

Principal's Message



Welcome to our school newsletter. I appreciate the time you have taken to read the contents and join us in celebrating the community of Ardross Primary School.

The next 6 weeks are full of learning experiences that build on the learning that happens every day in our classrooms. Please check your Term 4 planner for dates.

OUTDOOR CLASSROOM DAY - THURSDAY 7 NOVEMBER

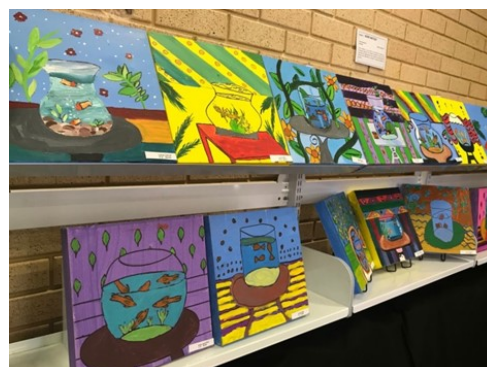
What a fantastic day this was. To see the smiles and joy of the children as they took their learning outside. Mr Marshall could be heard reading his novel to a spellbound class who sat around the internal playground. Mrs Jones took the Library out to the Harmony Garden whilst I settled my office under the mulberry tree. One of the students recommended a book about mulberries which I might like to read.

Within the nature playground students build tee-pees and also measured the circumference of tree logs whilst others quietly read.



CELEBRATION OF ART BLAST AND OPEN CLASSROOMS

Thank you to everyone who joined us to celebrate the amazing art work produced by every child. Do you know there were two art pieces per child displayed. I cannot thank the staff for the amount of work they placed into the days success. A special thanks to Mrs Ulrich.



Newsletter

19 November 2019
Issue 18

Wednesday 20 November

Year 6 Dance
Lapathon Movie
Year 6 Sky Opera
2020 Kindergarten
Information Evening

Thursday 21 November

Year 6 - Channel 9

Friday 22 November

Staff Development Day -
NO STUDENTS

Monday 25 November

EduDance

Tuesday 26 November

Year 5 Dance
Year 5 /6 - Channel 9
Room 16 - Visit Woolies

Wednesday 27 November

Year 6 Dance
Year 6 Dinner Dance
Year 6 - Convention Centre

Thursday 28 November

Uniform Shop Open

Friday 29 November

Bunnings - Room 15

Saturday 30 November

Sustainability Showcase
P&C Sundowner

Monday 2 December

EduDance
AXHSHS ECE Students Visiting
Kindy

Tuesday 3 December

Year 5 Dance
Room 10 - Apple

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SCHOOL DEVELOPMENT DAY - PLEASE NOTE CHANGE OF DATE

Parents and Ardross Community members are reminded that our School Development Days in Term 4 are **Friday, 22 November and Friday, 20 December**. Students do not attend on these days.

SCHOOL BOARD VACANCIES

My experiences as a parent, teacher and now principal on a variety of school boards and councils has been central to the vital part I have played in children's education, including my own, from Wickham District High School to Ardross Primary School.

As a parent your role in your child's education can take on many roles. As a member of the school board you along with other members represent the parent community. The School Board plays an important role in contributing to good school governance so that school resources are used efficiently and community expectations and the school's priorities reflect the needs of students.

Please see Tania or Gabby at reception to receive a nomination form. These are also available on Connect within the Library and folder Ardross School Board. Nominations need to be completed and returned to the front office by **Friday, 22 November 2019 - 4.00pm**. If there are more than four nominations, an election process will take place, as per the School Board Policy. The successful candidates will commence in 2020.

Should you have any questions about what's involved in being a board member, you can call the current Board Chairperson, Geoff Cooper, on 0406 893 955.

Sue Mikkelsen-Taylor
Principal



LIBRARY NEWS

We would like to thank the Stoyanov family and the Sun family for the fabulous donation of books which will be added to our library shelves. And also the Smith family for the very much needed donation of Lego which will be thoroughly enjoyed by our Wednesday lunchtime Lego clubbers.

Our harmony garden was a hive of activity and bursting with colour during the recent Outdoor Classroom Day. Students were able to enjoy the comforts of the library furniture outside while being able to choose from a selection of books during their library sessions and read at recess and lunchtime.



Are you upgrading your Christmas Tree this year? We are looking to replace the library Christmas tree with something 'a little more lush'. Please see Mrs Jones in the library (Tues - Thurs) if you may be able to help with a donation.

Natalie Jones
Library Officer



UNIFORM SHOP 2019

28 November 2019 8.30am - 9.15am

12 December 2019 8.30am - 9.15am

HONOUR CERTIFICATE WINNERS



At the assembly this week the winners were:

Room 20 River-Jean F, Chloe H, Amanda K.

