



Ardross Primary

An Independent Public School



Principal's Message

MOTIVATE - EDUCATE - CELEBRATE



The following weeks will be very busy for our whole school community.

It is a time of celebration especially for our Year 6 students. On Wednesday evening they will have their Dinner Dance evening. I look forward to sharing the evening with them.

On Thursday, 6 December I invite you to attend our whole school Graduation Evening. You will have the opportunity to share year long accomplishments, dancing, presentation of graduation certificates and being part of what makes Ardross Primary School the positive community it is.

CELEBRATION OF LEARNING - WINNER OF STATE AWARD

On Thursday, 22 November the Environmental Councillors, a number of Year 5 students, Mrs Bishop, Mr Ivers, Mrs Ellery and myself attended the Partnership Acceptance Learning Sharing (PALS) Reconciliation Awards at Yagan Square in Perth. Ardross Primary School won the category of 'Environment'.

Tree4Change Noongar Experience – sixty Year 5 students travelled to Anketell North near Frayne Place, Wandi and took part in a five school project to plant 10,000 seedlings on one hectare of degraded Banksia woodland. Students were joined by a Noongar Elder to learn about the importance of caring for land. Students improved their knowledge of events surrounding the Stolen Generation and gained a deeper understanding of the importance of the environment from a Noongar perspective.

SCHOOL DEVELOPMENT DAY

On Friday, 23 November, staff were engaged in a day full of planning for both 2019 and our School Review. These days are invaluable in being able to have whole school conversations to ensure we are reflective on our teaching, learning, using this information to plan, and gain resources so we are catering for the differing needs of our students.

SCHOOL BOARD ELECTION

Thank you to the three parent representatives who nominated for positions on the school board. As there are only two positions vacant and three nominees, it is a requirement that an election is held. On Monday afternoon, you should have received an envelope with an information letter, ballot paper within an envelope and candidate profiles. Please notify the office if you did not. To ensure fairness every parent will receive the opportunity to vote. Please read the candidate profiles, complete your ballot paper, place back into envelope, seal and post in the 'letter box' in the front office prior to the end of Friday, 30 November - thank you.

PARENT USE OF PLAY GROUND EQUIPMENT

I receive a lot of positive feedback on how much you value the use of the play area outside Pre Primary after school. This is core to building community spirit and having the opportunity to talk with other parents. As parents please refrain from 'playing' on the children's play equipment. This equipment is specifically designed for children and hence a safety risk for adults to use.

Sue Mikkelsen-Taylor
Principal

STUDENTS NOT RETURNING TO ARDROSS IN 2019

My child / children _____

Room _____ Year Level _____ Room _____ Year Level _____

will not be returning to Ardross in 2019.

My child will be attending _____

Signed _____ Date _____

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Thursday 29 November
Year 6 Dance

Friday 30 November
EduDance
Zoo Camp

Monday 3 December
Room 10 Play

Tuesday 4 December
Year 5 Dance

Thursday 6 December
Uniform Shop Open
EduDance
Presentation Night

Friday 7 December
Fathering Project Camp Out

Tuesday 11 December
Keyed Up Music Recital -
3.15pm

Wednesday 12 December
Room 10 -
International Opera

Thursday 13 December
Kindy A Christmas Concert
Movie Day
Last Day for Students

Friday 14 December
PUPIL FREE DAY
Last Day for Staff

2019

Thursday 31 January
PD Day - NO STUDENTS

Friday 1 February
PD Day - NO STUDENTS
Class Lists on Display from
1.00pm
Uniform Shop Open from
1.00pm

Monday 4 February
Start of Term 1 2019

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HONOUR CERTIFICATE WINNERS



At the assembly held today the winners were:

Room 20	Jonathan C, Jamie W.	Room 8	Tate J, Lewis R.
Room 19	Sung gyu P.	Room 7	Mahlia C, Arina P, Sarah S.
Room 17	Guy H, Ella N, Ovita W.	Room 6	Sanjana A, Eva H, Chloe M, Matthew P, Luca S.
Room 16	Ethan G, Sophie M.	Room 5	Caden H, Mia S, Sophie S.
Room 15	Aidan T, Sophee W.	Room 4	Kendall B, Isabella N, Ryan F, Ruby S, Indiana W.
Room 10	Quintin O.	Room 2	Alex B, Parmis D, Kiana P.
Room 9	Saina D, Jayden Y.	Room 1	Chamieka B, Matthew C, Suyoun Y.

CHAPLAIN'S CORNER

'FOLDING' UP A YEAR

Yes, it's week 8. And yes, it took us all by surprise – it's now less than a month until Christmas. If only traffic moved this fast ...

Sometimes it's tricky to be reflective at this time of the year as we get busy with a mixture of school events, work functions, deadlines, family commitments and surfboard repair. But it can be truly rewarding to carry some key questions thoughts through the next few weeks and see what you come up with.

How have you changed this year? People aren't 'fixed units' - we change constantly and not always for the better. Look for some of the larger patterns of change; have you moved house, moved school, or moved state? Has family changed for you? And the smaller, more personal patterns of change; are you less patient, or more focused, or making more time for creative pursuits, or simplifying the week?

What is the effect of this change? Are you more exhausted than ever before? Are you more balanced than ever before? Are you more emotionally aware? Or more connected to your family? Or less worried about work? Or more engaged in the community around you? Have you noticed that you are more preoccupied with career, or more able to make time for yourself? Reflect on the emotional landscape that often shifts when the big things in life change and notice whether you knew these emotions were there. We carry plenty without knowing it; do you consider your 'inside life' as important as your 'outside life'?

