

# ROSSMOYNE REFLECTIONS



NEWSLETTER NO. 1

Friday 15 February 2019

Virtue of the Month for February—Integrity

Next Newsletter—15 March 2019

*Together we empower global citizens.*

## PRINCIPAL'S MESSAGE

*welcome  
back to  
school*

I would like to extend a warm welcome to all school community members to the 2019 school year, particularly those new to our school. We have had a very smooth start to the school year, due to the careful planning staff undertook in the holidays and the support parents have provided to ensure their child/ren were ready and prepared for the year ahead. Many programs including instrumental music, Running Club and Edudance have already commenced and others such as Choir and River Rangers will commence shortly.

We have welcomed three new teachers to our team this year. Ms Barzotto, Mrs Beasley and Mrs Overmars are thrilled to be at Rossmoyne Primary School and have already settled in.

Everyone has quickly adjusted to our new recess (11.00 to 11.20 am) and lunch (12.50 to 1.35 pm) times and the benefits of having more teaching and learning time in the mornings is already benefitting both teachers and students.

### 2019 Contributions and Charges

Invoices for this year's Contributions and Charges were sent home with all students this afternoon. Please note that any credits from 2018 have already been deducted. These contributions are an important element of our school's

finances and allow us to provide your children with additional resources and opportunities. Thank you in anticipation of your payment. Please bring your invoice with you if you are paying at the office as each invoice is individualised.

Also coming home with your child/ren today is a school magnet. These have been organised and funded by our school's P&C Association. Thanks P&C!



### School Board Parent Representative Nominations

There are currently two Parent Representative vacancies on our School Board. The School Board is an important decision making group of our school comprising of staff, parent and community representatives. Information about our School Board such as its roles and responsibilities is available on our school website. If you would like to nominate for these positions, Nomination Forms are available by contacting the front office. Nominations close at 2.00 pm on Friday 22 February. If more than two nominations are received, I will conduct an election. Please don't hesitate to contact me if you would like to discuss this opportunity.

### Contact Details

If any of your contact details have changed can you please let us know. It's very important that we are able to contact you if your child is unwell or if an emergency occurs.

### Parking

The safety of our students and all school community members is of the highest priority to us. While I appreciate that parking at the beginning and end of school days can be difficult and frustrating, it is vital that we are all patient and courteous to others and abide by the parking signs. Unlawful parking in school areas is a major safety hazard. The rangers from the City of Canning will be issuing parking infringement notices for incorrect, unlawful or dangerous parking. Please read the Safety Around Schools brochure developed by the City of Canning included later in the newsletter. Thank you in anticipation of your cooperation.



*Rochelle Williamson*  
Principal

### Upcoming Events

- \* 18 Feb.—P&C Meeting, 7.30 pm, school library
- \* 21 Feb.—Room 19 Assembly
- \* 1 March—School's Clean Up Day
- \* 4 March—Labour Day Public Holiday
- \* 7 March—Room 8 Assembly
- \* 13 March—Faction Swimming Trials, Years 3 to 6

*Integrity   Respect   Courage   Belonging*

[www.rossmoyneps.wa.edu.au](http://www.rossmoyneps.wa.edu.au)

SCHOOLWATCH: 1800 177 777

[Rossmoyne.ps@education.wa.edu.au](mailto:Rossmoyne.ps@education.wa.edu.au)

## 2019 STAFF

### PRINCIPAL

Miss Rochelle Williamson

### DEPUTY PRINCIPALS

Mrs Joanna Ashby and Mr Greg Wilson

### TEACHERS

Pre-primary, Rm 17 - Mrs Lee Banks and Mrs Rachel Cordina

Pre-primary, Rm 18 - Mrs Karen Kunnen and Mrs Jodi Pailthorpe

Year 1, Rm 13 - Mrs Kylie Lawer

Year 1, Rm 14 - Ms Lauren Barzotto and Ms Nina Thomas

Year 2, Rm 15 - Mrs Beth Stringer

Year 2, Rm 16 - Ms Nina Thomas and Mrs Claire Scott

Year 2/3, Rm 8 - Mrs Leonie Morrell and Mrs Deborah Holtmeulen

Year 3, Rm 9 - Mrs Shelley Dowell

Year 3, Rm 10 - Mrs Tamara Vermeulen and Mrs Monique Hill

Year 3/4, Rm 22 - Mrs Selina Valentine

Year 4, Rm 19 - Miss Lauren Wells

Year 4, Rm 21 - Mrs Julie MacDonald

Year 5, Rm 20 - Mrs Sophie Beasley and Mrs Anusha Singh

Year 5, Rm 23 - Mrs Julie Royal and Mrs Sherylle Webb

Year 5/6, Rm 24 - Mrs Sue Marshall and Mrs Sherylle Webb

Year 6, Rm 25 - Ms Nousha Sas and Mrs Adele Combe

Year 6, Rm 26 - Mrs Lisa Overmars

EAL/D Support - Mrs Di Williams

Music - Miss Natalie Tran

Physical Education - Mr Mitchell Bycroft

Languages - Mrs Ge Ching Foo

DOTT and Support Teachers - Mrs Rachel Cordina, Mrs Anusha Singh and Mrs Sherylle Webb

