

FOCUS NEWSLETTER

Wisdom, Respect, Courage



Issue # 45

Welcome to Freshwater Bay FOCUS Newsletter



***Be the role model you
needed when you were
younger***

Dear Parents and Guardians,

We had a very good night last Thursday with the Launch of our Fathers' Group, "Freshie Dads". We are very grateful for Steve Ryan, for his initiative and to Mint Real Estate (Peter and Fiona Clements) for sponsoring the night. We had a great turn out of Dads who enthusiastically engaged in all the activities and discussions. There was certainly a positive vibe in the room with excitement around our school and our community.

Our presenter from the Fathering Group, Steven Rushforth gave us some sobering ideas about the impact absent dads have both physically and metaphorically, by not being present with our children. He guided us through a range of activities that enabled us to become more informed on the value we bring to our children and also a range of activities that enable us to build positive relationships. His dialogue was humorous, informative and provided us with valuable advice.

This is fabulous start with a great deal to come. There will be a small executive team formed who will start to develop activities some that will involve Dads and children and some that are just for Dads. We look forward to hearing about them and for these events to become a regular and important part of our calendar.

There were some clear takeaway messages from the night:

- Dads are role models, children watch and listen to everything we do.
- How we treat our partners, has a significant bearing on how boys will in the future treat theirs and how our daughters will expect to be treated.
- Children learn confidence and competence from our positive messages around effort and being able to do things. They build an 'I can' message from our encouragement and support.
- Daughters learn about unconditional love, acceptance and confidence.
- Dad's create the gold standard for future romantic relationship.
- Daughters do better academically with an involved dad.
- Sons learn how to view and treat women in life.
- Sons learn their unique strengths and abilities and cherish them.
- Sons pick up outlook on life, how Dads manage the good and the challenging times.
- Sons learn how to raise a family.

One of the messages that Steven spoke about was the importance of having technology only in family areas and not for the reasons that many of us thought. It is not to check up on what our children are doing online but to be there so they feel safe. There are many things that children will encounter when learning about the cyber environment. If they face something that makes them feel uneasy they will more than likely look up and it is at that time we can see the unease and help them deal with what is presented to them and they can use us as a natural out. It is a bit like when they don't want to do something their peers are telling them, they can use mum and dad as the out card. If the computer is in their room they will more than likely not look up when faced with the same situation and because there is no one to help them, they will look back and this is when they can be groomed, bullied or involved in something that could do harm.

With this in mind I thought it would be a good time to remind all parents about the need for cyber safety and providing guidance around good safe practices for technology use. First and foremost, it is important not to be hypocrites, as children will do as we do, not always do as we say. Our use needs to model what we want to see our children doing. We need to arm our children with safe habits and practices around technology, so they learn the enjoyment, learning and connection that can come from its use. Fear, control and prohibition will not deliver positive outcomes and may actually result in children doing the exact activities that you were trying to protect them from.

Recently the laws around the taking of Intimate Images have changed, visit <https://department.justice.wa.gov.au/l/intimate-image-laws-youngpeople.aspx> to inform yourself of these important changes.



2019 CRSSG Div A Cross Country Carnival

On Thursday 13 June the Freshwater Bay Primary School X Country Team were hosted by Nedlands PS at Melvista Park for the 2019 CRSSG Division A Cross Country Carnival. Our team consisted of students from Years 3 – 6, with each year level required to compete over a race distance suited to their age group.

In the lead up to the event, many of our team had been preparing themselves at Running Club with Ms Alex Soutar, Ms Emma Webb and Ms Tara Grant, as well as parent Mr Bruce Young, who have encouraged the students through Running Club each Thursday morning, rain, hail or shine! Their dedication and commitment shone through with some outstanding individual results. Medallion winners included:

Evie Etheridge – Yr 3 Girls Bronze Medal

Cooper MacAuliffe – Yr 4 Boys Silver Medal

All members of our team are to be congratulated for the way they competed hard and gave their very best effort right through to the finish line.

After the overall points had been tallied at the completion of the carnival, FBPS were awarded 4th place which was a fantastic result given this was our first Div A cross country competition.

A special thanks to Miss Soutar, Ms Emma Webb, Ms Tara Grant and Mr Bruce Young who supervise Running Club Thursday mornings at Claremont Park and provide an opportunity for our students to pursue an active and healthy lifestyle.

Mr Dougan

Congratulations to Jack in year 5 who has been selected to play in the Alfa's cup in Croatia. Jack will be travelling to Croatia with a team of boys selected from various soccer clubs in Perth to compete as the only Australian team in the under 11's European tournament. They will have the opportunity to play against some of the best soccer teams in the world.

In addition to the soccer tournament which, will be live streamed, they been invited to have lunch with the Mayor of Croatia. We wish him all the very best and safe travels for Jack and James. Go Jack!



FROM THE FRENCH ROOM

Alliance Française Poem Competition - FINAL!

All of our Freshwater Bay entrants were successful in getting through to the final being held on Saturday 29 June! Noémie will be available for final rehearsals on Thursday 20 and Thursday 27 - at lunchtime in the French room. Congratulations to all students!



Mr Ariti was teaching life skills to our Year 5/6s, getting them involved with putting together IKEA furniture. The students were so motivated and engaged and Tangney Hall is more organised as a result! Looking forward to a revamped Tangney Hall. Watch this space!