

ROSSMOYNE REFLECTIONS



NEWSLETTER NO. 4

Friday 17 May 2019

Virtue of the Month for May—Responsibility

Next Newsletter—14 June 2019

Together we empower global citizens.

PRINCIPAL'S MESSAGE



Happy Mother's Day

I hope all of our mums enjoyed their special day last Sunday. Thanks also to all of our staff who organised activities for our mums and to those who ensured our mums were presented with special gifts and cards on Mother's Day.

2020 Kindy, Pre-primary and Out Of Area Applications to Enrol

Applications to enrol children for Kindy and Pre-primary in 2020 are now being accepted, as well as applications for those residing outside of our intake area. The application forms are available on our school website or from our front office. Please remember that applications need to be accompanied with a copy of your child's Birth Certificate, Immunisation Record, passport and visa documents (if applicable) and two documents that show your residential address. Applications close on Friday 26 July 2019. Families will be notified in writing about the outcome of their application by Friday 16 August 2019. If accepted, parents/carers will then be provided with additional forms to complete. Please don't hesitate to contact the office if you require any further information.

Spirit of the ANZAC Competition

Several of our classes including Rooms 8, 13, 14, 23 and 24 participated in a competition organised by the Riverton RSL at the end of last term. The students were asked to display the Spirit of ANZAC through artwork, a story or poem. Congratulations to Minzac (Rm 8) and Daniel (Rm 22) who were announced as the winners at last week's assembly. They will each receive a \$40 book prize that has kindly been donated by the Riverton RSL.



Meet the School Board Morning Tea

After assembly on Thursday 20 June, you are invited to have a chat and a cuppa with members of our School Board. Renee, our School Chaplain will also be attending and available for a chat. I hope you can come along. Everyone who attends will go into the draw to win one of three Family Day Passes to the Riverton Leisureplex which have been kindly donated by the City of Canning.

Professional Learning Days

All staff participated in a Professional Learning Day on Monday 29 April. Some of the sessions staff participated in were about being creative with iPads, effectively integrating technology throughout the curriculum and sharing STEM ideas and

programs. Our next Professional Learning Day will be held on Tuesday 4 June which is after the Monday WA DAY public holiday. Our non-teaching staff will be completing first aid training and our teaching staff will be joining with staff from other schools in our network to attend the Whadjuck Learning Conference at Murdoch University.

Woolworths Earn and Learn

Thanks to everyone who has been collecting Earn and Learn stickers for us. We are hoping to buy some new sand toys for the Junior Playground and some LEGO kits for our STEM room.



Rochelle Williamson
Principal

Upcoming Events

- * 20 to 23 May – NAPLAN Online cont.
- * 23 May - Rm 26 Assembly
- * 24 May - P&C Disco
- * 3 June - WA Day Public Holiday
- * 4 June - Professional Learning Day
- * 6 June - Rm 21 Assembly
- * 12 June - Sing Fest (Junior Choir)

Our 2018 to 2020 Priority Areas

1. Excellence in Teaching
2. Successful Students
3. Health and Well-being
4. A Connected Community

Integrity Respect Courage Belonging

www.rossmoyneps.wa.edu.au

SCHOOLWATCH: 1800 177 777

Rossmoynes.ps@education.wa.edu.au



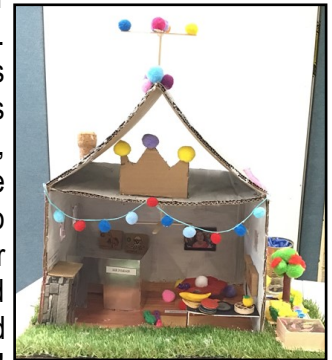
Merit Certificates

Congratulations to the following students who were awarded with Merit Certificates at our recent assembly. Keep up the great work!

ROOM 8 Minzac Aaron	ROOM 9 Aaron Chloe Toby	ROOM 10 Berenice Scott
ROOM 13 Madhan Sabrina	ROOM 14 Lochlin Seri	ROOM 15 Ethan Matilda
ROOM 16 Alexys Ananya	ROOM 17 Riley Arjun	ROOM 18 Addison Xavier Liv
ROOM 19 Maya Alston	ROOM 20 Arad Kayla	ROOM 21 Sarah Noah
ROOM 22 Ian Kalila	ROOM 23 Jeshaia Ruby	ROOM 24 Chloe
ROOM 25 Darcy Briony	ROOM 26 Abby Jacob	LANGUAGES

Sustainable House Models

Students in Room 25 and 26 have made sustainable house models as part of their STEAM (Science, Technology, Engineering, Art and Maths) projects this semester. Their house models had to feature at least 12 sustainable features. The students worked in groups of three and began by researching environmentally friendly features that reduce a house's impact on the environment. Some features were rainwater tanks, double glazed windows, LED lights, grey water plumbing systems, organic vegetable gardens, worm farms and solar panels. All of the students' house models face North so their houses keep naturally cool in Summer and warm in Winter. The students built their models out of cardboard, held together using hot glue guns. After that they painted and decorated their houses with various materials including corks, plasticine, pop-sticks and cellophane. Everyone learnt lots, made a big mess at times and had lots of fun!