### MANAGER CORPORATE SERVICES

Mrs Sabrina Blankley

### SCHOOL OFFICER

Ms Kerry Donovan

### LIBRARY OFFICER

Ms Peta Buller

### PARA-PROFESSIONALS

Mrs Maryanne Brentson

Mrs Cheryl Ericsson

Mrs Melissa Stephens

Mrs Claire Veen

Mrs Renee Shapcott

### SCHOOL CHAPLAIN

Mr Neil Critchley

### GARDENER & HANDYMAN

Mr Scott Davies

### TECHNICAL SUPPORT OFFICER

Miss Shaylene Coulson

### CLEANERS

Miss Sharna Coulson

Mrs Jane Ahmed

Mrs Adelina Duran Carvajal

### SCHOOL PSYCHOLOGIST

Ms Jessica Phillips

### SCHOOL CHAPLAIN

Mrs Renee Shapcott



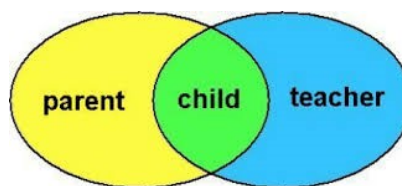
# PARENT-TEACHER communication

Regular contact between teachers and parents is essential and important. It is hoped that parents will contact their child's class teacher regularly on an informal basis throughout the year but parents can also request an interview time with teachers for more formal discussions. Please send a note to the office or teacher or write a note in your child's diary (Year 1 to 6 students) so a mutually convenient time can be arranged. Arranging an interview for more formal discussions rather than just 'popping in' allows the teachers to be adequately prepared and also provides you with the opportunity to speak to them confidentially and without interruptions.

## Parent Meetings

I hope you are able to attend the Parent Meetings being held next Monday, Tuesday and Wednesday evenings. These meetings provide the opportunity for you to meet your child's teacher, learn about the classroom routines, expectations etc, and also provides you with an opportunity to ask questions.

- Rm 17 & 18—Monday 18 Feb, 5.15 pm
- Rm 8, 13, 14, 15 and 16—Monday 18 Feb, 6.00 pm
- Rms 9 & 10—Tuesday 19 Feb, 6.00 pm
- Rms 19, 20, 21 and 22—Tuesday 19 Feb, 6.30 pm
- Rms 23, 24, 25 and 26—Wednesday 20 Feb, 6.00 pm



## Please support us to keep your child/ren safe by remembering.....



- no dogs are permitted on school grounds.
- we are a nut aware school—please avoid sending nuts and nut based products to school in your children's lunchboxes including muesli bars. We have a significant number of children in our school with severe nut allergies which can cause life threatening anaphylactic reactions.
- no children are permitted to play on the playgrounds before or after school as no staff are on duty before 8.30 am or after school
- to arrange for your child/ren to go to OSH Club if they will be arriving at school before 8.30 am and when you are unable to collect them promptly at the end of the school day.

Thank you in anticipation of your cooperation.



## School Chaplaincy Service

Mrs Renee Shapcott is our School Chaplain. The chaplaincy service is an important part of our school's pastoral care strategy. Although our school strongly supports Renee, we understand that you, the parent, may have objections to your child/ren interacting with or accessing the services of our Chaplain. If you do object, please visit the office to complete an Opt-Out form. As YouthCARE **Chaplaincy is an 'Opt-Out' program**, if you do not complete an Opt-Out form, we will assume that you give permission for your child/ren to access the Chaplaincy services if needed.



## Red Nose Charity

Our school's previous Principal, Mr Geoff Anderson, is again participating in the Sunshine Beach Run on 10 March to raise money for the Red Nose Charity. This is a cause close to Geoff's heart as he knows of several families who have been devastated by the loss of a child. You can help Geoff make a difference by donating to this heartfelt cause through the link below.

