



# Ardross Primary

An Independent Public School



## Principal's Message

MOTIVATE - EDUCATE - CELEBRATE



It was wonderful to come back from holidays to see the children smiling and eager to begin another term at Ardross Primary School.

I invite you to visit the Ardross website and read our Annual Report for 2017. The Annual Report is intended to give parents and other members of the community a clear sense of how students in the school are progressing and what is being done to maximise student achievement. Each of the curriculum areas are represented with an outline of the years teaching and learning along with data analysis.

We welcome new staff to Ardross Primary School this term:

- Mrs Ellery, during Mrs Bishop's absence, has taken on the Deputy Principal role for Term 2 and 3;
- Miss Chung is excited to join us at Ardross PS as the classroom teacher with our Pre Primary / Year 1 students in Room 13;
- Mr Crosswell joins us bringing experience and expertise to support our students with special needs;
- Mrs Klaver joins Mrs Ellery in Room 3

On Tuesday, 26 June 2018 from 3.30pm to 6.30pm parents will have the opportunity to make a 10 minute meeting with their child's classroom teacher. The purpose of the meeting is to talk about your child's progress prior to them receiving their reports the following day. I will keep you informed regarding the booking process.

Communication is often an area of concern within schools:

- this year we have introduced 'Connect' as a communication tool between parents, students and teachers. Please take the time to utilise this platform which will continue to evolve.
- the fortnightly school Newsletter provides you with up to date information, showcases students' work and is a link to community events;
- we are currently working to ensure the school website is updated regularly and contains information to support your knowledge of the school.

Have a great fortnight.

**Sue Mikkelsen-Taylor**  
Principal

## 2018 SCHOOL FEES AND CHARGES

Thank you to all parents who have paid their upfront charges either at the front office or via our school bank account. If you would still like to do so or if you have any queries, please contact our office in person or via telephone on 9364 2771. Fees and charges for this year can be found on our website which contains amounts for each year level, along with payment options.

**Denise Moore**  
Manager Corporate Services

## HONOUR CERTIFICATE WINNERS

At the assembly held today the winners were:

<b>Room 20</b>	Daniel J, Morgan N.	<b>Room 5</b>	Ryan H, Kein P, Sophie S.
<b>Room 19</b>	Jai C, Amelia T.	<b>Room 4</b>	Kendall B, Liam S, Ethan Z.
<b>Room 17</b>	Sophia C, Ari E, Amanda K.	<b>Room 3</b>	Jayden L, Lavaanya R.
<b>Room 10</b>	Luke B, Amy I.	<b>Room 2</b>	Shi Ying L, Livi N.
<b>Room 6</b>	Tunc E, Eva H, Hayley K, Matthew P, Luca S.		



**Newsletter**  
**8 May 2018**  
**Issue 6**

**Wednesday 9 May**  
Pre Primary to Year 2 -  
Swimming [all week]

**Thursday 10 May**  
Mothers' Day Staff

**Friday 11 May**  
Interschool v Applecross PS

**Monday 14 May**  
Pre Primary to Year 2 -  
Swimming [all week]

**Tuesday 15 May**  
NAPLAN  
Year 6 - Federation

**Wednesday 16 May**  
NAPLAN

**Thursday 17 May**  
NAPLAN  
Uniform Shop Open

**Friday 18 May**  
NAPLAN  
Interschool vs Booragoon

**Monday 21 May**  
Year 5 - Democracy  
Pre Primary - Cuddly Animal  
Farm

**Tuesday 22 May**  
Assembly - Room 3

**Wednesday 23 May**  
Year 6 - Three Levels of  
Government  
Year 4 - Where I Live

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## YOGAZOO

This term our school is doing a MINDFULNESS PROGRAM beginning in week 2 for years 1 to 6. Michelle Renton and her team from YOGAZOO will introduce Mindfulness skills to our students over 8 weeks.

**YOGAZOO** is a program specifically designed for students from Kindi to Year 6. The program caters to all abilities, including those with special needs. The program is non-spiritual to accommodate students of all backgrounds and religions. Students will notice immediate benefits including a sense of calm and peace, improved flexibility and strength and growing confidence in the world around them. They will sleep better, focus better in school and have the tools to deal with stress and anxiety.

Our program provides support to children with Autism, ADHD, Obesity, Depression, Poor Posture, Asthma, Allergies, Digestive Issues, Back Pain and Stress and Anxiety.

