

# ROSSMOYNE REFLECTIONS



NEWSLETTER NO. 2  
Friday 9 March 2018

Virtue of the Month for March—Respect

## PRINCIPAL'S MESSAGE

### Professional Learning Day

As you know, staff participated in a Professional Learning Day on Tuesday. They reviewed our school Vision and Purpose statements and **also discussed introducing 'integrity', 'respect', 'courage' and 'belonging' as our school values.** Staff also continued to develop our 2018 to 2020 Business Plan. They specifically discussed targets for each of the priority areas in our plan, which are:

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

All of the work we completed on Tuesday was informed by the **feedback we received at last year's 'Our School, Our Say' Forum.** The vision, purpose, values and the Business Plan will be discussed further at the next School Board meeting before they are eventually ratified.

### School Board

On behalf of the school community, I would like to congratulate Jessica Nailor, Kasia Deery, Leia Hunt and Patrick Chen for being elected to our School Board. Thank you to all nominees. It was very pleasing to again receive multiple nominations. We are very lucky to have a parent community who is so willing to be involved and supportive of our school. Jessica, Kasia, Leia and Patrick join John Coombe and George Atartis as your Parent Representatives on our

School Board. The next Board meeting is being held on Monday 26 March. At the meeting, the 2017 Annual Report will be presented to the Board.

### P&C meeting

Our next P&C meeting is being held on Monday 19 March at 7.30 pm in the library. The agenda for this meeting will include the safety of our children crossing Third Avenue and the possibility of establishing a Pre-primary Playground Upgrade Subcommittee. It would be great to see you there.

### Student Update Forms

Please check and return the Student Update Forms that were sent home **with children today. It's very important for us to have correct contact details for you as it can be very upsetting for your child/ren if we can't contact you when needed.**

### Evacuation Drill

We recently held a very successful Evacuation Drill. Everyone responded calmly and appropriately and quickly made their way to the designated Evacuation Point. After the drill, we reviewed our procedures and have since made some minor adjustments to them. Later this term we will also be having a Lockdown drill. While we **hope we don't have to evacuate or lockdown, it's important that we are all familiar with the procedures just in case a situation does arise.**

### Collection of Students at the End of the School Day

If you are unable to collect your child/ren at the end of the school day, please arrange for them to attend OSH Club. Please also note that due to our 2.40 pm early close on Mondays, it is not appropriate for older siblings from Rossmoyne Senior High School to collect children **as they don't finish school until 3.15 pm.** Staff are not rostered on duty after school, so it is not appropriate for students to wait unsupervised. If you are unexpectedly running late, please phone the school to let us know so we can ensure your child/ren are supervised until you arrive. Thank you in anticipation of your cooperation.

### Rochelle Williamson

Principal

### Upcoming Events:

- \* 19 March - P&C Meeting, 7.30 pm
- \* 22 March - Harmony Day Assembly
- \* 26 March - School Board Meeting, 7.30 pm
- \* 30 March - Good Friday Public Holiday
- \* 2 April - Easter Monday Public Holiday
- \* 3 April - Easter Tuesday - school closed
- \* 5 April - Interschool Swimming Carnival
- \* 9 April - Monty Pryor Performance



Our school will be closed on Good Friday, Easter Monday and Easter Tuesday.



### Merit Certificates

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

ROOM 8 Sophia Owen Rebekah Liam	ROOM 9 Kane Emily Tommy Lilly Tyler	ROOM 10 Raj Sophia Thomas Maya
ROOM 13 Rafael Victoria Nikita Julia	ROOM 14 Matilda Joshua Yashwinraj Ivy	ROOM 15 Shovan Neesa Meg Aiden
ROOM 16 Daniel Amy Talha Amber	ROOM 17 Grace Rosemary	ROOM 18
ROOM 19 Peter Zoe Fatima	ROOM 20 Lisandhi Aiden Keelie Libby	ROOM 21 Kahmel Maylee Xuecheng Anna Audrey Dimas
ROOM 22 Sarah Cynthia	ROOM 23 Sophia Amelie Belinda Janessha Jaylene Edie	ROOM 24 Sam Beatrix Sandith Rolex
ROOM 25 Sasank Robert	Room 26 Aimee Jamie Luke Chloe	LOTE All students in Rooms 8 & 15 Belinda



### 2018 Easter Raffle

Every year we hold an Easter Raffle.