<https://sunshinebeachrun2019.everydayhero.com/au/geoff>

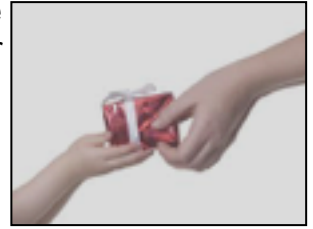
Any contributions will be gratefully appreciated.





### Thank You!

Thank you to all the children, families and staff who donated Christmas gifts and items for re-gifting to the Saint Vincent de Paul Christmas Appeal. The lady who accepted the donations at the Canning Vale depot was amazed and moved to tears by your kindness when she found out that the gifts were from the Rossmoyne Primary School community. Your generosity made a huge difference to many families at Christmas time. From the Emoji Pre-primary students (now in Year 1) and the teaching team.



### Community Health Nurses in Primary Schools

Community Nurses visit all primary schools in the Canning Region throughout the year. My name is Robyn Brown and I am the nurse allocated to your school. Community Health Nurses work in schools to promote healthy development and wellbeing so students may reach their full potential. A major part of our work is focused on early intervention and the School Entry Health Assessment program.

Community Health Nurses serve as a health contact point for children and their families, provide information, assessment, health counselling and referrals. The services provided are free and confidential. If you have a concern about your child's health or development, please contact me on **9258 8053**.



### Can Recycling Competition

Our Can Recycling Competition starts next Monday 18th February and runs for 2 weeks. The students in Room 10 will collect the cans from outside all classrooms each day. The students in the class that brings in the most cans will each receive an icy pole. All money we raise goes to our school's World Vision sponsor child, Leakhena Srun, who lives in Cambodia.

# World Vision



### Positive Mental Health—Tips for Parents

- \* Let your kids fail - don't sweep all obstacles from a child's path and create the illusion that everything works out easily.
- \* Give kids emotional support in the face of a challenge. Cheer them on to keep trying and reassure

them with constant love.

- \* Understand that children aren't gleeful every minute of the day - happiness can't be assessed from moment to moment, try to take a long view.
- \* Encourage kids to play sport or do activities with groups to learn new skills - but let them make their own choices.

**BULLYING. NO WAY!**  
TAKE A STAND TOGETHER

Friday 15 March 2019  
[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

**National Day of Action** against Bullying and Violence



## What's Happening In Sport?

Morning Running Club: Morning Running Club has commenced again on Monday, Wednesday and Friday mornings from 8:15-8:30 am. It's been great to see so many students coming along and to see some new faces trying to become fit and healthy. Those who come will now receive a raffle ticket to go in the Phys Ed draw to receive brand new equipment. Keep up the good work!

Cricket trials: Selection trials have been held for boys and girls from Years 5 & 6 for our inter-school cricket teams. The teams will be finalised next week.

Inter-school Cricket Carnival: Friday 8<sup>th</sup> March, Parkwood Primary School.

Swimming Trials: The trials will be held at Riverton Leisureplex for students from Years 3 to 6 on Wednesday 13<sup>th</sup> March, 9-11.30 am.

Faction Swimming Carnival: The carnival will be held at Riverton Leisureplex for students from Years 3 to 6 who were selected from the trials. This event will be held on Wednesday 27<sup>th</sup> March, 9 to 11.30 am.

Inter-school Swimming Carnival: Students selected from the Faction Swimming Carnival will compete in the Interschool Swimming Carnival at Fremantle Aquatic Centre on Tuesday 9<sup>th</sup> April, 9 to 11.30am.

EduDance: Edudance lessons are being held on Wednesdays and Fridays this term. The concerts will be on

- \* Friday 5<sup>th</sup> April, 2.15pm—14,15,16,18, 21,22,24,26 and
- \* Wednesday 10<sup>th</sup> April, 2.15pm—Rms 8, 9, 10,13,17,19,20,23,25

2019 WAFC Writing Competition: The West Australian Football Commission are holding a Writing competition for Year 3 to 6 students in Western Australia. For more details, see the flyer on the notice board outside the Phys Ed office and Music room. Entries close Friday April 12<sup>th</sup>. Entry Forms are available from Mr Bycroft.

Fremantle Footy Female Come and Try Day: Thursday 21<sup>st</sup> February at Legacy Park, Cockburn Central 4:00—5:30 pm. Free AFL skills clinic and signing session by Fremantle Docker players. The Fremantle Women's AFL team will train after the session. Please see flyer outside the Phys Ed Office for more details.

## Languages News

On behalf of the school community, I would like to welcome Miss Luo to our school. Miss Luo will be assisting Mrs Foo during Languages lessons on Tuesdays and Wednesdays.