Everyone is welcome to look at the sustainable house models which are displayed in the library.



Can Recycling Competition

Our Term 2 Can Recycling Competition is underway and finishes next Friday 24 May. Students are asked to leave their cans outside their classrooms for the Can Recycling Monitors from Room 10 to collect at the beginning of each day. If you have lots of cans, can you please write how many cans there are on the box/bag to make the monitors' job a little easier. The class who collects the most cans will be announced at the Week 6 assembly and each student in the winning class will receive a prize. Remember, it's vital to recycle!

BE You Parent Surveys

As advised via Connect yesterday, your family's support in completing a 10 minute BE You survey would be greatly appreciated. The summarised results will help us better understand how we can improve the mental health and well being in our learning community. Unfortunately, the survey cannot be completed on tablets or smartphones but will work on laptops and desktop computers. If 150 families have completed the survey by Friday 31 May, the students will be rewarded with a Free Dress Day! You can keep track of our total by looking on the fundraising barometer that will be displayed outside the staffroom.



Free Dress

What's Been Happening In Sport?

- **Morning Running Club:** Morning Running Club is continuing on Monday, Wednesday and Friday mornings between 8:15 to 8:30 am. We have lots of people coming along and it has been great to see some new children joining in to improve their fitness and health. Everyone who participates receives a raffle ticket to go in the draw to receive brand new equipment. Keep up the good work!
- **Term 2 Carnivals:** This term we have a Rugby League Tag Carnival in Week 8 and the Winter Carnival in Week 10. Trials for the Winter Carnival have already commenced during Senior Sport. A scratch match for our Winter carnival teams has also been organised for Friday 14 June against Shelley Primary School.
- **Rugby League Tag:** Rugby League Tag has been running in Year 3 to 6 classes so far this term. The trials for Year 5 and 6 students will begin next week but observations made during class lessons will also inform the selection process.
- **In Term Swimming:** In term swimming will be in Weeks 9 and 10 of this term. More information to come.
- **Walk for the National Breast Cancer Foundation:** Last Friday our whole school wore pink and participated in a walk to raise money for the National Breast Cancer Foundation. This was our own version of the main event that was held on Mother's Day. We raised a total of \$968.95 for the foundation! What an outstanding effort by everyone. Thank you to everyone for your enthusiasm, involvement and support and thanks to the P&C for donating an icy pole for every participant. Congratulations to our four students who won the 'best dressed' prizes—Joshua (Yr 2), Reese (PP), Boston (Yr 3) and Emily (Yr 3).



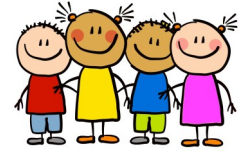
Reading Aloud With Your Children

In the recent school newsletters, the importance of reading with, and to, your children has been outlined. In the last newsletter, some tips about what you can do before you start reading with your child/ren to ensure it is an enjoyable and interesting experience were shared. Below are some tips about what you can do while you are reading.

- Read aloud at a comfortable pace that gives your child time to build a picture in their minds of what they are hearing. Imagination is a powerful way of learning.
- If the book has illustrations, give your child time to look at them. This can be a time to expand their vocabulary by learning new words. For example, "David looks 'apprehensive' in this picture, doesn't he? 'Apprehensive' is being nervous about something that might happen". You could also talk about words with a similar meaning to apprehensive—for example, worried, concerned, doubtful.
- In non-fiction books, information is often presented in both words and pictures. Stop at the diagrams, maps, tables and photographs, and encourage your child to talk about what they can learn from them.
- Where a story allows, stop and share reactions and thoughts. For example, "I wonder how the main character feels about that?"
- Children love to hear personal stories so share your stories when you can during your reading. For example, "That happened to me once and....."
- Give your child the chance to respond to and ask questions about the book.
- If you're not reading the whole story in one sitting, end on a part of the story that is exciting or dramatic so your child can't wait to find out what happens next.
- Encourage your child to take a turn at reading some of the book but don't insist.
- Have fun with your voice. Speak in a squeaky voice when the character is a mouse and a gruff voice if a character is angry. Make the sound effects like "buzz" and "boom" to bring the story alive. In sad parts, talk in a slower, lower voice; and for happy parts, talk in a faster, more excited voice.

