



MOTIVATE EDUCATE CELEBRATE

# Ardross Primary

## An Independent Public School

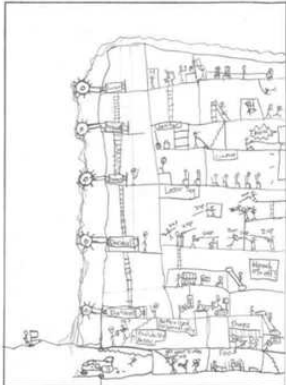


### Principal's Message

MOTIVATE - EDUCATE - CELEBRATE

Most of the students have been at school three weeks and as I walk into classes it is inspiring to see how they have settled into their new year and are eager to share their learning.

On 7 February I visited the Fremantle Arts Museum to discover the Museum of Water exhibition as part of the Perth Festival. It was fascinating to see the hundreds of displays of water collections from students and in particular Ardross Primary School students. Students shared their 'special' water samples and how they were linked to their own memories. Thank you Mr Hill for creating a learning environment that motivated students to collect, record and display their learning.



Water hydrate you which is really essential and can also be used for hydroelectricity which makes energy by spinning a turbine.

MUSEUM-WATER



Water can be rough like a hurricane or flood because a storm or wind has come. Water can be boiling hot - Sometimes because of heaters like spas.

MUSEUM-WATER



Water is like a colorless, clear substance that is used in many ways. Water can kill people as they can drown. Water is neutral, Perspicuous and reflective.

Vidisha Rana - Jayasingh  
MUSEUM-WATER

### STUDENT LEADERSHIP

Today at the school Assembly we acknowledged the student leaders in our school. I was privileged to hear many of their speeches in which they shared their leadership aspirations. To be a positive leader takes a strength of character and will often involve the following qualities; kindness, integrity, initiative, forgiveness and delegation. Congratulations to our new leaders. Refer to page 3 for details.

### P&C MEETING

The Parent and Citizens Association (P&C) held their first meeting of the year on Monday, 12 February in the staffroom. How exciting to see so many new parents along with the many that attend every meeting. The table was full with no chairs to spare; the discussion revolved around the needs of our students and how, as a team, every member could help to provide resources to enhance the quality of their children's education. Thank you for the generous donation of \$200 per classroom for teacher resources.

### EARLY ARRIVALS

As a working parent I am very aware of the challenges of dropping off and picking up of children at school. We are able to supervise children after 8.30am. We are fortunate to have an outstanding OSHClub on our premises which can care for your child both before and after school. We therefore request that unless children are attending OSHClub they not arrive at school before 8.00am.

### DOGS ON SCHOOL GROUNDS

Safety is always a top priority for our students. Please do not bring dogs onto the school grounds.

**Newsletter**  
**20 February 2018**  
**Issue 2**

**Wednesday 21 February**  
Room 2 & 6 Parent Meeting - 5.00pm

**Monday 26 February**  
Young Writer's Festival - Rooms 2 & 10

**Thursday 1 March**  
Uniform Shop Open

**Monday 5 March**  
LABOUR DAY  
PUBLIC HOLIDAY

**Tuesday 6 March**  
Year 5/6 Swimming starts  
Assembly - Room 7 (2.15pm)

### Inside this issue:

Principal's Message	1
Principal's Message	2
2018 Student Leadership	3
Honour Certificate Winners	4
School Fees & Charges	
Uniform Shop Hours	
Chaplain's Corner	
P&C News	5
OSHClub News	
Community News	
Community News	6
Message from School Nurse	



**KISS 'N' DRIVE**

Thank you to the parents and community members who are adhering to the Kiss and Drive system. This area can become extremely hazardous especially during the peak afternoon pickup period. This is not a parking area and you will be asked to drive on and go around the area if your child is not present at the time. Always indicate to enter and leave the Kiss and Drive bays. Thank you to Mr Marshall who monitors this area every afternoon.