Miss Nan LUO (罗男) is a postgraduate student from Central China Normal University, Wuhan, majoring in Applied Linguistics. Miss Luo has previous experience as a part-time teacher. She has taught Chinese to foreign students in China and has also worked as a teaching assistant at a training school. She has a range of interests including reading, drawing, traveling and playing the Pipa - a traditional Chinese instrument.



## The Importance of Home Reading

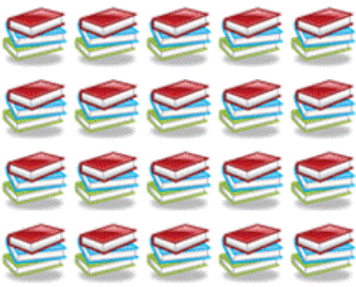


Our school's Homework Policy strongly encourages daily reading at home. Children in Pre-primary to Year 2 are encouraged to read for 10-20 minutes per day and those in Years 3 to 6 are strongly encouraged to read for 20 minutes per day.

Home Reading could involve.....

- child/ren reading to parents;
- parents reading to your child/ren;
- parents reading to and with your child/ren, or
- child/ren reading independently.



## WHY READ 20 MINUTES AT HOME?

Student A Reads	Student B Reads	Student C Reads
20 minutes per day.	5 minutes per day.	1 minute per day.
3 600 minutes per school year.	900 minutes per school year.	180 minutes per school year.
1 800 000 words per year.	282 000 words per year.	8 000 words per year.
		
If children start reading for 20 minutes per night at home in Kindergarten, by the end of grade 6, Student A will have read for the equivalent of <b>60 school days</b> , Student B for <b>12 school days</b> , and Student C for <b>3 school days</b> .		

**Want to be a better reader? SIMPLY READ**

Leslie Dent Scorsello  
Source: <http://www.usd343.net/vnews/display.v/ART/5060992ac7eb2>



## Parents and Citizens' Association

All parents are welcome and encouraged to attend the first Parents and Citizens' Association meeting for 2019 which is being held on Monday, commencing at 7.30 pm in our library. It's a great way to hear about what's happening in the school, make friends and be a part of our school community. Our P&C provides vital support to our school by providing resources such as playground equipment and opportunities for our students and their families such as discos, fun days and family movie nights. We hope to see you on Monday evening.

Bendigo Bank School banking has recommenced. It is held on Friday mornings at 8.15 am. The second hand uniform shop is also open on Friday mornings between 8.15 to 9.00 am. Thanks to our P&C for organising these opportunities for our school community!

### 2019 Lunch Orders

The menu for this semester has changed significantly from the 2018 menu. Only items on the **NEW MENU** are available. Please ensure you and your children refer to the menu below when ordering.

Please remember, lunch orders are only available on **Wednesdays, Thursdays and Fridays**.



## Rossmoyne Primary School Semester 1 2019 Menu

Supplied by Antonios at Rossmoyne Village Shopping Centre  
Phone: 9457 0222

### ONLY AVAILABLE ON WEDNESDAYS, THURSDAYS AND FRIDAYS

Please ensure correct change is given and your child's name and room number are marked clearly on their order.

Orders are to be placed in red box located outside the ART ROOM by 8.55.

Orders after 8.55am need to be taken to the office or Antonios.

No orders are available after 10.30am.

Code	Menu Item	Price
	Cheese & Ham Toasted Sandwich	\$4.00
	Cheese & Onion Toasted Sandwich	\$4.00
	Cheese & Tomato Toasted Sandwich	\$4.00
	Cheese & Beans Toasted Sandwich	\$4.00
	Chicken & Cheese Toasted Sandwich	\$4.00
	Sandwich Pack (includes piece of fruit) cheese, ham, tuna, chicken, egg, salad or vegemite	\$5.00
	Crunch pack - carrots, celery & dip	\$3.50
	Quiche assortment: cheese & bacon, cheese & tom and spinach & feta	\$3.50
	Vegemite & Cheese Scrolls or Cheese and Ham Scrolls	\$3.50
	Pizza Sub - vegetarian, Hawaiian or ham & cheese, cheese	\$4.00
	Wraps/ Rolls - cheese, ham, tuna, chicken, egg or salad	\$5.00
	<b>SNACKS</b>	
	Popcorn	\$2.00
	Fruit Salad Tub	\$3.50
	Muffin of the Day	\$2.00
	Piece of fruit	\$1.00

- Green foods are sources of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ).
- Amber foods have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute to excess energy (kJ).
- Red foods lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ) Red foods are not included in this menu.

