

Important Dates:

Thursday 8 May

School Photos

Friday 9 May

Mothers' Day Stall

Thursday 15 May

Uniform Shop Open @ 8.30am

Friday 16 May

Walk Safely to School Day

Tuesday 20 May

Kindy A - Better Beginnings

Wednesday 21 May

Kings Park Excursion

Thursday 21 May

Kings Park Excursion

Kindy B - Better Beginnings

Tuesday 27 May

Year 5 Assembly - Rooms 3 & 18

Wednesday 28 May

Year 6 Camp begins

Thursday 29 May

Uniform Shop Open @ 8.30am

Friday 30 May

Year 6 Camp ends

Monday 2 June

WA Day Public Holiday - NO STUDENTS

Tuesday 3 June

Staff Development Day - NO STUDENTS

Tuesday 10 June

Winter Sports Carnival

P&C Meeting @ 7.00pm

Thursday 12 June

Uniform Shop Open @ 8.30am

Sunday 15 June

Dads' Squad Mini Golf

Principal's Message

MOTIVATE - EDUCATE - CELEBRATE



Welcome to Djeran, with hopefully cooler nights, light breezes, and dew on the plants in the mornings. You might like to walk through our front native garden and smell the scents from the eucalyptus trees. Again, thank you for ensuring your child/ren arrive at school ready to learn. Their enthusiasm for learning, smiles, and hellos in the morning are contagious.

Happy Mothers' Day to all our mums



SCHOOL DEVELOPMENT DAY - CHANGE OF DATE REMINDER

Due to the Year 6 camp overlapping with the original School Development day this term, we have changed the School Development Day to Tuesday, 3 June. Children will not attend school on this day.

KINGS PARK EXCURSION - PRE PRIMARY TO YEAR 6

We look forward to the Kings Park Excursion on 21 and 22 May for all students from Pre-primary to Year 6. The children will be immersed in programs that help to develop their knowledge, understanding and respect for other cultures, biodiversity and sustainability. They will also learn about

the Noongar Language through storytelling and explore how ecological knowledge and traditional care for country can help to create a sustainable future for all.

ARDROSS PRIMARY SCHOOL DRESS CODE

The benefits of a Dress Code are many including:

- promoting a positive image of the school.
- creates a sense of community and belonging among students.
- promotes the safety of students through easier identification.
- keeps costs of clothing within reasonable limits for parents.
- assists students to learn the importance of appropriate presentation.

Many children are wearing jewellery other than that outlined in the Dress Code. Only studs or sleeper earrings, watches, and cultural and medical bracelets may be worn. No other jewellery is considered appropriate. Students may be required to remove items of jewellery when participating in physical activity. Smart watches or other wearable devices with internet connectivity must be in aeroplane mode.

Please speak to your child and ask them to keep their jewellery at home. This will stop possible injuries, loss of jewellery and being spoken to by a staff member.

ANZAC DAY CEREMONY

Our ANZAC Day ceremony was held on Thursday, 1 May. The solemn event was led by our Year 6 Cultural Captains - Mila, Paris, Rogan, and Anabela - with the support of fellow Year 6 students - Rose, Antonia, Nathan, and Michael. We were honoured to welcome Lieutenant Jason Battley, a member of the Australian Navy and a parent within our school community.

This year's ANZAC Day address invited us to reflect on the sacrifices made by all who have served and encouraged us to consider how we might continue their legacy through acts of service, compassion, and kindness.

TRIPLE P

Triple P – Positive Parenting Program gives parents and carers ideas and strategies to help their child develop the skills and behaviours they need for a healthy childhood. Attached to this newsletter, you can register to:

- Screen Smart: Healthy Habits for a digital world (ages 4-40)
- Promoting digital wellbeing (pre-teen and teens 10-16)
- Learning to use the toilet (toddlers and preschoolers)
- Raising confident, competent children (under 12 years) a program that has also been presented to our staff - which supports children with anxiety (6-14 years).



Sue Mikkelsen-Taylor
Principal
[Ardross Primary School](#)

Calling All Interschool Swimmers

Please ensure you return your Interschool shirt from the Swimming Carnival held during Week 10 last term. Shirts are to be washed and returned to Mrs Jones in the Library as soon as possible please.

Natalie Jones
Library Officer

Student Wellbeing Officer News

LifeEd have produced this helpful article on Child Anxiety. If you suspect that your child is experiencing anxiety and you are looking for some information or you want to know some strategies to support them, have a read of this article.

The number of children living with anxiety is on the rise and is estimated to affect about 1 in 10 Australian children, according to the Centre for Emotional Health. As adults, our pace of life, speed of communication, workload and regular worrying news at our fingertips on social media, can make us all feel a bit anxious and this can worry our children too.

