



**Boddington**  
DISTRICT HIGH SCHOOL

# Boddington DHS Newsletter

Term 1 Week 1 2025



**Strive**

**Considerate**

**Responsible**

## From the Principal

Welcome to the 2025 school year! I hope all families shared a relaxing and enjoyable holiday break together. It was great to see the smiling faces of our students on their first day back for the year. We have had a smooth start, albeit a hot start, and I would really like to thank our students and parents who were so well organised with stationary items and uniforms. Welcome to those new families who are now attending Boddington DHS. I look forward to getting to know you all over the coming weeks.

It is great to be in my eighth year of principal at our wonderful school and I am really looking forward to an excellent year. Having spent two days with all staff prior to the students returning, I am extremely grateful for the quality of teachers, allied professionals and non-teaching staff we have at Boddington DHS. Their professionalism, dedication and determination to make a difference for all students at the school is to be commended.

At Boddington DHS our main focus is to develop confident and self-motivated lifelong learners who strive to succeed, are considerate of others, act responsibly and are successful members of society. As a school we will continue to reflect on our performance, seek feedback on how we can improve, and work together to support change. Our aim is to create a school where every student experiences a sense of connectedness and belonging to the school community, of being known as an individual; and where staff care about every student's overall progress and wellbeing. We believe that 'Every student matters, every day' at Boddington DHS and through working in partnership with our community all students will learn, grow and succeed.

## Coming Events

17 February - 28 February



**Swimming Lessons**  
Year 3 - 6

6 March



**Assembly - M1**

7 March



**Swimming Carnival**

Correct at time of printing



**Boddington**  
DISTRICT HIGH SCHOOL  
Learn • Grow • Succeed

## BDHS POSITIVE BEHAVIOUR EXPECTATIONS



**Strive**  
Do your best.

**Considerate**  
Be caring and mindful of others

**Responsible**  
Do what is expected and own your actions.

## OUR SCHOOL - SMILING MIND PRIMARY PROGRAM

We're excited to announce that this year we will be starting the Smiling Mind Primary School Program - an evidence-based program designed to support your child's social and emotional development. We'll be starting off soon, with students completing a new lesson topic each fortnight, with lessons including fun activities, discussions, and take-home worksheets to complete with families.

Smiling Mind also offers loads of free resources for families to explore together! From guided meditations to tools for fostering resilience, these resources are perfect for supporting wellbeing at home. Check them out here: <https://smilingmind.com.au/how-we-support>

This fortnight our first lesson will be learning all about Mental Fitness, and the skills that support lifelong mental health and wellbeing. Attached to this newsletter is an information sheet for you to read. Please take a look and keep your eye out for the first take-home worksheet your child brings home over the next fortnight.

## WELCOME NEW STAFF

We have been fortunate to retain most of our staff from last year, although there have been some changes to staff roles across the school. We welcome Mrs Kim Hughes, Ms Zoe Mottershead and Mrs Monica Treasure to our staff teaching team. Mrs Hughes is teaching Year 2 (C2) and brings with her a wealth of experience after teaching in various schools in the metropolitan and regional areas of Western Australia. Ms Mottershead, who will be teaching Year 6 on Thursdays, joins us as a graduate teaching having completed her final teaching practicum at Boddington DHS last year and working as a relief teacher at the end of 2025. Mrs Treasure, who has worked in the Boddington and Wandering communities for many years, joins us teaching Physical Education, Health and Careers in the primary and secondary school. We also welcome Mrs Michelle Cooney and Mr Daniel Shearing to our Allied Professionals team this year. Mrs Cooney joins us as a mainstream Education Assistant working in the Kindergarten in 2025 and Mr Shearing joins us as a Special Needs Education Assistant working with students in the primary school. I am sure Kim, Zoe, Monica, Michelle and Daniel will enjoy their time working at Boddington DHS.

## THANKYOU!

I would like to thank and acknowledge our cleaners for the great job they did over the holiday period. It is great to return to a work environment which is clean and tidy. We are most fortunate to have Mrs Norma Jemmerson (Head Cleaner), Mr Ryder Trease, Mrs Helen Marshall and Mrs Annette Norris (Cleaners). Our cleaning staff make a significant contribution to our school and their efforts are greatly appreciated.

We are currently advertising for a permanent cleaner to join our team. Please see the advert in this newsletter for details.

## CLASS PARENT MEETINGS

Parent meetings for primary classes will be conducted over the next few weeks. Notes will be sent home to inform parents of meeting times. Please take this opportunity to meet your child's teacher and ask him/her any questions you may have about the year ahead. I would like to take this opportunity to encourage all parents to remain in close contact with your child's teacher (primary) or form teacher (secondary). It is most important that the school works closely with parents to ensure students have the best possible opportunity to work to their potential. Also, please don't hesitate to contact Melissa Hughes, Rebecca Sullivan, Stephanie Whild or myself if you have any questions or concerns.

## ASSEMBLY

This term our assemblies will commence in Week 5 and will be two weeks apart which is due to Year 3-6 Swimming lessons running in week 3 and 4. Our first whole school assembly for this year will be at 8:50am in the undercover area on Thursday 6 March (Week 5). This assembly will be hosted by Mrs MacDonald's Year 5 class. Please see the term planner for dates of future assemblies.