**GENERAL STAFFING INFORMATION**

<b>Principal</b>	Sue Mikkelsen-Taylor [susan.mikkelsen@education.wa.edu.au]
<b>Deputy Principal</b>	Catherine Bishop [catherine.bishop@education.wa.edu.au]
<b>Deputy Principal</b>	Robert Marshall [robert.marshall@education.wa.edu.au]
<b>Manager - Corporate Services</b>	Denise Moore [denise.moore3@education.wa.edu.au]
<b>School Officer - Level 2</b>	Tania Logotheitis
<b>School Officer - Level 1</b>	Gabriella Nicholson
<b>Library Officer</b>	Lois Bowden
<b>School Gardener</b>	Stan Hooper
<b>School Cleaners</b>	Oscar Hernandez (Head Cleaner) Hilda Hernandez / Julio Hernandez
<b>Learning Support Coordinator</b>	Cath Riley
<b>School Psychologist</b>	Annette Goldschlager
<b>School Chaplain</b>	Nathan Foley [nathan@youthcare.org.au]
<b>EAL/D Teacher</b>	Claire Mason
<b>Learning Technologies Coordinator</b>	Glenn Hill [glenn.hill@education.wa.edu.au]
<b>LOTE Specialist Japanese</b>	Hisayo Rego [hisayo.rego@education.wa.edu.au]
<b>Physical Education Specialist Teacher</b>	Hannah Brown [hannah.brown@education.wa.edu.au]
<b>Music Specialist Teacher</b>	Claire Mason (Wed to Fri) [claire.mason@education.wa.edu.au]
<b>Art Specialist Teacher</b>	Sue Warren (Wed to Fri) [sue.warren@education.wa.edu.au]
<b>Environmental / Aboriginal Education</b>	Catherine Bishop
<b>Kindergarten Teachers</b>	Lee-Anne Downey - K1 / Sandy Counsel - K2 - Room 12
<b>Teacher Assistants</b>	Janine Coles - K1 / Christina Chapman - K2 - Room 12 [lee-anne.downey@education.wa.edu.au] [sandy.counsel@education.wa.edu.au]
<b>Special Needs Education Assistants</b>	Lynda Brydon, Sandy Heaperman, Deena Le Page, Jeanette Edward, Kylie Wright, Jenny Scott, Mistie-Lea Kazembe
<b>Pre Primary Teachers</b>	Room 16 - Helen Brown (DOTT - Sandy Counsel) Room 15 - Diana Cooper (DOTT - Lee-Anne Downey) [helen.brown1@education.wa.edu.au] [diana.cooper@education.wa.edu.au]
<b>Teacher Assistants</b>	Sian Jackson & Roseanna Dennis - Room 16 Kathie Esselmont & Christine Jones - Room 12
<b>Pre Primary / Year 1</b>	Room 13 - Katie Precious [Assistant - Christina Chapman] [katie-anne.precious@education.wa.edu.au]
<b>Year 1 Teacher</b>	Room 9 - Jackie Loney [jacqueline.loney@education.wa.edu.au]
<b>Year 2 Teachers</b>	Room 7 - Denise Harman [denise.harman@education.wa.edu.au] Room 8 - Blythe Maley [blythe.maley@education.wa.edu.au]
<b>Year 2 / 3 Teacher</b>	Room 6 - Isabel Mangion-Campbell [isabel.mangion-campbell@education.wa.edu.au]
<b>Year 3 Teachers</b>	Room 5 - Kellie Foote [kellie.foote@education.au] Room 4 - Fiona Schaper [fiona.schaper2@education.wa.edu.au]
<b>Year 4 Teachers</b>	Room 3 - Denelle Ellery / Robert Marshall [denelle.ellery@education.wa.edu.au] Room 2 - Karen Treloar / Hannah Brown [karen.treloar@education.wa.edu.au]
<b>Year 5 Teachers</b>	Room 1 - Cathy Riley / Catherine Bishop [catherine.riley@education.wa.edu.au] Room 17 - Glenn Hill / Hannah Brown
<b>Year 6 Teachers</b>	Room 10 - Auriol Heary [auriol.heary@education.wa.edu.au] Room 19 - Kate Mathis [kate.purser@education.wa.edu.au] Room 20 - Lindsay Macmillan [lindsay.macmillan@education.wa.edu.au]