The money raised supports our 'World Vision Child', Leakhena, a little girl from Cambodia. The student leadership team will sell the tickets from the 12th March onwards outside Room 7. Tickets are 20c each or 6 for \$1.

The raffle will be drawn on 29 March. Thank you in anticipation of your support.

From the Student Leadership Team

#### A Reminder from Antonios

Choc milks and strawberry milks are no longer available to be ordered. Our supplier is unable to provide the brand we used to sell and we cannot provide an alternative that complies with the healthy food traffic light system. Thank you for your understanding and cooperation.



#### Student Safety

Please observe parking signs and road rules and show patience when driving around our school. Your support in being very careful and mindful of pedestrians at all times, but particularly at drop off and pick up times would be appreciated. Please help us keep our students safe.

## Faction Swimming Carnival

**Congratulations to everyone who participated in last week's Faction Swimming Carnival. Special congratulations to:**

1<sup>ST</sup> - Green, 172    2<sup>ND</sup> - Red, 132    3<sup>RD</sup> - Blue, 112    4<sup>TH</sup> - Gold, 52

### Champions:

- Year 3/4 Girls: Runner-up Champion - Penny, Champion - Ruby
- Year 3/4 Boys: Runner-up Champion - Luke, Champion - Matthew
- Year 5 Girls: Runner-up Champion - Sophie, Champion - Kate
- Year 5 Boys: Runner-up Champion - Liam, Champion - Chris
- Year 6 Girls: Runner-up Champion - Kaitlyn, Champion - Lillian
- Year 6 Boys: Runner-up Champion - Oisin, Champion - Matthew



### What's Happening In Sport?

- Inter-school Cricket Carnival: On Friday 23<sup>rd</sup> February, we competed against 4 other schools at the SCISA inter-school cricket carnival. Our Year 5 & 6 students showed excellent sportsmanship on the day and competed to the best of their ability.
- Inter-school Swimming Carnival: Students selected from the Faction Swimming Carnival will compete in the Interschool Swimming Carnival at Fremantle Aquatic Centre on Thursday 5<sup>th</sup> April, 9-11.30am. Notes will go out shortly. Please note: There will be a \$2.20 spectator fee.
- Shannon May Regional Soccer Carnival: This is an all-girls soccer carnival on Thursday 12<sup>th</sup> April. Trials are being held at lunch times for Year 5 and 6 girls.
- Morning Fitness Club: The morning fitness club will be starting up in the coming weeks. Please refer to the letter on Connect for more details.
- Coles Sports for Schools: Please keep bringing in your Coles Sports for Schools vouchers. We've already collected 7000 tickets but it would be great to reach our target of 17 000!



### Rossmoyne Primary School Parents and Citizens' Association

#### Next P&C meeting

Monday 19 March at 7.30 pm in the school library.

We would love to see you there.

#### Second Hand Uniforms

Thanks to everyone who has donated second hand uniforms and to Cindy Lewis and Kate Sewell for re-organising the Uniform Shop. Second hand uniforms are now available again on Friday mornings from 8.15 to 8.45 am.



## Please join us to celebrate Harmony Day

Harmony Day occurs in March each year and coincides with the United Nations International Day for the Elimination of Racial Discrimination. This year our school will be celebrating **HARMONY DAY** on **Thursday 22nd March**.

Children and parents are asked to wear national costume or an orange item of clothing as **Orange** is the Harmony Day colour.

The day will commence with a Harmony Day assembly at 8.45 am.

Parents and carers are also invited to bring along a family picnic to share with their child/ren in a shady part of our school grounds commencing at 12.05 pm.

Please join us to celebrate our many successes as a diverse and harmonious multicultural school and community.

# Harmony Day



### A Message From the Community Health Nurses

Bedwetting, or nocturnal enuresis, is very common in children. Bedwetting has nothing to do with **dreaming, and children who wet the bed are not “just being lazy”**. **If your child wets the bed, there are** a number of things you can do to help, such as using a waterproof mattress cover and establishing a before-bed toilet routine. It is not helpful to punish children who wet the bed. Fluids should not be restricted, even before bedtime. Sugary or caffeinated drinks should be avoided. If your child is still wetting the bed after five and a half years of age, seek help through a referral by your local doctor. A bedwetting alarm is an effective and safe method of treatment available for nocturnal enuresis and may be appropriate for your child. Contact your local Community Health Nurse on **9258 8053** for more information.