In the next newsletter, we'll share some tips about what to do when you've finished reading.

Reference: education.wa.edu.au/neverstopreading



DISCO



Fri 24 May

Year PP - 3 5.45 - 7pm
Year 4 - 6 7.30 - 9pm

Canteen selling
Antonio's pizza, icy poles
and drinks

Bring your registration
form and entry money

\$5 ENTRY PER STUDENT

PosterMyWall.com

Next P&C Meeting—Monday 17 June, 7.30 pm, school library

Community Announcements

Messages from the Community Health Nurses

Healthy Eating for Families—In our modern society, very few of us use up enough energy to take on the extra calories of 'treat' food and drinks. The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly, for health and well-being.



By providing your family with the recommended amounts from the five food groups and limiting the foods that are high in saturated fat, added sugars and added salt, your family will get enough of the nutrients essential for good health, growth and development. A healthy diet reduces the risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers. The amount of food your child needs from the five food groups depends on their age, gender, height, weight and physical activity levels. For further information go to www.eatforhealth.gov.au

Healthy Lunchbox Ideas—Your child's lunch box can contain food from all of the five food groups. The food groups are—breads and cereals, fruit, vegetables, meat/meat alternatives and dairy/dairy alternatives.

Try these in the lunchbox:

- lean ham and salad wrap
- banana and handful of grapes
- sliced vegetables (carrots, cucumber, tomatoes)
- handful of reduced fat cheese cubes
- bottle of water

Remember, children who help plan and prepare their own lunch are more likely to eat it. Your child might like to try out this fun, 'Interactive Lunchbox' website: www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html.

Shop Smart and Eat Healthy - Tips for Parents

- Go shopping with your children and allow them to choose the healthy foods that they enjoy eating. For example, ask children to choose some of the fruit and vegetables.
- Shop twice a week - fresher fruits, vegetables, breads and meats are more likely to appeal to the whole family.
- Buy in season - seasonal fruits and vegetables taste great, are better quality and are better value for money.
- Select small pieces of fruit - younger children prefer smaller pieces of fruit as they are easier to handle.
- Choose quality - try to avoid bruised fruit or vegetables.
- Encourage variety - so that your child does not get bored with their food

What Should I do if my Child Seems Overweight?

The key is to balance the food eaten with physical activity and your child's growth and development. Following are some tips to help your child and the family feel healthy, together.

- Reduce the amount of screen time children have. Create family rules about screen time and encourage everyone to be more physically active. As a guide, school age children should spend no more than 2 hours per day on screen based recreation activities (e.g. television, tablets, gaming devices, social media). Helpful screen time management tips can be found at <http://raisingchildren.net.au>.
- Encourage and involve the whole family in physical activities where possible. Try playing active games or sport, walking to school, visiting local playgrounds, throwing a Frisbee or walking the dog.
- 'Treat' foods high in fat and sugar need to be limited. Encourage your child to see 'treat' food, such as cakes, chips, biscuits and ice cream as food which should be eaten only occasionally.
- Watch the portion sizes eaten at mealtimes. Put slightly smaller amounts on the plate.
- No child should be put on a weight loss diet, unless the diet is being supervised by a doctor or dietitian.

If you are worried about your child's weight, talk to your doctor or Community Health Nurse, on **92588053**.

Rossmoyne OSH Newsletter

May 2019

Healthy Eating

We have recently found out that we will no longer be able to use cooking appliances for OSH. Therefore we are updating and revamping our menu to cater for this. We will try our best to gather lots of different delicious, fun and healthy snacks. Please give us any suggestions or ideas that you may have.

Below are some of the ideas we already have:

- toasties
- beans/spaghetti
- yoghurt and custard
- sandwiches and wraps
- muesli and cereal
- rice cakes and crackers
- chips and dips
- skewers

Service Update

We have had a great start to Term 2 with the children being fully invested in planning and suggesting activities for our planner. As a group we have decided on our themes and are adding activities each day. Do you know what the themes are? Do you have any ideas?

We know it is hard to gather feedback or find time to comment when collecting your children from OSH but we really do value your feedback and suggestions. You are always more than welcome to join your child in their activity when you arrive, take a look at our art or photo gallery and comment in our reflective journal. We have started a new process involving our observations. This will allow you to see what developments your child has met and how we are encouraging them to develop in other areas according to EYLS and MTOP.

Unfortunately Lucinda had to go and help at another service for Week 2 and 3 but we will hopefully have her back soon. We appreciate your understanding. Please do not hesitate to speak with Ro or Louisa with any issues.

Service Highlights

There's lots to celebrate and get excited about at OSH:

- new OSH garden and garden club
- created a Green Team to help with sustainability
- ongoing fundraising for different charities. We have made \$95 donations to both the RSPCA and FAWNA.
- we've had a visit to learn about how to care for animals.