## 2018 STUDENT LEADERSHIP

Student Councillors
Keira B
Luke B
Emily D
Tiana E
Kaitlyn H
Mark M
Charnae N
Tamika R
Camila R
Athan T
Lucia V
Isabella Y

Faction Leaders				
	Butler	Lukin	Waylen	Wellard
<b>Captain</b>	Amy I	Zoe C	Sienna M	Emily W
<b>Vice Captain</b>	Jesse-Lee S	Lilli H	Ciana H	Tayla B
<b>Captain</b>	Dylan S	Cahil F	Joel E	Nick C
<b>Vice Captain</b>	Jonas B	Jamie W	Jai C	Isaac B

Literacy Captains	Arts Captains	Computer Captains
Nandita A	Rishika A	Henrique A
Greece B	Mikaela B	Luiz A
Tayha C	Urvi B	Jessica B
Madison N	Bradley E	Zeik E
Charlotte P	Deborah L	Morgan F
Imogen U	Levi M	Kade G
	Tanisha M	Kai G
	Emilee W	Lucas G
	Sherina W	Reis G
		Daniel H
		Rahul M
		Farrell R
		Lachlan R
		James P

Environmental Councillors	
Jemima B	Morgan N
Abigail C	Will N
Jonathan C	Ivan O
Oliver C	Jack O
Isabella E	Quintin O
Evan F	Brock R
Christian G	Eli S
Daniel J	Jess T
OJ (Sebastian) L	Jumeira T
Miles M	Tobias Z

### HONOUR CERTIFICATE WINNERS

At the assembly held today the winners were:

<b>Room 20</b>	Morgan F, Levi M, Camila R.	<b>Room 7</b>	April C, Jeremy C, Sienna K.
<b>Room 19</b>	Evan F, Ciana H, Jess T.	<b>Room 6</b>	Eu Jin C, Jordan H, Zoe N, Sehun P.
<b>Room 17</b>	Joseph G, Andrew I, Erin P.	<b>Room 5</b>	Valeriy K, Dave W.
<b>Room 16</b>	Bitu A, Owen D.	<b>Room 4</b>	Ryan F, Hayden G, Laura Y.
<b>Room 15</b>	Sachin M, Sophee W.	<b>Room 3</b>	Eliza C, Lara K, Lucas T.
<b>Room 13</b>	Edward D, Caleb T.	<b>Room 2</b>	Avery F, Arabella I, Kaan O, Bridget S.
<b>Room 10</b>	Jonas B, Athan Y.	<b>Room 1</b>	Soloman B, Mirai I, Elizabeth K.
<b>Room 9</b>	Luke H, Adam K.		
<b>Room 8</b>	Brodie W, Samuel W.		



### 2018 SCHOOL FEES AND CHARGES

Thank you to all those parents who took advantage of our Voluntary Contribution payment option with OfficeMax when you ordered stationery for this year. We would also thank those families who have paid their upfront charges either at the front office or via our school bank account.

This note is a request for those who have not already done so, to make these payments for the 2018 year. A document was sent home at the end of the 2017 detailing the fees and charges as endorsed by our school Board. These documents can be found on our website, and contain amounts for each year level, along with payment options.

Any queries please contact the office on 9364 2771.

**Denise Moore**  
Manager Corporate Services



### UNIFORM SHOP 2018

1 March 2018 8.30am - 9.15am

15 March 2018 8.30am - 9.15am

### CHAPLAIN'S CORNER

Let's talk about sleep. Everyone loves it (well, *almost* everyone...), everyone needs it, but it's rarely something we think about improving. Here are a few ideas to boost the sleep quota and quality for everyone in the house. Even a small improvement will have a noticeable effect.