It is now common for five young children in every classroom to experience worry. These worries, if not addressed, could develop into diagnosable anxiety disorders, such as Separation Anxiety, Social Anxiety, Panic Fears, Phobias or Obsessive Compulsive Disorder, by the time children reach 8 to 11 years of age, according to the Centre of Emotional Health.

"We feel that we are not good enough because we expect perfection," he said. "The bar is set very high for kids, and parents."

CHILD PSYCHOLOGIST AND AUTHOR, DR JOHN IRVINE said it was important for parents, carers and educators to help children identify and embrace their emotions, to show children that we all have these feelings; that they are universal and not unique to them and to give children strategies to learn how to manage their feelings and emotions so they do not become overwhelming.

"We don't want our kids becoming so anxious that they flip out or have a panic attack because they have never learned to self-regulate," he said.

"When kids are confident managing their emotions, and have a sense of control over their feelings, they have good self-esteem, which is one of the most critical things to develop."

Parent's and carers who are concerned their child may be suffering from anxiety can read Dr John's anxiety checklist below to identify whether their child is experiencing anxiety symptoms.

Anxiety Symptom Checklist:

- Dry mouth and swallowing difficulties or hoarseness
- Rapid breather and heartbeat
- Twitching or trembling
- Muscle tension and headache
- Appetite changes
- Sweating
- Nausea, diarrhoea and weight loss
- Sleeplessness
- Hyperventilation
- Irritability
- Fatigue
- Nightmares
- Frequent urination
- Memory problems
- Constant seeking of attention and reassurance.

If parents or carers recognise any of the above symptoms in their child they can read Dr John's checklist below to help get to the bottom of what's "bugging" their child:

- *First and foremost, take your child for a medical check-up. There are many medical disorders that have similar symptoms to anxiety, so talk to your doctor to rule out any medical causes. If you get the "all clear," move to the other checks.*

- *Do a parent self-check – If you're an anxious person, then your little worrier may be copying your coping style.*
- *Do a management check – Many panicky kids come from homes where parents reward their child's anxiety by fixing it for them. The result is that kids don't learn how to manage their problems but rely more and more on a parent sorting it out for them.*
- *Do a context check – Try to note where and when these anxieties are at their worst. Could it be in the morning before school or upon arriving home in the afternoon? Maybe it's related to an unfamiliar location or activity?*
- *Do a home environment check – Is the pace too fast? Is the family too busy? Is the morning routine chaotic? Is there too much going on after school? And don't forget to take a look at what the kids are watching on TV and DVDs – some are quite scary.*
- *Check for any attachment issues – Does the child feel safe and secure with you? Are you super critical of them or yourself? Can your family fix the problem when things inevitably go wrong?*

These checklists have been adapted from renowned child psychologist Dr John Irvine's new book **Helping Young Worriers Beat the Worry Bug**. The book is an easy-to-read, practical and fun-filled guide of therapeutic ideas and activities aimed at parents and educators to help children develop strategies to effectively manage their emotions.

If you would like support for your child during school hours, please don't hesitate to contact me at my email address rhonda.miller@youthcare.org.au to organise an appointment or on the school phone number for a chat.



Rhonda Miller
YouthCARE School Chaplain
APS Wellbeing Team

P&C News

IMPORTANT DATES

6 May – P&C Meeting, 7.00pm, school Staff Room
 5 and 9 May – Mothers' Day Stall
 10 June – P&C Meeting, 7.00pm, school Staff Room
 15 June – Dads' Squad Mini Golf
 9 August - Bogan Bingo night, Melville Bowling Club

Welcome back for term 2. We hope you had a lovely two week break and are ready for another term.

EASTER RAFFLE & GUESS THE EGGS IN THE JAR

The Easter Raffle was a great fundraising success and added some fun for the kids to the end of term. Congratulations to our raffle winners and the lucky person who won the jar of eggs! Thank you to our sponsor, Charlotte Recruitment Agency. Thank you to all the volunteers who helped at the raffle table in the mornings, and to everyone who participated.

DADS' SQUAD BAREFOOT BOWLS – 2 MAY

The annual Dad's Squad bowls event was another great night enjoyed by all that came along. This event is for our school fathering figures to connect and enjoy some healthy sporting competition. Once again all participants bought their A game. Congratulations go to this year's top 4, Ramon, Mike, Shanu and Jay. Thanks to all that organised and participated to make a successful night.

MOTHERS' DAY STALL – 9 MAY

Every year the P&C hold a Mother's Day stall for your child to purchase a gift for the special mother figure in their lives. This year the stall will be held on Friday, 9 May during class time. Gifts will be priced at \$2, \$5 & \$10. If you would like your child to participate in the experience, please send them to school with some cash and a reusable shopping bag to bring home their gift safely.

To ensure every student has an opportunity, only one gift per student can be purchased during the allocated classroom time. Any remaining gifts will be available for sale in the library at lunchtime.