Room 19 Jake K, Ella M, Lacy T.

Room 16 Aasha F, Gabriel H.

Room 13 Lelan E, Carly Y.

Room 10 Elissa F, Imogen F, Eason G, Elton L.

Room 9 Sam D, Catherine W.

Room 8 Andrej C, Matthew S.

Room 7 Hanna B, Mitchell B, Kieran H, Anson R, Xavier T.

Room 6 Haelyn J, Isabella L, Juan L, Tamara M.

Room 5 Neela C, Anica P, Brodie W.

Room 4 Kane C, Estelle S, Jacob S, Murray S.

Room 3 Hwan K, Isabella N, Sehun P, Sharon S, Jerome T.

Room 2 Larissa A, Laura Y.

P&C NEWS

THANK YOU ART VOLUNTEER POOL GROUP

The spectacular display of art on show in the library and computer room last week was made possible by the tender love and care and creative talents of a wonderful group of parent volunteers from our Art Volunteer Pool Group. These parents gave up their morning to carefully and artistically display the precious artworks of our students - thank you to Anna Belton, Jelena Prijic, Jenni McRae, Vanessa O'Sullivan, Penny Brown and Milena Fratini for doing such a fantastic job.

P&C SUNDOWNER - SATURDAY 30 NOVEMBER

We look forward to seeing you at the P&C Sundowner on Saturday, 30 of November, 5.00-7.00pm in the main quadrangle. Please bring along a picnic blanket, esky and some snacks to join us for a couple of hours as we listen to music from The Two Tones and partake in a traditional sausage sizzle for a gold coin donation.

DONATIONS FOR POP-UP BOUTIQUE AT SUSTAINABILITY SHOWCASE

Thank you so much to everyone who has donated so far. We are still collecting donations of any men's, women's or children's pre-loved clothing, shoes, handbags and accessories right up until the end of November for a pop-up boutique, guided by our very own *Kim MacIsaac of Op Styling* that will take place during the Sustainability Showcase.

Donations can be dropped off to the collection point near the front office anytime before Friday, 29 November.

END OF YEAR TEACHERS' GIFTS COLLECTIONS

The Class Parents Representatives for each class have been springing into action this term to co-ordinate our traditional 'teachers' gift collection'. I wanted to take this opportunity to reiterate that whilst the action of a class collection has become a tradition at Ardross Primary School for quite some years now, the intention is to relieve you of some stress, pool together funds, mean less out of pocket expense for you and more than anything else, provide an opportunity to say 'thank you' to our wonderful teaching staff.

All class reps are very conscious of adding to an ever growing list of people asking for money/donations at what is already a very expensive time of year and they also want to make sure that everyone feels included. If you would rather not be part of any group collection, no offence will be taken at all and all we ask is that you let your Class Parent rep know either in person or in reply to one of their emails.

Finally, a massive thank you goes out to all of our Class Parent Representatives for the wonderful job they have done in keeping you informed and supported throughout the year – their work is fairly silent and often behind the scenes, but very valued and an integral part of what makes our school community so special.

FACEBOOK PAGE

Please spread the word far and wide to your friends and family about the **Ardross Primary School P&C** Facebook page and give us a 'Like'. It is a pleasure to keep you up to date throughout the term and over the holidays with special dates, activities and reminders.

Charlotte Oliver
P&C President

ATHLETICS WRAP UP

End of the year is fast approaching and we have reached the last phase of our curriculum in Phys Ed. With Rugby finishing, we have started to play little mini games as well as entering into our circus term. I have already had a few reports of students practising their juggling at home! Circus is a fantastic unit to teach and to learn because the students are confronted with resiliency issues. It is genuinely hard to master each skill and because the students know that, I get to see awesome 'try and fail and try again' moments. They are so excited when they acquire the skill and I am excited for where this takes us.

Outside of the classroom, we had an exciting cricket event that several of our Ardross Blast cricketers participated in. On Friday, 8 November, Australia played Pakistan in the T20. Our Ardross students walked onto the field ahead of the players and were able to shake hands with the different professional cricketers. We are very lucky at Ardross to have a very good relationship with the WACA as they do a lot for our school - coming to Lapathon, running cricket afterschool on our oval, offering us events during Sheffield Shield matches, and allowing us to register for this on field opportunity.

With the last five weeks of school upon us, before school swimming is back, I will be at the Applecross High School Pool every Thursday morning from 7:40-8:20am. Students from Years 3 to 6 who have passed level 7 or higher, are invited to practise their swimming. We will be practising freestyle, breaststroke, backstroke, starts, and turns - depending on the day. Please make sure those students bring a towel, dry clothes, and appropriate footwear for school. We will walk them back afterwards, so they are ready for the day. Parents are more than welcome to come and watch or come and help out. I am looking forward to it and I hope to see a lot of students there.