- Sleep is best in the dark – the darker the better. Providing the child/person isn't scared of absolute dark, remove all lights – this includes phones, watches that light up, light under doors, and light from adjacent rooms and windows.
- Dim lights 30 minutes before sleep. Lighting in a house stops the body releasing melatonin, which is needed to help us get to sleep. So think about a low wattage globe in a bedside light, or pointing directional lights away to reduce the strength of light.
- Avoid 'blue light' in the afternoon and evening. This is a type of light on the visible spectrum that is emitted by most electronic devices – phones and tablets are bug culprits. Use an app or find the relevant setting to activate a 'blue light' filter.
- Electronics out of hands about an hour before bed. No arguing.
- Sugar and caffeine both affect sleep negatively. Tasty, but tiring.
- Sleep is best in a constant temperature, on the 'slightly cool' side of things.
- Aim for roughly the same bed time and the same wake up time; this creates a rhythm that your body gets used to and makes sleep more predictable and effective.
- About 8 hours for adults and 9 hours for children is great; do some research or talk to a healthcare professional, as opinions vary. But: err for more, than less.

Happy sleeping ... to all of us!

(Sources: [www.sciencedaily.com](http://www.sciencedaily.com), Dr Michael Carr-Gregg, [sleepfoundation.org](http://sleepfoundation.org), [www.allaboutvision.com](http://www.allaboutvision.com))

In the meantime, feel free to pop in for a chat (my office is next to Room 10) or drop me a line at [nathanh@youthcare.org.au](mailto:nathanh@youthcare.org.au). Students can organise to talk to me via the blue 'Chaplain's Box' in reception.

**Nathan Hoyle**  
YouthCARE School Chaplain



### OUR SCHOOL APP

Just a reminder that our school has a phone app called Updat-ed that allows us to send out messages providing you with the latest information and details regarding any changes to planned events. We encourage all our parents to download this app. To do this just visit the App Store for iPhones or Google Play for Androids. Search for Updat-ed and from the menu select our school. We'll receive your registration request and will need to approve you before your app is up and running.

### P&C NEWS

Welcome to everyone and a big thank you to all of the people who attended the last P&C meeting and shared lots of great ideas for the year ahead. We are currently involved with the Coles School for Sports program. When you shop at Coles every \$10 you spend gives you a voucher for the school. We have a collection box at Coles Garden City and we are also collecting them at the school's front office. Thank you to Cindy Webster for coordinating this program.

Look out for our Hot Cross Bun Fundraiser with Bakers Delight - Garden City, our favourite bakery. Stay posted for details in March.

We are also doing the whole school fun raiser for the Entertainment Book in May - details coming soon.

May is also the month when we hold our school Quiz Night and we are seeking any parents who are able to help source donations and prizes for the night. Please contact Charlotte Oliver on 0404 674 546 if you are interested. The P&C are also delighted to offer the children a Mother's Day stall in May which is a no profit initiative organised by Angela Tooker. The children will be able to buy gifts for their Mums, Nannas and parents. It is a lot of fun and all the kids love it. We will let you know when the date has been set.

The next P&C Meeting is 12 March 2018 and is our big AGM. This is a great opportunity to thank the current Committee and also welcome the new Committee. **ALL POSITIONS ARE OPEN** and people holding Committee positions can renominate but most importantly we encourage **NEW NOMINATIONS**. We welcome everyone to attend at 7:15 PM in the Staffroom and looking forward to a new and fresh committee for the P&C.

Lastly a big thank you to Charlotte Oliver for accepting the role of Class Parent Contact Coordinator who will keep everyone up to date with what is happening.

Have a great year everyone.

**Marie Ainsworth**  
P&C Vice President

### OSHCLUB NEWS

Enrolling your child/children in OSHClub is easy and free. All you need to do is complete an enrolment form online at [www.oshclub.com.au](http://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 assurance of knowing that your child/children will be cared for in a safe, fun and friendly environment.

**Val Maiorana**  
Program Coordinator



**Join us for our term 1 painting and drawing bonanza!** Fun filled art classes for children from 4 to 14 yrs. All materials and art aprons provided. We have several locations across Perth including **Willagee (5-10 years)**. Visit our website [www.creativekidsartclub.com.au](http://www.creativekidsartclub.com.au) for more information or to book online.