**LUNCH ORDERS WILL ONLY BE AVAILABLE ON WEDNESDAYS, THURSDAYS AND FRIDAYS IN 2019.**

# Rossmoyne OSH Newsletter

February 2019

## Healthy Eating

### Cooking ideas for afternoon tea

We have been gathering ideas about how we can get the kids involved with afternoon tea snacks and what better way than to make it a fun activity! We have used the 'Packed with Goodness' book from the Live Lighter campaign to help gather ideas. Below is what we have planned for this term.

- Pizza scrolls
- Fruit muffins
- Muesli Bars
- Bean Balls

### Bean ball Ingredients

400 g can no-added-salt chickpeas, drained

1/2 cup frozen peas, defrosted

1/2 cup carrot, sweet potato or pumpkin, grated

3 tbs wholemeal plain flour

1 tbs canola oil



## Service Update

We would like to welcome everyone back. We have got straight back into routine with new enrolments and children joining the service. It is great to see old and new faces.

JAG is continuously trying to improve their services and customer issues/problems but due to a high influx of calls and communications please don't forget to touch base with the service first, and we will try to assist you. If you are having difficulty enrolling, booking or with your portal, we can take a look at your account to see what the issue/problem is and possibly fix it quickly. We always try to make sure that before and after school care is not stressful for parents/guardians and help where we can.

We would love more involvement from parents, whether it be general feedback, ideas/suggestions or even some donations that can assist with our activities or sustainability goals.

Many thanks for all your support.

## Service Highlights

The new school term has begun and we already have had some great highlights;

- increase in bookings/new families
- ideas from children and planning ahead
- community projects initiated
  - environmentally friendly projects ongoing
  - children becoming more independent
- new afternoon tea menu



- Providing creative and engaging experiences for all children.
- Delivering fun, educational activities that develop life skills.
- Ensuring there are inclusive programs that appeal to all children.
- Establishing regular clubs at OSHC for children to join in.
- Facilitating a homework club – helping busy families at the end of the day.
- Offering children lots of delicious, fresh and nutritional food choices.



## Community Links

This year we are trying to get at least 2 visits per term. If you would like to get involved or know any contacts that would be useful, please let us know. At present we are planning a sporting visit and a sensory incursion based visit.

We will also be completing some fundraising for various charities.

**Service phone number: 0478 182 380**

**Coordinator: Roisin Devine**

**Educators: Lucinda Spence and Louisa Pagnoni**

**Opening Times:**

**BSC Monday-Friday: 7-9am**

**ASC Monday: 2:00-6pm**

**Tuesday – Friday 2:30-6pm**

Reliance HR Solutions Pty Ltd ACN 154 205 160

A Junior Adventures Group of companies | ABN 63 606 520 316 | 50 Downing St, Oakleigh VIC 3166 | 03 8564 9000

Service Newsletter Version 1



## Community Announcements

### Common Signs

Parking prohibitions are imposed to regulate and modify parking patterns. Their main function is to ensure that potential vehicle/pedestrian conflicts are eliminated.



#### No Stopping

You must not stop on a length of road to which a No Stopping sign applies.



#### No Parking

You may stop in a No Parking zone for a maximum of 2 minutes to drop off or pick up passengers. You must stay within 3 metres of your car at all times.



#### Parking Signs

Parking signs with specified time limits allow drivers to park their vehicles only within certain time periods.



#### Bus Zone

You must not stop or park in a bus zone.

### Common offences around Schools

PLEASE BE ADVISED THIS IS A CAUTION FOR THE OFFENCE BELOW:

Nature of Offence	Penalty
<input type="checkbox"/> Stopping contrary to a 'no stopping sign'	\$80
<input type="checkbox"/> Parking contrary to a 'no parking sign'	\$80
<input type="checkbox"/> Stopping/Parking on path, median strip or traffic island	\$80
<input type="checkbox"/> Obstructing access to and from footpath	\$80
<input type="checkbox"/> Double parking	\$80
<input type="checkbox"/> Stopping on verge	\$60
<input type="checkbox"/> Causing obstruction	\$80
<input type="checkbox"/> Parking against the flow of traffic	\$80
<input type="checkbox"/> Stopping in a bus zone or near bus stop	\$60
<input type="checkbox"/> Parking contrary to signs or limitations	\$60
<input type="checkbox"/> Denying access to private drive or right of way	\$80
<input type="checkbox"/> Driving or parking on a reserve	\$60
<input type="checkbox"/> Stopping in disabled parking area	\$300

Please refer to the City of Canning Parking Local Law 2010 for the full list of prescribed offences.