## SCHOOL HATS

It is great to see that most of our students have a school hat to wear at recess, lunch and during outdoor activities. Primary student's hats are a wide brimmed or bucket style hat that is bottle green in colour. Secondary students can wear a plain black cap or bucket style hat. If your child does not have a school hat, you can purchase one from the school. Please make sure your child has a hat, especially in Term 1 when the UV is always above 2.



## P&C MEETING

All parents and caregivers of students at our school are invited to attend our Annual General Meeting in Week 3 on Wednesday 19 February 2025 at 3:15pm in the school library. The Parents and Citizens Association is a valuable asset to our school. They oversee the uniform shop in collaboration with the school and they fundraise to be able to assist the school in providing more for our students to enhance their learning and school experience. It is great to have a diverse group of people in the P & C, representing students from all years and backgrounds. At the AGM all office bearer roles will be vacated and new people will be voted into these roles. Support and training is available for people who nominate for an office bearing role.



## SCHOOL TIMES

The start of the school day is 8.50am. There is a 'warning' siren at 8.40am which is to let students know that there is 10 minutes until the start of the day. The purpose of this is to make sure students are in their classrooms preparing for the day so that they are ready to learn at 8.50am. The following siren times operate for all students:

<b>8:40 am</b>	Get prepared for the day
<b>8:50am</b>	<u>School commences</u>
<b>10:50-11:10am</b>	Morning Recess
<b>12:40pm</b>	Lunch
<b>1:17pm</b>	Toilet/drink/ return to class
<b>1:20pm</b>	Lessons commence
<b>3.00pm</b>	<u>End of Day</u>

Parents are reminded that students should not arrive at school before 8.30am unless they have made prior arrangement with Administration.

## SWIMMING LESSONS

We have been advised by the Department of Education that the Interm swimming lessons for students in Year 3 to Year 6 will begin on Monday 17 February and will finish on Friday 28 February. A note has been sent home to students involved with more details, payment information and permission forms.

## SCHOOL PHOTOS

Kapture Photography will once again be taking our school photos which will be held on Monday 17 and Tuesday 18 of March (Week 7). More information about school photos will be sent home closer to the date.

## VOLUNTARY CONTRIBUTIONS

Payment of Voluntary Contributions is now due. Funds raised through these contributions are used to purchase resources etc. to complement the educational programs we run throughout the school. If you are unable to pay at this time please speak to the office and we can arrange a payment plan for you. Thank you to those families who have already paid their contributions. As a school we are always conscious of the costs we seek from parents in relation to educational activities. School contributions can be paid at the office or by direct deposit.

Account Name: Boddington District High School  
(use student's surname as reference)  
BSB: 086 535  
Account: 037298090  
Contributions are as follows:

- Kindy - \$60 per year

- Per child (PP - 6) - \$60.00 per year
- Per child (7-10) - \$235.00 per year

## TERM PLANNER

Attached to this newsletter is the Term Planner for this term. Please place in a convenient location for easy reference.

Have a great year!

Regards

*Danielle Roache*

Principal

E-mail:

[danielle.roache@education.wa.edu.au](mailto:danielle.roache@education.wa.edu.au)



## SECONDARY ASSISTANCE SCHEME

Secondary Assistance is for parents with a Centrelink concession card with your child's name on the card and your child is in Years 7 –10.

The payment of \$235.00 towards your school fees and a clothing allowance of \$115.00.

Applications Close: **11 April 2025**

Contact Mrs Cunningham for application forms on 9884 2900 or

[Rhonda.Cunnington@education.wa.edu.au](mailto:Rhonda.Cunnington@education.wa.edu.au)



## WELCOME BACK!

Welcome back! It has been a long summer and many families are happy to be back into a routine. I know I certainly am! The start of school can be a busy time, with rush of buying stationary and getting lunches organised, worries and fears can build up in the children. But as we settle into our new routine and they start to develop new friendships and relationships with teachers and staff, all these worries will likely drift away. Remember to be kind to yourself and allow space for quite time. This year the children will be discovering a lot about the power of mental fitness, and we look forward to uncovering and sharing some exciting new programs in school. In the meantime, here is a link to healthy children.org blog with lots of tricks and tips to get you settled back into the daily school routine.

[Back-to-School Tips for Families - HealthyChildren.org](https://www.healthychildren.org)

*Rebecca Sullivan*

Learning Support Officer



# Smiling Mind Primary School Program

## Family Information Sheet



### About Smiling Mind

Smiling Mind is Australia's leading digital-led, prevention-focused mental health not-for-profit. We've impacted millions of people through our renowned mental fitness app and school programs.

### The Smiling Mind Primary School Program

This year, our class will be doing the Smiling Mind Primary School Program—an evidence-based program designed to support your child's social and emotional development. Each lesson includes fun activities, discussions, and take-home worksheets covering decision-making, managing emotions, building positive connections, resilience, and more.