# Rossmoyne OSH Newsletter

March 2018

## Healthy Eating

### Feta Cheese Scones

Every week we have been cooking or baking at OSHclub. We try to cook/bake a variety of things so that the children are getting to try something different. Recently we decided on feta cheese and spinach scones. Unfortunately the spinach was a little too daring for our OSH kids so we decided to keep it to feta cheese instead. They loved them. They turned out really well and the feedback about cooking savoury snacks was great. See below our ingredients.

- 2 1/2 cups self-rising flour
- 1 tablespoon sugar
- 1/2 cup fat free butter, cut into 1/2-inch cubes
- 1 cup chopped fresh spinach
- 1 cup crumbled feta cheese
- 2 tablespoons light heavy cream

The children reflected saying next time they would try and put something else in them and use less sugar.

## Service Update

We have had such a busy start to the new year. As a team we have been encouraging children to try new things and get involved in the fun and new activities we have planned for them everyday. We have welcomed lots of new families and children to OSH and look forward to completing the year with them

We had a Pupil Free Day on Tuesday 6th March, which was a great success. We had a community visit from a South Coogee Volunteer fire fighter. He brought some of his fire fighting equipment and shared stories and facts about the job.

On Thursday 8th March we will be celebrating International Women's Day. Ask your child who inspires them and why?

We also got involved in World Book day and read lots of stories, used the school library, had some face painting and improved some reading and writing skills.

Our next exciting and fun theme will be Easter Week – check out some of our fun activities we will have planned. Thank you for your continued support.

## Service highlights

Some great highlights to share.

- Raising money for Project Compassion. Over the Lenten period the children and their families have been donating to the cause.
- We were awarded service of the year by JAG for our achievements in 2017
- We have improved our routines and transitions
- Working towards many goals including community links and sustainability links.
- Getting the children involved in getting to take home the teddy to show their weekend activities.



## Children's Reflections

**Amy** – OSH is a fun and safe environment

**Libby** – OSH keeps you entertained

**Kate** – OSH helps you to improve many skills

**Yasna** – I really enjoyed the fire fighter visit that OSH organised on Pupil Free Day



## What's on in March!

Easter activities on Week 10

- Harmony Day
- St Patricks Day
- Guide Dogs WA



Community Visits – Fire Fighter Pupil Free Day

Cooking/Baking Sessions – Fruit pizzas, spring rolls, protein bars, custard tart and more

Service phone number: 0478 182 380

Coordinator: Roisin Devine

Educators: Lucinda Spence and Diya Iyengar

Opening Times:

BSC Monday-Friday: 7-9am

ASC Monday: 2:00-6pm

Tuesday – Friday 2:30-6pm

RelianceHR 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



**Curtin University Football Club**

# Register now

- Open to **Boys** and **Girls**
- Ages 4 and up, all abilities catered for
- Qualified AFC C-License coaches
- Positive and supportive football atmosphere
- Have fun and make friends

Register online now at [www.curtinfootball.com](http://www.curtinfootball.com)

**Need help? Registration Day**  
 Time: 4:30-6:30pm  
 Date: Saturday 17th February 2018  
 Venue: Edinburgh Oval, Curtin University  
 Kent Street, Bentley

**NEW for 2018!**

- **New Girls only teams**
- **Boys Youth Development teams**
- **School-friendly game/training times**
- **Goalkeeping Academy program**

Proudly supported by  Curtin University

 Victorian FA



South West Metropolitan Football League Park, Bentley, Perth, Western Australia  
 Curtin University, Bentley, Perth, Western Australia  
 Curtin University, Bentley, Perth, Western Australia



# LION HEART CAMP FOR KIDS

A bereavement program supporting grieving children following the death of a parent, sibling or significant family member.