#### City of Canning

1317 Albany Hwy, Cannington, Western Australia 6107  
Ph: 1300 4 CANNING (1300 422 664)  
E: customer@canning.wa.gov.au  
canning.wa.gov.au

### Safety around SCHOOLS



Working together for a safe community

### School Parking

In an effort to provide a safer environment for everyone, Officers from the City of Canning patrol school parking in the mornings and afternoons throughout the school term.

It is imperative that drivers are aware of the road rules and understand signage around schools to ensure the safety of children, road users and pedestrians in general. Unlawful parking in school areas is a major safety hazard and parking infringement notices may be issued for incorrect, unlawful or dangerous parking.

At the beginning of each school year, City Officers conduct educational patrols in school areas. During this period Officers remind drivers of the need to park legally and safely and ensure compliance with the City's Parking Local Law 2010.

As part of this initiative, City Officers work closely with the school community to promote safety around schools. Information leaflets are also distributed to schools for inclusion in school newsletters to advise parents of the parking requirements under the Local Law.

#### Common Parking Problems

- Stopping/Parking in a **No Stopping** area
- Parking in a **No Parking** area
- Stopping/parking on a footpath
- Double parking
- Stopping/Parking on a verge without the adjoining occupiers consent
- Parking so that the vehicle causes an obstruction
- Parking against the flow of traffic
- Stopping/parking in a bus stop



### Tips for Parents

- Observe Parking restrictions (read the signs)
- Stick to the speed limits at all times
- Be aware – *young children can be unpredictable and hard to see!*
- Be courteous and responsible
- Use 'Pick Up and Set Down' areas correctly (if provided)
- Always be aware of children
- Walk or cycle to and from school
- Plan your trip so that you arrive earlier
- Stop on the school side so your child does not have to cross the road
- Use the crosswalk services at all times
- Utilise parent's parking bays (where provided)

#### What NOT to do

- Block driveways
- Stop or park on footpaths
- Obstruct children's pedestrian crossings
- Get frustrated – *try and stay calm*
- Ignore speed limits around schools
- Ignore parking signs

Please contact Ranger and Community Safety Services on 1300 4 CANNING (1300 422 664) if you need help or advice regarding parking.

### School Zones

40km/hr school zones are in place around every school in the City of Canning. School zones operate from 7.30am to 9am in the morning and 2.30pm to 4pm in the afternoon.

Children warning signs and 40km hour school speed zone signs are the responsibility of Main Roads WA and requests for additional signs or sign damage reports should be directed to them on 138 138.



#### Pick Up and Set Down Areas

Pick Up and Set Down Areas are designed to allow large numbers of vehicles/parents to pick up or set down their children in a short length of time. Typically they are located adjacent to the main school entrance.

When using these areas, kiss your child, say goodbye, allow them out and drive away as soon as possible. When using the designated Pick Up and Set Down Areas around schools never leave your car unattended.

Contact your local school to find out if a 'Pick Up and Set Down' initiative is in place.



Rossmoyne Primary School provides these Community Announcements as a service to the community, students and families. Inclusion in our school newsletter or any other means of delivery does not imply any endorsement of these events.



Government of Western Australia  
Child and Adolescent Health Service

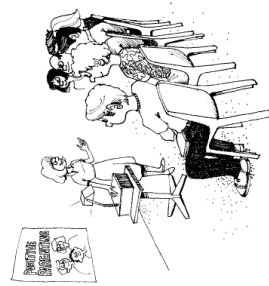


## FREE PARENTING SEMINARS

You are invited to attend the Triple P Seminar Series. You will learn practical, positive and effective ways to deal with common behavioural problems and ways to help your child achieve their best at school and in the future.

Parents are encouraged to attend all 3 seminars:

1. *Children's behaviour - the tough part of parenting*
2. *Raising Confident Children*
3. *Raising Emotionally Resilient Children*



The next **FREE** 3 week Series is held:

**When:** Starting **[Wed 13 Mar 2019]**  
**Location:** Cannington Leisureplex  
**RSVP:** Bookings are essential and places are limited.

**Please visit [healthywa.wa.gov.au/parentgroups](http://healthywa.wa.gov.au/parentgroups) to book your place.**

To find other available programs visit our website  
**[www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups)**



### Rossmoyne/Shelley Girl Guides

We are looking for new members! We engage in a range of activities such as cooking, camping, hiking, service projects, working on leadership skills, teamwork and a whole lot more. Join us for a fun and exciting time with a group of adventurous girls and friendly leaders. We meet at the Rossmoyne community hall on the corner of Central Road & 4<sup>th</sup> Avenue.

\* Cygnets (age 5-9) Tuesday 4:30-6pm.