Thanks for all of your support.

Hannah Brown
PhysEd Specialist Teacher



ROOM 9 - ASSEMBLY

The students of Room 9 hosted their assembly on Tuesday, 5 November. They entertained the audience with three items related to a Water theme with a strong message about the water cycle and ways to save such a precious resource. The students presented a play, performed a Water Cycle Rap and a number of children read their poems they had written about water.



CHAPLAIN'S CORNER

'CHILDREN AND STRESS - PART THREE'

It's been a stress-filled column recently! So far, we've looked at positive and negative stress, as well as some common causes for stress in children. And here it is – the helpful hints to making sure you're tuned in to prevent negative stress building up too much in your children's life.

EXERCISE – Exercise can be the holy grail for some people when it comes to managing stress, as it helps release neurotransmitters in the brain that relieve stress, as well as reducing the presence of stress hormones. The more vigorous, the better. Get them going for at least 20 minutes, even with little breaks, and encourage active lunchtimes at school if their friends are keen too.

LEISURE & DOWN TIME – Having activities that aren't 'high stakes' is an important balancing point for all of us, children included. So, to help manage feelings of stress or overwhelm, increase the leisure time as needed. Self-directed play, like Lego, colouring-in, imaginary play or craft can be a good way for children (and adults!) to switch off the tension and worry and to let the body and mind calm down. And the more outdoor play, the better. So when things get a little stressful in their life, loosen the schedule, crack out the Lego and wind down for a few hours.

SCALING, PERSPECTIVE & PROBLEM SOLVING – Sometimes the best way to get 'out of stress', is to get 'through stress'. Helping to put the situation in perspective and creating a scale ("Will you be worried about this in a month? Week? Saturday?") can make the situation more manageable, more tangible and less 'all encompassing'. And sometimes, the simple act of writing a list of steps to take to solve a problem can reduce the stress experience, even before the steps are undertaken.

A REASSURING CHAT – Sometimes, children can get very worked up over what is basically 'none of their business'. Helping them to realise that the adults in their life can deal with whatever the stressful situation is – financial stress, family health, workplace difficulties – is important, and reminding them that you've done this plenty of times before. I also encourage adults to have a follow-up conversation to show them how it all resolved - "Just like I told you, I was able to make it all work out." This helps them have good information to be more optimistic next time.

SLEEP – Simple, but proven. Good quality sleep helps us to function better, think more clearly and keep stressful problems in perspective. When situations becoming stressful for children, sometimes the best move can be to shift a few things in the schedule and get everyone a good night's sleep. And because stress and sleep aren't best friends, removing exposure to electronics and screens a few hours before bed time (keep them out of the room) can help children nod off easier, as can a nice bath and a boring book.

Nathan Hoyle
Chaplain



Ardross Primary School's Annual Christmas Hamper Appeal 2019

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 (25 November to 6 December).

Please refer to the list of suggested items.

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

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

Ziggies Educational Supplies is your schools' new supplier for your 2020 personal items lists. We are a WA owned business and have a variety of ways to order your requirements.



1. Order before the cut off to receive free home or business delivery
2. Order before the cut off to collect at the onsite shop held at the school end of January (you can pay when you pick up your order so no need to pre pay).
3. Come into the shop in Canning Vale for easy self-serve option with help from our friendly staff.

All orders help raise valuable funds for your school community.

mandarin stars



fun mandarin for kids

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 and Thursday from 3.15pm - 4.05pm and 4.10pm to 5.00pm (Kindy to Year 6).

Saturday morning classes for children age 1 to 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.

CALL NOW FOR A **FREE TRIAL**
0451 172 877


Grasshopper
SOCCER

grasshoppersoccer.com.au

perth@grasshoppersoccer.com.au

Soccer fun for girls and boys aged 2 to 12, starting from 19th October, 2019.

Sessions include:

Mite-E Soccer (2-3yo)

Pint Size Soccer (4-5yo)

Into to Micro (5-6yo)

Micro (6-8yo)

Micro Plus (8-12yo)

Sessions are held at various venues
South and North of the River.

Call 0451 172 877 or email
perth@grasshoppersoccer.com.au for
more information or to book your place.



Learn Keyboard at . . .
Ardross Primary School!

- ◆ Prices are per lesson and start from \$17.55 for a group of 4
- ◆ Held after school
- ◆ Enrol online at . . .

www.keyedupmusic.com.au/enrolment_form

 **Keyed Up**
MUSIC

Phone: 1300 366 243

Email: enquiry@keyedupmusic.com.au

Web: www.keyedupmusic.com.au

The advertised activities may be of interest to the Ardross Primary School community. However, these third party activities are run independently of the school and are not endorsed, supervised or vetted in any way by Ardross Primary School.