If any Dads can spare an hour to volunteer at the stall, please use the below link:

[https://www.signupgenius.com/go/10C054CA5A92CA5FFC16-56256998-mothers#/.](https://www.signupgenius.com/go/10C054CA5A92CA5FFC16-56256998-mothers#/) When you click on this you will see the different times that classes are visiting the stall, so you can pick a time slot.

FEDERAL ELECTION DEMOCRACY SAUSAGE SIZZLE & CAKE STALL – 3 MAY

Ardross Primary was a polling station again for the second major election in the last couple of months and as always, the sausage sizzle, bacon and eggs burger and cake stall were a big success. We would like to thank Good Grocers Applecross for generously donating the sausages, bacon and egg burgers, which were a hit. Thank you to everyone who volunteered (especially those that had already helped with the state one) and also for the contributions to the cake stall. All money raised will go towards improvements to the school.

P&C MEETING – 6 MAY

We have our next P&C General Meeting tonight in the school staff room at 7.00pm. Our agenda includes important decisions about the Bogan Bingo event being held in August. It is looking to be a great event and we expect a big turnout.

As part of the P&C's commitment to spend the funds raised last year, we will fund new Reading Books to support explicit learning. We are also looking at other initiatives such as Student Toilet block artwork and under cover area renovations.

UNIFORM SHOP

The Uniform Shop will be open on Thursdays, 8.30am to 9am on the odd weeks of term (weeks 1, 3, 5, 7 and 9). You can place an online order anytime and it will be delivered to your child's class room every Thursday during the school term (be sure to include their full name and room number in the comment box on the online payment page). <https://ardrosspandc.square.site/uniforms>

FACEBOOK PAGE & GROUP CLOSURES

Just a reminder that we have closed both the public and closed Facebook pages. To stay up to date on our activities, please join our class WhatsApp groups and stay tuned to our space here in the newsletter which we hope to revamp and make a bit more interesting!

USEFUL LINKS

Lunch orders: <https://school-lunch.lunchboxhub.com.au/>

Online uniform shop: <https://ardrosspandc.square.site/uniforms>

How to contact the P&C and Dads' Squad

Website: <https://ardrosspandc.square.site/>

Email: hello@ardrosspandc.com.au

Dads Squad WhatsApp group: <https://ardrosspandc.square.site/dads-group>

Class WhatsApp groups: <https://tinyurl.com/ArdrossPCWhatsApp>

Ardross PS P&C Team

Ardross P&C hello@ardrosspandc.com.au

School Dental Service – It's Time to Enrol

Every year Dental Health Services (DHS) offers parents and carers the chance to register their kids for free dental care at the School Dental Services (SDS). The offer is open to every student from the year they turn 5 until their 17th birthday and includes check-ups, fillings and simple extractions.

Your child will soon bring home an envelope with an enrolment form, Frequently Asked Questions, and reply-paid envelope from DHS. Just fill in the enrolment form, pop it in the reply-paid envelope, and put it in your nearest post box. Once we receive your form at DHS our team will register your child and arrange for you to receive an appointment in the mail.

If you would like further information on DHS services and the SDS please visit our website:
www.dental.wa.gov.au.

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 / children are enrolled you then have the comfort and reassurance of knowing that your child will be cared for in a safe, fun and friendly environment.



Learn music at
Ardross Primary School!

- Keyboard starting from \$22.55 for a group lesson.
- Held after school.

Enrol now for lessons!

www.keyedupmusic.com.au/enrolment-form

0479 171 424
enquiry@keyedupmusic.com.au



After School & Saturday Mandarin Club



Mandarin Stars provides immensely enjoyable Mandarin Language classes for children. After-school Mandarin Club is available in the Library on **Tuesday, Thursday and Friday** from **3.15pm to 4.15pm** and **4.15pm to 5.15pm (Kindy to Year 6)**. **Saturday morning classes** for children ages 1-12 years are held in the Senior Block. To enrol or to book for a free trial class, please contact perthsouth@mandarinstars.com.au or call 1800 18 1118 for more details.



mandarin stars
fun mandarin for kids

Australia's original & leading immersion-based
Mandarin Language Classes



FUN After-school Mandarin Classes at Ardross Primary School!

FREE TRIAL EVENT for students from Kindy to Year 6

Classes held in the LIBRARY on:

27th May Tuesday 3.15pm – 4.15pm

29th May Thursday 3.15pm – 4.15pm

The Mandarin Stars Program offers:

- 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, puppet shows, music, movement, songs, rhymes, games and the celebration of Chinese festivals and culture!
 - Small group sizes and a high teacher to students ratio to ensure individual attention.
- Please contact perthsouth@mandarinstars.com.au for details.

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



The advertised activities may be of interest. Please note these advertisements by third parties are run independently of the school and are not supervised, endorsed, or vetted in any way by Ardross Primary School. Parents should conduct their own enquiries regarding the advertised products, services or notices.