Contact Sarah— [rossmoyne.shelleybrownies@gmail.com](mailto:rossmoyne.shelleybrownies@gmail.com)

\* Black Swans (age 10-14) Wednesday 6-8pm.

Contact Janet— [blackswanguides@gmail.com](mailto:blackswanguides@gmail.com)

**SATURDAY 23 MARCH 2019**  
**Rotary Tour of the Blackwood**  
**<https://www.blackwoodtour.info/>**  
**RIDE FOR YOUTH MENTAL HEALTH**





2019



FAMILY FRIENDLY FISHING! | ALL AGES AND ABILITIES WELCOME

Join us for Perth's Premier family friendly fishing event  
held on the banks of the Swan River, Perth WA.

23 - 24 FEBRUARY 2019

This annual event is all about encouraging families to sample the excellent fishing on offer in our iconic Swan River. It is a 'catch, click and release' event where participants use a smartphone app to take a picture of their catch, submit their catches online before releasing the fish.



VISIT [SWANFISH.COM.AU](http://SWANFISH.COM.AU) TO REGISTER | [FACEBOOK.COM/SWANFISHWA](https://www.facebook.com/SWANFISHWA)



## Community Announcements cont.



Government of Western Australia  
Child and Adolescent Health Service



### Triple P - Positive Parenting Program®

A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.

#### Who is this program for?

Parents, carers and/or grandparents of a child aged between 3 and 8 years.

#### What is involved?

- **Seminar Series** – 90-minute talks on:
  - children's behaviour
    - the tough part of parenting
  - raising confident children
  - raising emotionally resilient children.
- **Discussion Group** – small, 2-hour groups:
  - misbehaving
  - fighting and aggression
  - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.



#### Program details:

Type:	Seminar Series
Place:	corner of Wharf & Sevenoaks St - Cannington Leisureplex
Date/s:	Wednesdays 13 March, 20 March, 27 March 2019
Time:	9:30am - 11:30am
Cost:	FREE

#### How do I book?

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups).

If unable to book online, contact the Child Health Booking System on 1300 749 869.

**Childcare:** Please do not bring babies and children over the age of 6 months to the group. You will need to make your own childcare arrangements for them. Crèche may be available at some venues. (Please check and organise through the venue).

You can bring babies into groups for feeding.

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups) for more information.

This document can be made available in alternative formats on request for a person with a disability.

December 2018 CAH-001009\_TripP

## Community Announcements cont.



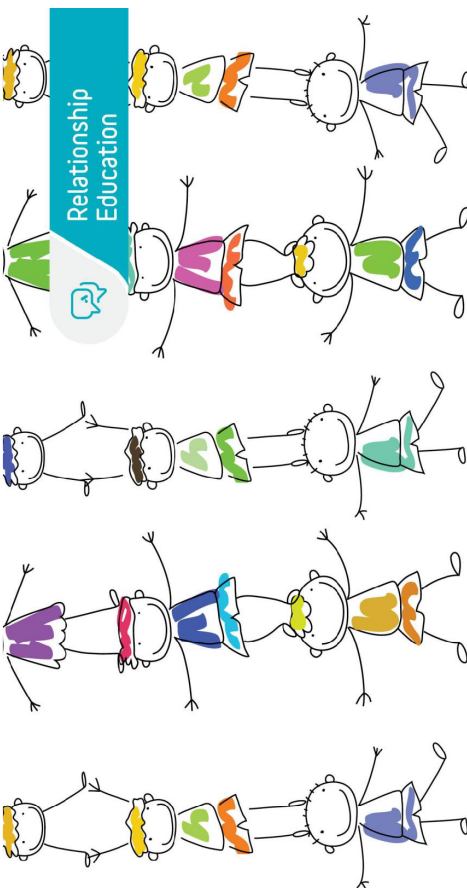
### Parenting from the Same Page

You're a couple with a child... or children... but each of you may have different experiences and expectations about parenting.

This seminar will provide some time to consider how you can support each other as a parent and enrich the relationships in your family.

**Date:** Tuesday 19<sup>th</sup> February 2019  
**Time:** 6.15 pm - 8.30 pm  
**Cost:** \$20.00 pp  
**Venue:** Geoffrey Sambell Centre  
 23 Adelaide Terrace  
 EAST PERTH  
**BOOKINGS ARE ESSENTIAL**

Register today  
 1300 11 44 46  
[education@anglicarewa.org.au](mailto:education@anglicarewa.org.au)

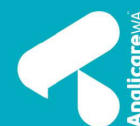



### Raising Emotionally Resilient Children

Would you like your children to be resilient and know how to manage difficulties in life? This two hour seminar can show you how to improve your child's emotional intelligence to increase their resilience, concentration, friendships and even help them through difficult times such as divorce or grief and loss.