Mindfulness is quite simply a form of meditation or the art of quietening the mind. Mindfulness involves learning to direct our attention to our experience as it is unfolding, moment by moment, with open-minded curiosity, kindness and acceptance. Rather than worrying about what has happened or might happen, mindfulness trains us to respond skilfully to whatever is happening right now. This includes paying close attention to inner states such as thoughts, emotions and physical sensations, as well as to what is happening in the outside world. As anxiety and depression in our young people are on the rise, there is a fast growing community awareness of the importance of mental health for young people. Concurrent with the academic focus on what children are taught, we must provide a balance and ensure that they are prepared to learn, be happy, be calm and resilient.

Some benefits of Mindfulness for kids include:

- reduced levels of stress, anxiety, and depression
- boost happiness levels
- harmonising and balancing effect
- boosts and improves concentration
- boosts levels of attention and focus
- reduce negative behaviour such as anger and frustration
- improve quality of sleep.

We look forward to participating in the lessons.

**Health Committee**

## CHAPLAIN'S CORNER - 'TECHNOLOGY'

### Part One - Showing Children Healthy Use Of Technology

Let's talk technology and children.

Mobile technology is here to stay, it seems. It is embedded in the workplace, in education settings and in social networking. And if "when the winds of change blows, some people build walls, others build windmills", let's be proactive in helping our children use it well.

How do we help children to make sense of it, to use it well and to limit the detrimental effects of phones, tablets and computers? Like anything, modelling the 'best practice' at home can be the best teaching, so have a think about whether some of these ideas might help.

- Establish 'on and off' times. When should everything be turned off and put away? Set up realistic times when devices are used and for specific purposes. For example, there might be an hour when they are used for homework, and 30 minutes later where they are used for games or communication. And then a time when everything gets switched off and put away. Adults included!
- Co-create a timetable that clearly shows when technology is being used. A visual timetable in a central location helps children plan and take responsibility for their time, which we've all found to be pretty useful in adulthood.
- Storage areas can be a visual boundary: when things aren't being used, they are put away somewhere rather than left in a pocket or on the kitchen table. Out of sight, out of mind. This becomes a prompt for behaviour too, as it signifies that this activity is now finished.
- Distinguish between low-quality entertainment and high-quality entertainment. Lots of YouTube content is potentially the first category and doesn't offer much in terms of a great, artistic, cultural experience. So perhaps have boundaries around what is off-limits for viewing and playing.
- Explain to children that adults use phone and tablets for lots more than playing games. Calendars, email, reminders, shopping lists – verbally explain exactly what you are doing when you use a device, as it shows them how you organise your life and use technology positively. "Let's me look at the calendar on my phone to see if we can organise a play date ..."
- Phone free days!
- Many experts talk about keeping 'tech out of the bedroom'; this helps create transparency and prevents habits of secrecy which may become more problematic towards adolescence, not to mention preventing horrible sleep patterns.

**Part Two** will focus on ways of setting up your modem and filter to keep children safe.

**Nathan Hoyle**  
**YouthCARE School Chaplain**



### ROOM 4 & 5 COMMONWEALTH GAMES

The Year 3 students in Rooms 4 and 5 had a wonderful time competing in their very own 'Ardross Commonwealth Games' in the last week of Term 1. Children were representing eight Commonwealth nations comprising Australia, England, Jamaica, Malaysia, South Africa, Singapore, Scotland and Canada. The games started with the official opening ceremony.

There were six events in total which were:

- |                     |                     |
|---------------------|---------------------|
| 1. Bounce and Catch | 4. Skate Boarding   |
| 2. Egg and Spoon    | 5. Bean Bag Shotput |
| 3. Kick No Hands    | 6. Speed Walking    |

Three points were awarded for first, two for second and one for third. Bonus points were given to teams who showed great leadership and spirit. We all shared a giggle when Miss Foote and Mrs Schaper demonstrating the Speed Walking. It was very funny. All athletes played fairly, were competitive, showed perseverance, cheered on their team mates and helped each other reach the finish line.

We concluded with the official medal ceremony. Malaysia was awarded the Bronze medals, Jamaica earned the Silver and England won Gold. As captain for the Australian team, Kendall was asked to extinguish the flame to officially close the games. We all had such a wonderful week of competing. It really was a truly 'Friendly Games!'



## P&C NEWS

Welcome back to Term 2 and it looks like the Month of May should be called 'Fundraising Month'. We have lots on and it all benefits your children.