Where next? Can you see some patterns that you'd like to leave behind before the year ends? Are there important things that you've left out of your life that you'd like to make some space for? Are there significant people that you'd like to reconnect with before the year folds up? Do you feel the need to start making some extra time for pursuits that bring you balance? Or maybe it has been such a hard year that it's just about staying afloat – resting, recovering, restarting next year.

Time is both linear and cyclical – the date always progresses but the seasons turn over. This means that we can expect to go forward in some parts of our life but repeat ourselves in others. This time next year, what changes would you like to have seen, and what patterns are you happy to continue?

May you find time to reflect on the year that is almost over and find peace going into the next. Until next time.

Nathan Hoyle
Chaplain

CONGRATULATIONS

A big congratulations to Lyla D and Jasmine E for being accepted into the State Team for Calisthenics. They will represent WA in the national competition in July 2019. Well done girls!

Let us know if your child has been accepted into a state or national team so we can acknowledge them in the newsletter.



UNIFORM SHOP 2018
6 December 2018 8.30am - 9.15am

1 February 2019 1.00pm - 3.00pm

LOST PROPERTY

We have in the front office lost property comprising of five pairs of reading glasses and watches. If your child has lost anything of this nature please come to the front office to check our collection. If not reclaimed by the end of the year they will be donated to a good cause.

P&C NEWS

Hi Ardross Families (in particular the **die-hard West Coast Eagles Fans!**)

We have an amazing opportunity for you. The P&C is running an extraordinary raffle for one day only, where you can secure a fantastic framed **West Coast Eagles 2018 AFL Premiership piece signed by Shannon Hurn and Luke Shuey**. There's even a piece of the Grand Final Match Day Football! Valued at \$695, this could be yours for as little as \$10.

What you need to do:

When: Wednesday, 28 November 2018
Cost: Tickets are \$10 each (you can purchase as many tickets as you like)
What: Send your money in a sealed and labelled envelope into school with your child on Wednesday, 28 November (your envelope must have your name and a contact telephone number written clearly on the front)

The winning ticket will be drawn on Wednesday, 28 November and the winner will be contacted immediately by telephone. All money raised will go towards our wonderful school and we thank you very much in advance for your support. Good Luck!

Marie Ainsworth
P&C President

ARDROSS PRIMARY SCHOOL'S ANNUAL CHRISTMAS HAMPER APPEAL 2018



We are working with a local Church again in collecting for local families in need.
Each class has a collection box.
We are collecting in weeks 7 and 8 (19 November to 30 November).
Please refer to the list of suggested items.



Please help to bring some joy into the lives of others less fortunate than ourselves.

MESSAGES FROM THE HEALTH NURSE

SUN SAFETY

With the hot weather approaching, it is important to talk to your children about sun safety and teach them good sun protection habits.

- **Slip** on some sun-protective clothing that covers as much skin as possible.
- **Slop** on broad spectrum, water resistant SPF30+ sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
- **Slap** on a hat that protects your face, head, neck and ears.
- **Seek** shade.
- **Slide** on some sunglasses – make sure they meet Australian Standards.

Extra care should be taken between 10am and 3pm when UV levels reach their peak. For more information see the Cancer Council website: www.cancer.org.au.

HOW MUCH PHYSICAL ACTIVITY SHOULD MY CHILD BE DOING?

School age children need at least 60 minutes of moderate to vigorous physical activity each day. But more is better, so encourage your child to be active for up to several hours each day. Children need a combination of moderate and vigorous activity. 'Moderate activity' is any activity which is similar in intensity to a brisk walk e.g. bike riding or active playing. 'Vigorous activity' is any activity which makes your child "huff and puff" e.g. organised sports, ballet, running or swimming laps. Any activity that requires your child to expend energy should be encouraged. Go to <http://raisingchildren.net.au> for more information.

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 will need 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



BEFORE SCHOOL READING CLUB

Just a note to advise that the Before School Reading Club will finish for the year this week.

OSHCLUB NEWS

Enrolling your child in OSHClub is easy and free. All you need to do is complete an enrolment form online at www.oshclub.com.au where you will have the option of booking as either a permanent or casual user. Once your child is enrolled you then have the comfort and reassurance of knowing that your child/children will be cared for in a safe, fun and friendly environment.

Val Maiorana
Program Coordinator



Next Year Keyed Up Music will be teaching after school Keyboard lessons. Lessons start from \$17.55 for a group lesson. If you are interested please ring Therese on 1300 366 243 or enrol at www.keyedupmusic.com.au/enrolment-form.

Kids!! Have fun learning to speak Mandarin



mandarin stars



fun mandarin for kids

FUN School Holiday Program at Ardross Primary School!

The Mandarin Stars program offers:

- Specialist Mandarin programs for both native and second language learners of Mandarin.
- An engaging program that will inspire a love for learning Chinese.
- An immersion based program that teaches strong listening and speaking skills in Mandarin.
- Language building activities such as role play, Chinese songs, rhymes and games!
- The teaching of Chinese characters, reading, writing and Pin Yin.
- The discovery of Chinese history, culture, festivals, Calligraphy, Tai Chi and even Kung Fu!

2nd, 3rd, 4th, 7th & 8th January 2019

9.30am to 11.30am (\$239 per course)

5-day PinYin program for Year 1 to 6

5-day SuperSTARS Mandarin program for K-Y6

12.00pm to 2.30pm (\$45 per session)

Immersion-based Mandarin Workshop each day

To book or to find out more details, please email rachael@mandarinstars.com.au

www.mandarinstars.com.au ★ enrol@mandarinstars.com.au ★ Ph:1800 18 11 18

Ardross Primary School would like to thank our sponsors for their support of the school. We encourage all parents to use their services where feasible.



Thankyou to Woolworths Garden City for their ongoing support

trust in

Paul Evensen
Associate Director
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