Child Reflections

"I like when we plan bayblade tournaments because I can battle with my friends."

Geoffrey, Pre-Primary

"I like how much time and effort the educators put in to allow us to have fun." *Fin, Year 4*

"The educators help us when we have problems." *Cynthia, Year 4*

Dog Care Incursion

Hi partner!

I'm Daisy and I am a 9 year old
Maltese x Shitzu

I am a very placid dog with a clam nature who loves cuddles. I can also do all sorts of tricks and love running around with my squeaky toy!

Please keep in mind that I am a little bit shy so I ask kindly of you to keep your voices down and stay seated, thank you!

I will be coming to play with you children at Rossmoyne OSHClub in week and can't wait to meet you all!

See you then! :)



Community Involvement

Breast Cancer Awareness Walk




**Cancer Council
Fundraising**



Service phone number: 0478 182 380

Coordinator: Roisin Devine

Educators: Lucinda Spence and Louisa Pagnoni

Opening Times:

BSC – Monday to Friday, 7-9 am

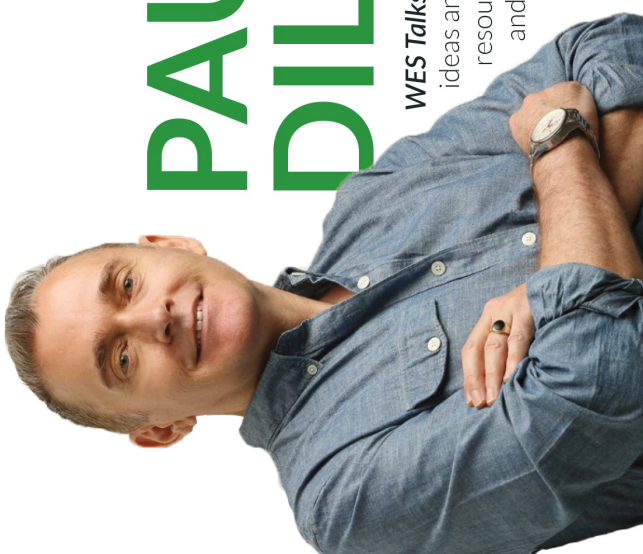
ASC – Monday, 2-6 pm

ASC - Tuesday to Friday, 2:30-6 pm

Reliance HR Solutions Pty Ltd ACN 154 205 160

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Service Newsletter Version 1



Tickets \$5 including cheese and wine on arrival

PAUL DILLON

WES Talks are designed to ignite ideas and serve as a valuable resource for Wesley parents and the wider community.

TUESDAY 11 JUNE 2019 7.00PM Wine & cheese 7.30PM WES Talks
Goatcher Auditorium Level 2 | Joseph Green Centre

Teenagers, Alcohol and Other Drugs

What's happening, what's out there and how much influence do parents really have?

Using recent data, Paul examines the use of alcohol and other drugs in school-aged children, with a particular focus on the changes in patterns of alcohol use over recent years, as well as other concerning trends around illicit drug use.

There will be a close examination of the positive influence that parents can have on their child's drinking behaviour, as well as the barriers that they may face during adolescence.

Paul aims to empower parents with a positive message and assist them in having open and honest family discussions in this complex area.



WESLEY COLLEGE
By daring & by doing

Proudly sponsored and supported by



WESLEY PARENTS' & FRIENDS' ASSOCIATION

To book tickets please visit www.trybooking.com/502241



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 5 June, 12 June, 19 June 2019
Time: 9:30am - 11:30am Cost: FREE

How do I book?

Visit 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 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

Never fear fomo LAB is here!

6 May: Have a go at LABO, little bits and weaving

13 May: Brain box electronics, table top games and VR experience

20 May: Wearable tech, Pikachu origami, LEGO Mindstorms

27 May: More LABO, NAO tech, 3D printing demos

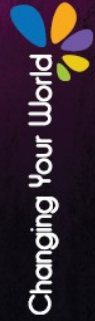
10 June: Strategy games, VR and make something with Makedo

17 June: LABO, LEGO and more

No parents and no bookings! These sessions run on a drop-in model and are monitored by qualified City of Canning Youth Workers. However caregivers of youth under the age of 13 must remain in the library building. Participants can come and go throughout the session time.

T 1300 422 664

E customer@canning.wa.gov.au
Civic & Administration Centre
1317 Albany Hwy, Cannington



Never fear fomo LAB is here!
Experiment with technology and test out a number of STEAM based activities.

Who?
For youth aged 11+

Where?
Riverton Library – The Studio

When?
Drop into a session anytime between 4pm-6pm.
Turn over to view the dates. ▶