- Connecting children with other children experiencing the death of a family member
- Educating adult family members on children's grief
- Having HUGE amounts of fun

**Wednesday 18 & Thursday 19, April 2018**  
 8:30am – 3:30pm

**Venue**  
 Sorrento, WA

**Cost**  
 Free

**Age group**  
 5-12 years

For more information and to register contact Shelly or Claire on 0481 199 758 or register online at [www.lionheartcampforkids.com.au](http://www.lionheartcampforkids.com.au)

Proudly sponsored by  
 Commonwealth Bank  
 Lotterieswest  
 Joondalup Health Campus

[www.lionheartcampforkids.com.au](http://www.lionheartcampforkids.com.au)  
 [fb.com/lionheartcampforkids/](https://fb.com/lionheartcampforkids/)



# Triple P Positive Parenting Program



**Triple P Positive Parenting helps you:**

- raise happy, confident kids
- manage kids' behaviour so everyone enjoys life more
- set family rules and routines that everyone follows
- get along well with your kids and argue less
- balance work and family without stress

**FREE programs offered by the Department of Health**

- **Stepping Stones Triple P Seminar Series for parents, carers and grandparents of children with special needs**

**Next program:**  
**Stepping Stones Triple P Seminar Series**  
 3 weekly sessions on Thursday 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> March 2018.  
**Warwick Stadium**  
 9:30am - 11:30am  
 Bookings essential – [www.trybooking.com/TYLC](http://www.trybooking.com/TYLC) or call 1300 749 869  
 Creche is available via Warwick Stadium – bookings are essential 9247 2266.




# Give it a try!

For 20 years Weet-Bix has been inspiring Aussie Kids to live happier, healthier and more active lives.

## Perth 25 March

Enter now: [tryathlon.com.au](http://tryathlon.com.au)

Events also in Sydney, Central Coast, Canberra, Bendigo, Melbourne, Adelaide, Sunshine Coast, Brisbane and Far North Queensland





**LIVING SMART**  
CREATING SUSTAINABLE COMMUNITIES




### How to Reduce Your Carbon Footprint

With Living Smart – decarbonising your lifestyle  
Join our 2018 Living Smart short course.....

**Starts:** Wednesday 28th February 2018  
**Time:** 6.30pm – 9pm  
**Duration:** 4 weeks (+excursion)  
**Location:** CREEC, cnr Kent St and Queens Park Rd, Wilson  
**Cost:** \$40 per person (\$25 conc.)  
**RSVP by:** Friday 23rd February

**More Information:** [www.canning.wa.gov.au/LivingSmart](http://www.canning.wa.gov.au/LivingSmart)  
**Enquiries:** Contact Natalie 0411 449 344  
[info@ecostarconsulting.com.au](mailto:info@ecostarconsulting.com.au)

This is an interactive course, with hands on practical activities. In the course you will explore a variety of topics, learn, set goals, identify solutions and collaborate with inspiring people.

**JOIN THE COURSE!**




**City of Canning**  
A welcoming and thriving city

Brought to you by Living Smart, sponsored by the City of Canning and facilitated by Greater Connections. The Living Smart program is coordinated by the Living Smart Inc. For more about courses see [www.livingsmart.org.au](http://www.livingsmart.org.au). The Living Smart program was developed by the City of Fremantle, Monash University and Teachers' Manpower Regional Council.



**South of Perth Yacht Club**  
[sopyc.com.au/tackers](http://sopyc.com.au/tackers)

## SAILING ACADEMY SCHOOL HOLIDAY'S LEARN TO SAIL COURSES



**Tackers 3**  
Monday 23 April to Friday 27 April  
13:00-17:00

**Tackers 2**  
Monday 16 April to Friday 20 April  
12:30-16:30  
Monday 23 April to Friday 27 April  
12:30-16:30

**Tackers 1**  
Monday 16 April to Friday 20 April  
08:30-12:30  
Monday 23 April to Friday 27 April  
08:30-12:30

For more information please contact the OWG Office  
0364 5844  
[owgadmin@sopyc.com.au](mailto:owgadmin@sopyc.com.au)

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.