**Date:** Wednesday 27<sup>th</sup> March 2019  
**Time:** 6.15 pm - 8.30 pm  
**Cost:** \$20.00 pp  
**Venue:** Geoffrey Sambell Centre  
 23 Adelaide Terrace  
 EAST PERTH  
**BOOKINGS ARE ESSENTIAL**

Call us today  
 1300 11 44 46  
 or email  
[education@anglicarewa.org.au](mailto:education@anglicarewa.org.au)





## Community Announcements cont.

### MAWA Mathematics Expo - 31st March

The Maths Association of Western Australia are pleased to present the 2019 MAWA Mathematics Expo. This is a free event targeted at families. It aims to provide support to parents and students with mathematics and learning at home. This expo will offer a fun, interactive approach to maths that will see adults and children alike explore resources and games that they can play at home to aid their mathematical growth...without even realising it! It will be a fun, interactive day with lots of opportunity to see a variety of resources that make learning fun and there are prizes to be won!

**Date:** Sunday, March 31, 2019 at 9am - 4pm

**Venue:** Astral 2, Crown Perth Convention Centre

Please contact the MAWA office with any questions. [sales@mawainc.org.au](mailto:sales@mawainc.org.au) or 08 9345 0388.



# Rossmoyne Netball Club

Netball is back!

Netball opportunities are available in 2019 for girls and boys born in 2014 and earlier (ages 5 and up). All enquiries welcome. No experience necessary!

Register your interest or questions at: [rossmoynenetballclub@gmail.com](mailto:rossmoynenetballclub@gmail.com)

**Go Rossmoyne Netball Club!**

## Riverton Girls' Brigade



**When:** Wednesdays  
**Where:** Riverton Baptist Community Church, 38 Modillion Avenue, Shelley  
**Time:** 4.30 - 6.15 or 6.30 - 8.15  
times dependent upon age

**TRY FOR FREE**

Primary students come and try Riverton Girls' Brigade.  
Join in the fun

[administration@girlsbrigadewa.org.au](mailto:administration@girlsbrigadewa.org.au)  
**Brenda Martin, GB Captain 0439924663**  
[www.girlsbrigadewa.org.au](http://www.girlsbrigadewa.org.au)



**GIRLS' BRIGADE**  
Western Australia

Rossmoyne Primary School provides these Community Announcements as a service to the community, students and families. Inclusion in our school newsletter or any other means of delivery does not imply any endorsement of these events.

## 201

# Ranford Junior Soccer

*Let your child develop their self-esteem, interpersonal relationships and soccer skills in a friendly and family orientated atmosphere.*

Our Club is divided into 3 Divisions\*:


- Juniors
- Intermediates
- Seniors

\*Year levels for Divisions are dependent upon enrolments and may be subject to change.

Games are played on Saturdays (at the Ranford Oval) at the following times:

- Juniors 9.00am – 10.00am
- Intermediates 10.00am – 11.00am
- Seniors 11.00am – 12.00pm

Training for all divisions are held on Wednesday afternoons from 4.30pm – 5.30pm. All games and training sessions are held at the Ranford Primary School Oval.



**2019 REGISTRATION FEES**

New Player Registration | \$180 (Includes Shorts and Socks) Existing Player from 2018 Re-Registration | \$130

Please note that fees must be paid on the registration day via cash, or EFT can be made.

Places are strictly limited and late registration may not be entertained.

Email: [ranfordjssc@gmail.com](mailto:ranfordjssc@gmail.com) for a printable copy of the registration form or any queries or you can follow us on Facebook @ [Ranford Junior Soccer Club](#) for updated notifications and information. Additional copies of the registration forms will be available during the registration sessions to be held at Ranford Pavilion (Ranford Oval).

**Registration Dates**

Saturday February 16th, 9.00am- 12.00pm,

Saturday February 23rd, 9.00am- 12.00pm &

Tuesday February 26th, 4.00pm-6.00pm

# Jazz Dance

ENROL NOW

**EXPERIENCE THE DIFFERENCE**

ROSSMOYNE SENIOR HIGH SCHOOL !!!!!

TUESDAY AND WEDNESDAY NIGHTS

TERM 1 STARTS 12TH FEB !

**CONTACT US FOR MORE INFO**

0481 735 470

CONTACT — [jkdancecrew@gmail.com](mailto:jkdancecrew@gmail.com)

TAP

JAZZ

CLASSICAL BALLET

MUSICAL THEATRE

HIP HOP

ACROBATS

EXAM AND COMPETITION

WORK

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