developing skills and paving a pathway to employment post school life.

[Book your ticket now via Humanitix](#)

We will discuss the NDIS-funded supports and assistance available to help young people build skills to prepare for their transition. The webinar will cover:

- NDIS supports available to help achieve your education and employment goals.
- Preparing for your planning meeting and the resources available.
- Finding a suitable provider.
- Case studies and scenarios.

Who should attend: Students with a disability on NDIS in Years 9-12, families, carers and education professionals.

Location: Online

This is a National event, we have listed the start and finish times in your local time zone.

Session	Date	Time	Register
Session 1	20 Aug 2024	10am – 11am (AEST) 8am – 9am (WA) 9:30am -10am (SA/NT)	Register here
Session 2	21 Aug 2024	1pm – 2pm (AEST) 11am – 12pm (WA) 12:30pm – 1:30pm (SA/NT)	Register here
Session 3	22 Aug 2024	6pm - 7pm (AEST) 4pm – 5pm (WA) 5:30pm – 6:30pm (SA/NT)	Register here

Further sessions will be made available, please visit our events page: [Latest events | NDIS](#)

Additional information: If you have any accessibility requirements please let us know when you register. Please note: A minimum of five business days' notice is required to book Auslan interpreters and live captioning services.





headspace Schools & Communities mental health education program

Our program delivers free mental health education workshops to secondary school communities across Australia.

Our student workshops aim to increase mental health literacy, reduce stigma, and build the capacity of young people to understand their own wellbeing needs, support their peers and explore pathways for help-seeking. We also offer Parent and Carer workshops alongside the student workshops.

Workshops are interactive, strength-based, evidence-informed and timed to fit a standard school lesson.

Workshops can be facilitated onsite and/or online.

For more information about the program or to book sessions, please contact us at:

MHEP@headspace.org.au

our workshops

Year 7-12:

- Let's talk about it: mental health
- Looking out for your friends: Notice, Ask, Connect
- Standing strong: bullying and mental health
- Self-care: looking after your mental health
- Naming and understanding our emotions

Year 6-7:

- Transitions: Primary to Secondary

Year 10-12:

- Transitions: Leaving school

Parent/Carer workshop:

- Supporting young people: Notice, Inquire, Provide

our workshops



Let's Talk About It:
mental health



Looking out for your
friends: Notice, Ask,
Connect



Standing strong:
bullying and mental
health



Self-care: looking after
your mental health



Naming and
understanding our
emotions



Transitions: Primary to
Secondary



Transitions: Leaving
school



Parent/Carer workshop
Supporting young
people: Notice, Inquire,
Provide

learning outcomes

- Understanding mental health and wellbeing
 - Break down stigma about mental health
 - Manage our stress buckets
 - Ways in which we can support ourselves
-
- Notice: how to identify warning signs that a friend might be going through a tough time
 - Ask: how to have difficult conversations and ask your friend if they are OK
 - Connect: how to help your friend access support
 - Strategies for looking after your own wellbeing
-
- Identify the ways your body and brain react to stress
 - Review bullying's impact on mental health
 - Find spaces and activities to help you stand strong
 - Explore who you can talk to and seek support
-
- Identifying and naming our emotions
 - Understanding the purpose of emotions
 - Understanding the relationship between feelings, thoughts, and emotions
-
- Understand mental health and the importance of looking after ourselves
 - Understand what self-care is and ways to do it
 - Build a healthy headspace action plan
 - Identify where, when, and how to seek additional support
-
- Understand how transition and change can impact mental health
 - How to manage stress from change
 - Build resilience and healthy coping skills
 - Strengthen connection and belonging
-
- How change and transitions can impact our mental health
 - Common responses and concerns with leaving school
 - Strategies to support yourselves and each other during the transition out of school
 - Support that can help you with the transition
-
- Understand mental health and wellbeing in young people
 - Notice changes that a young person might be going through a tough time
 - Identify strategies to connect and communicate with young people
 - Increase knowledge about how to support a young person and where to access professional support

For more information about the program or to book sessions, please contact us at: MHEP@headspace.org.au

The Mental Health Education Program is a Schools Suicide Prevention Activity initiative. headspace National Youth Mental Health Foundation is funded by the Australian Government.

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Dear Parents/Caregivers,

Welcome back to Term 3! We've had an exciting start to the term, beginning with our vibrant NAIDOC Day celebrations. A big thank you goes to Mr. Shaune Hillier and the Cultural Committee for organising a fabulous day of events to celebrate this year's theme, 'Keep the Fire Burning! Blak, Loud and Proud'. Special thanks to Brendon Rahman, Colin Gray, Bart Clancy, and Laurissa Sampi for their invaluable assistance with our activities.

Week 2 saw our Year 5/6 class head to Dampier on camp. It was filled with fun activities like raft building, night-time games of foxhole, and fishing. The students of Room 6 were exemplary representatives of our school, and we couldn't be prouder. Thank you to Miss S for your hard work coordinating this year's camps, and to Miss Burke and Miss Trouchet for your support throughout the week. A special thank you also goes to our brave parent volunteers, Sean Watson and Adam Mehlert.

In Week 3 our assembly was brilliantly hosted by the talented Year 3/4 students from Miss Brown's class. Their item on the Olympics of Ancient Greece was fantastic! During the assembly, we presented our new student leaders for Semester 2 with their badges. Congratulations to the following students: we look forward to witnessing your leadership in action this semester:

Primary Student Councillors

- Arabella Christie
- Lucca Symes

Secondary Student Councillors

- Addison Desmond
- Paige Marshall

Fortescue Faction Captains


- Tallon Norris
- Imogen Mathew

Ashburton Faction Captains

- Kiki Bell
- Jaxon Butler



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This week, we also welcomed our annual SIDE roadshow, where Year 7-10 students participated in three career workshops focusing on Hospitality, Rigging and Scaffolding, and Electrical. Thank you to Miss Warburton for organising this valuable opportunity for our students.

Finally, I would like to inform you that I will be taking long service leave from Monday, September 9, and will return on Tuesday, October 29. During my absence, Mrs Jessica Munroe will be filling in for me. Mrs Munroe joins us from Upper Swan Primary School and brings a wealth of knowledge, enthusiasm, and experience. I am confident she will be a great addition to our school, and I encourage you to extend her a warm welcome.

Thank you for your continued support and involvement in our school community.

Warm regards,
Kristy Lackey
Principal
Pannawonica School