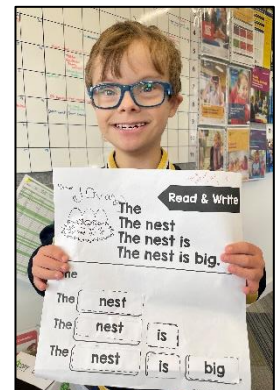


## Important Dates

19 June -	C3 and C4 assembly 9.15am
24 June -	NAIDOC Art Incursion
26 June -	Semester 2 Therapy Applications close
28 June -	Last day of term – Friday
15 July -	Staff development day – (No students)
16 July -	Students first day back for term 3

## Wonderful Workers

We had more Wonderful Workers march into our office this last fortnight to show us how clever they are! Muhammad, Georgia, Lachlan and James, thank you for bringing us your wonderful work, we are very proud of you, and we love your big smiles.



## Chaplains Chat

As a parent I know how hard it can be not to join the chaos when your child is experiencing big feelings. It is important you remain calm; this takes time and effort, and you won't get it 100% right 100% of the time. Ensuring you take time for you is super important, if that means finding 20 minutes to go for a walk or read a book, take a bath, going for coffee or lunch with a friend, do that and don't feel guilty about it. You can't pour from an empty cup. When a person is feeling overwhelmed, the body can go into fight, flight, or freeze mode, this makes it harder to regulate yourself, which is what your child needs in their moment of big emotions. To help them in this time some self-talk may be helpful for yourself. Some phrases that may help are:

"They're having a hard time, not giving me a hard time."

"Share my calm, don't join their chaos."

"I am in charge of staying calm, no matter how my child is acting and behaving."

"All feelings are okay, my job is to help my kid manage them."

"I can remain calm and be a good example for my child."

Remember to breathe - as silly as it sounds taking deep breaths signals to your body to go back to rest and digest mode.

Kind regards

**Skye**  
**Chaplain**



### ESNN Performing Arts Excursion

On Friday, June 14th, a selected group of students journeyed to Belridge Secondary College to participate in the ESNN Performing Arts Concert. This event highlights the achievements in Music, Dance, and Drama from various Primary and Secondary Education Support schools within the Northern Network. Our students represented us admirably, despite a delayed start due to technical issues. They demonstrated patience, interest and engaged attentively when they were part of the audience. Our students delivered a performance of the 'Mexican Hat Dance' and stood out in their coordinated costumes whilst playing drums and tambourines rhythmically while dancing and waving ribbons in sync with the music. It was a fantastic opportunity, and we were extremely proud of the way our students handled themselves on the excursion. Go Creaney ESC!



### Room 3 and Room 5 assembly

What a wonderful assembly! Room 3 and Room 5 spoke about feelings and Zones of Regulation, how to understand our feelings and what to do with them.

### Ms Nadia Ferreira and Ms Robertson Teachers





## World Environment Day

In Week 8 our school participated in World Environment Day, Science and Art activities. C Block students each coloured one A4 sheet of paper to combine together for a display which can be viewed in the front office. Students in ESC block each created an art piece for the surrounding display, which included handprint art, Earth collages and Earth people hangers. Students also did some bottle top Science activities where they used tongs to choose blue or green bottle tops to complete the Earth on a piece of paper. Classes discussed how to care for the Earth during the week and activities were focussed on ways to show kindness and care for the environment.

Mrs Jodanne Walker  
Teacher





## Crunch and Sip

Creaney ESC is now a registered Crunch&Sip® school and has introduced Crunch&Sip® to support students to establish healthy eating habits whilst at school.

We are aiming to have a set Crunch&Sip® break for students to eat fruit or salad vegetables and drink water in the classroom. We would like to please ask parents to send their child with a piece of fruit or some vegetables in their lunch box, that can be eaten at Crunch&Sip® time. On Wednesdays and Thursdays, we will provide some extra fruit and vegetables to be shared.

Crunch&Sip® is a primary school nutrition program, developed to increase the amount of vegetables, fruits and water being consumed by Western Australian children. It is an easy way to help kids stay healthy and happy during class time!

Giving students the chance to re-fuel in class with fruit or vegetables helps to improve physical and mental performance and concentration, as well as promoting long term health. Below is a table of the foods allowed for crunch and sip. If you'd like to find out more head online to [www.crunchandsip.com.au/parents](http://www.crunchandsip.com.au/parents)

### Foods allowed for Crunch&Sip®

Crunch&Sip® is a break that encourages kids to reach for veggies, fruits and water to refuel in the classroom. Support these healthy behaviours by only providing foods from the "Allowed" list below.

✓ ALLOWED	✗ NOT ALLOWED
✓ Raw or fresh vegies	✗ Dips, jams, or jellies
✓ Cooked vegies	✗ Processed fruit products (straps, roll-ups, bars)
✓ Raw or fresh fruit	✗ Vegie or potato crisps or chips
✓ Tinned fruit in water or juice only	✗ Baked goods (pies, cakes, fritters, quiches)
✓ Dried Fruit - in limited amounts	✗ Grain snacks (popcorn, crackers)
✓ Water	✗ Any drinks other than plain water

Supported by  
 

Learn more at [crunchandsip.com.au](http://crunchandsip.com.au)

Crunch&Sip®

### Eat a RAINBOW of vegetables everyday!

Different coloured vegetables provide different nutrients for growing bodies. Supplying kids with lots of different coloured vegies and fruits each day is the best kick-start we can give them for health, growth, and concentration in the classroom.

#### RED

Cherry tomato, radish, red capsicum, red apple, cherries, strawberries

#### ORANGE & YELLOW

Corn, yellow capsicum, apricots, mandarin, carrots, rockmelon

#### WHITE & BROWN

Cauliflower, nashi pears, mushrooms, white nectarine, banana

#### GREEN

Sugar snap peas, green apple, pear, cucumber, broccoli, grapes, frozen peas

#### PURPLE

Purple grapes, purple carrots, blueberries, plums, blackberries

Supported by  




Learn more at [crunchandsip.com.au](http://crunchandsip.com.au)

Crunch&Sip®

## Key Word Signs

Our Key Word Signs for this fortnight are:



happy

Clap heels of open cupped hands together twice, hands moving in small outward circles.



how are you

Place palm of open dominant hand on chest. Brush fingertips off chest and close hand with thumb extended. \*May use two hands



hello

Move open dominant hand side to side in air at chest height, palm away from body. (Natural gesture).



sad

Place edge of index finger of open dominant hand in front of face. Move this hand formation down in front of face with sad facial expression.

## Makuru

**Makuru** is the season from June to July. It is the time of the first rains. It is the coldest and wettest time of the year and when strong winds and storms tend to happen. People moved inland away from the coast for hunting and shelter in Makuru. They would eat tuberous plants and hunted swan. Makuru is also the season of fertility as animals prepare for breeding in the coming season. Pairs of Wardongs (ravens) fly together and flocks of Mali (black swans) prepare to nest.