Keyed Up Music will be teaching keyboard lessons this term on Tuesday after school. Lessons start from \$17.50 for a group lesson. If you are interested please ring Therese on 1300 366 243 or enrol at [www.keyedupmusic.com.au/enrolment-form](http://www.keyedupmusic.com.au/enrolment-form)

# Kids!! Have fun learning to speak Mandarin



mandarin stars



fun mandarin for kids

## **FUN** Mandarin Language Club 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!

### Classes are held on

Tuesday 3.15-4.05pm: Kindy/Pre-Primary

Tuesday 4.10-5.00pm: Year 1-6

Thursday 3.15-4.05pm: Kindy- Year 2

Thursday 4.10-5.00pm: Year 3- Year 6

Class fee: \$22/session

To book a free trial class, please contact

[rachael@mandarinstars.com.au](mailto:rachael@mandarinstars.com.au)

[www.mandarinstars.com.au](http://www.mandarinstars.com.au) ★ [enrol@mandarinstars.com.au](mailto:enrol@mandarinstars.com.au) ★ Ph:1800 18 11 18

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

trust in

**Paul Evensen**  
Associate Director  
Realmark Applecross



**Realmark**  
Est. 1888



**AY TILING SERVICES**

Alex Yeomans  
Ceramic Tiler

0439 373 164  
[aytservices@hotmail.com](mailto:aytservices@hotmail.com)

PROUDLY  
SUPPORTING  
ARDROSS PRIMARY  
"Always happy to assist"

Arreum Han 0450 422 224  
[arreum@capornyoung.com.au](mailto:arreum@capornyoung.com.au)

**CAPORN  
YOUNG**  
COME SEE WHY

## A MESSAGE FROM THE SCHOOL NURSE

### ANXIETY - HOW TO HELP YOUR CHILD

All children experience anxious feelings as part of their normal childhood development. Some anxious feelings include fear, agitation, nervousness, worry and apprehension. Some children find it harder to get these feelings under control and may experience anxiety more intensely and more often than others.

Anxiety is when the level of fear or worry about something is out of proportion to the level of risk or danger. Thinking about the situation makes them more worried and tense.

If your child is experiencing anxiety try to:

- acknowledge your child's fear – don't dismiss or ignore it.
- gently encourage them to do things they're anxious about, but don't push them to face situations they're not yet ready to face.
- wait until they actually get anxious before you step in to help
- praise him for doing something they're anxious about, rather than criticising them for being afraid.
- avoid labelling your child as 'shy' or 'anxious'.

Your child might need some extra support if their anxiety stops them from doing the things they want to do or interferes with their friendships, school work or family life.

If you are worried about your child, contact your local Community Health Nurse, School Psychologist or General Practitioner. For more information about anxiety in children go to [www.raisingchildren.net.au](http://www.raisingchildren.net.au) or [www.healthyfamilies.beyondblue.org.au](http://www.healthyfamilies.beyondblue.org.au).

### BULLYING

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. It can be obvious or hidden (covert) and can have long-term effects on those involved.

Bullying can happen:

- face-to-face (e.g. pushing, tripping, name-calling)
- at a distance (e.g. spreading rumours, excluding someone)
- electronic communication (e.g. SMS, email, messenger, facebook and other social media).

Some conflicts between children are a normal part of growing up and are to be expected. These conflicts or fights between equals and single incidents are not considered bullying, even though they may be upsetting and need to be resolved. Identifying bullying can sometimes be difficult. Bullying is often conducted out of sight of teachers. Children are often reluctant to report bullying.

Bullying can be devastating for a person's confidence and self-esteem. Children and young people need lots of love and support if they are being bullied. They also need to know that action will be taken to prevent any further bullying.

For more information on bullying and cyberbullying visit the Raising Children Network <http://raisingchildren.net.au>

### COMMUNICABLE DISEASE AND IMMUNISATIONS

We have been notified of current cases of chicken pox in WA Primary Schools. This is a timely reminder to ensure your child's immunisations are up to date.

Maintaining a high level of immunisation within our community is very important to control the spread of communicable diseases and to keep everyone well, especially those who are most at risk such as; babies, pregnant mothers, the elderly and those who are unwell or immunocompromised.

Your child can have their 4 year old / Kindy age immunisations from 3 ½ years of age. If your child has missed out on vaccinations or is old enough to receive their next booster vaccines please visit your doctor or immunisation clinic to enhance their protection from communicable diseases such as chicken pox. If your child becomes unwell, please visit your Doctor.