### MOTHER'S DAY STALL

This is a wonderful not for profit P&C initiative run by Angela Tooker, who has again sourced fantastic gifts for your children to buy their mum for Mother's Day this Sunday, 13 May 2018.

**When** - Thursday, 10 May 2018

**Where** - Library

Class by class the children will be able to go to the library and purchase Mother's Day gifts from \$2.00 - \$8.00.

### ENTERTAINMENT BOOK

Ready for sale now!!! For every book sold Ardross Primary School receives \$14.00 so please order your book now and if you know someone who normally purchases the book encourage them to buy through our school.

**Marie Ainsworth**  
P&C President



### WALK SAFELY TO SCHOOL DAY - FRIDAY 18 MAY

All children along with their parents and carers are encouraged to walk, ride, scooter or skate and commute to school on Friday, 18 May. We will provide fruit salad and yoghurt for those participating.

We all know the benefits of walking but here is a list to remind you:

- Walking is fun;
- Walking gives families and friends a chance to chat;
- Walking improves your mood;
- Walking is an easy way to be active;
- Walking provides an opportunity to be outside and in nature;
- Walking helps reduce congestion around school.

So strap on your walking shoes and come and join the fun! We hope to see you there!

**Health Committee**

### SPORT - UPCOMING INTERSCHOOL SPORT TIMETABLE

Sport	Week 2 Location - 11 May (vs Applecross)	Week 3 Location - 18 May (vs Booragoon)
AFL	Applecross	Booragoon
Soccer A	Ardross	Ardross
Soccer B	Applecross	Ardross
Netball A	Applecross	Booragoon
Netball B	Applecross	Booragoon
Netball C	Applecross	N/A
Netball D	Ardross	N/A

### LOW CARBON SCHOOL'S PROGRAM PARENT SURVEY

In 2016 and 2017, Ardross Primary School participated in the Low Carbon School's Pilot Program (LCSP) to work on reducing the school's carbon footprint. Through the LCSP, Ardross PS is also participating in some exciting research by PhD student Portia Odell.

Portia is researching whether kids take the things they learn about carbon emissions back home to their parents/ households and whether that influences any changes in behaviour. To measure this, she needs the help of parents/carers/ guardians who have children attending Ardross Primary School. All you need to do is fill out a short 10-minute survey.

To date, there is not much research in this area so your responses will help with some interesting and novel research. Your responses will be greatly appreciated! The survey link is here: <http://bit.ly/lcspp-parent>. Thank you very much in advance!





### NATIONAL SIMULTANEOUS STORYTIME 2018

This year, Ardross Primary School students will be invited to participate in National Simultaneous Storytime on Wednesday, 23 May 2018.

National Simultaneous Storytime is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools and childcare centres around the country. The event aims to promote the value of reading and literacy, using an Australian children's book for Foundation to Year 6 students.

A digital presentation of Hickory Dickory Dash written Australian author Tony Wilson and illustrated by Laura Wood will be shared with students in the library on **Wednesday, 23 May at 9.00am**.



### UNIFORM SHOP 2018

17 May 2018 8.30am - 9.15am

31 May 2018 8.30am - 9.15am

### ROOM 4 & 5 COMMONWEALTH GAMES cont...





This term Keyed Up Music will be teaching keyboard lessons on Tuesday after school. Lessons start from \$17.50 for a group lesson of 4 people, \$18.10 for a group lesson of 3 people, \$22.55 for a shared lesson and \$33.00 for an individual 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).

#### 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](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 reassurance of knowing that your child/children will be cared for in a safe, fun and friendly environment.

**Val Maiorana**  
Program Coordinator



#### WILLETTON SENIOR HIGH SCHOOL SPECIALISED BASKETBALL PROGRAM

Western Australia's highest ranked basketball school is currently accepting applications for their 2019 student intake. The Specialist Basketball Program inspires talented young West Australians to develop their skills, leadership, character and passion for excellence, both on and off the court. Our students learn the fundamentals of basketball in a high performance environment, as well as life-skills and values such as respect, leadership, time management, teamwork, discipline, mental toughness and sportsmanship.

The Willetton Senior High School Specialist Basketball Studies Program has been instrumental in developing many talented young athletes who have gone on to elite careers. For further information please visit the website: <https://www.willettonshs.wa.edu.au/our-curriculum/specialist-programs/specialist-basketball/>.

**Applications for Year 7 2019 close Friday, 11 May. Applications for Years 8 to 11 2019 close Friday, 8 June**



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

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**Paul Evensen**  
Associate Director  
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ARDROSS PRIMARY  
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