### What is mental fitness?

Just like we know that eating healthily and being active is good for our bodies, there are things we can do to keep our minds healthy, too. We can practise mental fitness in five key areas:



#### Live Mindfully

Focusing on our thoughts, feelings, body, and environment helps us choose how we respond.



#### Embrace Flexible Thinking

Being open to new ideas and ways to solve problems to build adaptability and positivity.



#### Grow Connections

Positive connections with others and our environment create a sense of safety and support.



#### Act Purposefully

Doing meaningful activities fosters pride and a sense of accomplishment.



#### Recharge Your Body

Taking care of our physical health through rest, movement, and relaxation supports overall wellbeing.

### Why learn about mental fitness?

Half of all mental health conditions first emerge before the age of 14<sup>1</sup>, and nearly half of us will experience a mental disorder in our lifetime<sup>2</sup>. With rising rates of mental illness, teaching mental fitness skills during primary school is crucial for laying the foundations that help manage life's ups and downs.

### How you can get involved

1. Download the free Smiling Mind app to access the suggested activities and meditations during the year.
2. Talk with your child about their Smiling Mind lessons.
3. Check out the take-home worksheets and complete activities as a family.

### Want to learn more?



Scan the QR code to access free mental fitness resources for your family.

<sup>1</sup>Wessler, RD et al. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*, 62: p. 593-602.

<sup>2</sup>Australian Bureau of Statistics. (2020-2022). National Study of Mental Health and Wellbeing. ABS. <https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/latest-release>.

## FROM THE LIBRARY

Welcome back everyone,

I am looking forward to helping all our students find books that they enjoy reading.

Please make sure that students from Kindy to Year 3 have a library bag with their name on it.

*"You can find magic  
wherever you look.  
Sit back and relax,  
all you need is a book."  
- Dr. Seuss*



*Mrs Sharon Bell*

Library Officer - Mon to Thurs



## CHAPPIE'S CHAT

Welcome back to 2025!

My regular Chaplain days are Monday and Tuesday. I look forward to helping support your family with stationary, second hand uniforms, breakfast club, excursions and building resilience and confidence in your children. Please don't hesitate to contact me if you have anything I may be able to help with.

**"Learn from yesterday. Live for today. Hope for tomorrow."**

*Sharon Johnstone*

Chaplain BDHS



## SCHOOL BUS

**A quick shout-out to all the awesome parents whose child catches a bus – if your kiddo isn't riding the bus, give your cool bus driver a heads up. Whether it's a sick day or a doctor's appointment, just drop a quick message so we can keep things smooth.**

**Big thanks for being awesome bus partners!**



# CLEANER WANTED



Boddington District High School  
is seeking a dedicated and  
enthusiastic Cleaner to join their  
friendly team.

You are encouraged to apply through Jobs WA  
([jobs.wa.gov.au](http://jobs.wa.gov.au))

Applications close: 4.30pm (AWST) on Monday,  
17 February 2025



Get a date  
with your state

**WE'RE  
RECRUITING!**



**THOUSANDS**  
of State Election  
**POLLING  
JOBS**

**MARCH  
2025**

**APPLY  
NOW**



- Earn extra cash
- Work for a day or more
- Do your bit for your state



[www.persolkelly.com.au](http://www.persolkelly.com.au)

# Term 1 Planner B D H S Students 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
1	3 Feb School Development Day	4 Feb School Development Day	5 Feb Student Resume	6 Feb	7 Feb
2	10 Feb	11 Feb	12 Feb	13 Feb	14 Feb
3	17 Feb Swimming Lessons Yrs 3, 4, 5 & 6	18 Feb Swimming Lessons Yrs 3, 4, 5 & 6	19 Feb Swimming Lessons Yrs 3, 4, 5 & 6  Student Leader Camp – Yr 6 – 10	20 Feb Swimming Lessons Yrs 3, 4, 5 & 6  Student Leader Camp – Yr 6 - 10	21 Feb Swimming Lessons Yrs 3, 4, 5 & 6
4	24 Feb Swimming Lessons Yrs 3, 4, 5 & 6	25 Feb Swimming Lessons Yrs 3, 4, 5 & 6	26 Feb Swimming Lessons Yrs 3, 4, 5 & 6	27 Feb Swimming Lessons Yrs 3, 4, 5 & 6	28 Feb Swimming Lessons Yrs 3, 4, 5 & 6
5	3 Mar Labour Day Public Holiday	4 Mar	5 Mar	6 Mar  Assembly – M1	7 Mar Swimming Carnival Yr 3 - 6
6	10 Mar	11 Mar	12 Mar NAPLAN	13 Mar NAPLAN	14 Mar NAPLAN
7	17 Mar NAPLAN  Kapture School Photo Day	18 Mar NAPLAN  Kapture School Photo Day	19 Mar NAPLAN	20 Mar NAPLAN  Assembly – B5	21 Mar NAPLAN
8	24 Mar NAPLAN	25 Mar	26 Mar	27 Mar	28 Mar Interschool Swimming Carnival
9	31 Mar	1 Apr	2 Apr	3 Apr  Assembly – C2	4 Apr
10	7 Apr	8 Apr	9 Apr	10 Apr	11 Apr

Correct at time of printing