CHAMPION LAKES BOATING CLUB INC

# paddle@thelake

*Come and Try Kayaking opportunity for kids and adults*

*At Champion Lakes Regatta Centre, Henley Drive, Champion Lakes*

*(Off of Lake Road and opposite Camillo Drive)*

**Ages:** 8yrs and over      **Date:** Sunday 18 March 2018

**Time:** 4.00-5.00pm      **Cost:** FREE!

\*It is a requirement of Paddle WA Insurance that all participants must be able to swim 50 metres

## Bookings Essential

**RSVP Friday 16 March**



**contact:**

Robyn Brown 0401 311 817

[kayaking@clbc.org.au](mailto:kayaking@clbc.org.au)

**It's Free!**

**It's Fun!**

**Mount Pleasant Baptist Church**

**Good News Club**



**Thursday during School Terms**

(Resumes 8 March 2018)

**4.00pm - 5.30pm**

An exciting after school club for children in years 1 - 6 providing:

Fun games | Afternoon Tea | Bible stories | Activities | Crafts and prizes

- Child Safe Facility & Policies ✓
- Child Safe Carers ✓

Parents/guardians register on the day or online at:  
**[mounties.org.au/goodnewsclub](http://mounties.org.au/goodnewsclub)**

Mount Pleasant Baptist Church  
497 Marmion Street, Booragoon

Contact:  
[gnc@mounties.org.au](mailto:gnc@mounties.org.au) ph: 9329 1777



In association with Child Evangelism Fellowship Australia Ltd - Western Australia branch.



## FREE PARENTING SEMINARS – for EVERY PARENT

### Positive Parenting Program – SEMINAR SERIES

#### Is this you?

Most of the time parenting is great fun. You know you are doing a good job, but there are times when things get a little tricky. Like when your toddler won't eat her dinner. Or your six year old won't pick up his toys. Maybe your child never seems to listen. If only someone could give you some ideas to make those times easier! If this sounds like you, then Triple P Seminars may suit!

#### What are Triple P Seminars?

Triple P Seminars are for groups of parents – group size usually ranges from just a few parents to 20 or more. They are informal presentations, and you will have opportunities to ask questions.

#### Triple P can help you:

- Encourage behavior you like
- Deal with problem behavior
- Become more confident as a parent
- Be realistic about parenting
- Take care of yourself

Rostrata Primary School will be offering free seminars during Term 1 and 2 in the school library:

#### Seminar 1 – The Power of Positive Parenting

Topics include the principles of positive parenting, realities of raising children, and parenting challenges, such as managing behaviour. Question time included.

*Tuesday, 13<sup>th</sup> March 2018, 6:00-7:30pm (Term 1, Week 7)*

#### Seminar 2 – Raising Confident, Competent Children

How to support your child to develop six important life skills that will help them to become confident and successful in their lives. Question time included.

*Tuesday, 27<sup>th</sup> March 2018, 6:00-7:30pm (Term 1, Week 9)*

#### Seminar 3 – Raising Resilient Children

Emotional resilience – what it means, why it is important, and how to support your child to develop these necessary skills. Question time included.

*Tuesday, 8<sup>th</sup> May 2018, 6:00-7:30pm (Term 2, Week 2)*

#### – TO REGISTER –

Contact the Rostrata Primary School administration desk (phone: **9457 9455**) with your name, contact details and name of your child's school. **Registrations close on Friday 2<sup>nd</sup> of March 2018.**

All sessions will be held at the Rostrata Primary School Library. No on-site child-minding services available.



Please note - Registrations have been extended to Monday 12 February.

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## Health and Wellbeing Survey

You can have your say to support  
Healthier lifestyle options  
Healthier environments  
Healthier outcomes for YOU!



Head to [canning.wa.gov.au/healthplan](http://canning.wa.gov.au/healthplan) to learn more or grab a survey form at reception.



Conductor  
**AARON WYATT**

### "Explore the Orchestra" Program

FUN PROGRAM FOR PRIMARY SCHOOL KIDS AND ADULTS

- The Thieving Magpie
- Danse Macabre
- Finlandia
- Pirates of the Caribbean
- & More

**11am Sunday 25 March**

Bullcreek Community Centre  
Hassell Cres  
Bullcreek

**BYO CUSHION FOR KIDS**

**TICKETS—from Danielle**

Adults \$10 Children \$5  
dts0906@gmail.com  
t: 94573685  
m: 0415 678 905  
Door sales available



**ALL PROCEEDS GO TO  
ROLE MODELS & LEADERS AUSTRALIA**



[www.sssso.org.au](http://www.sssso.org.au)



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