

Important Dates:

Thursday 3 September

Uniform Shop Open
Fathers' Day Stall

Monday 7 September

P&C Meeting

Tuesday 8 September

Faction Jumps & Throws
Assembly – Rooms 13 & 16 Year 1s]

Wednesday 9 September

School Board

Thursday 10 September

RU OK? Day

Friday 11 September

Faction Athletics Carnival & Book Fair

Tuesday 15 September

Australian Girls' Choir Workshop
Assembly – Room 19

Wednesday 16 September

Xmas Card Fundraiser

Thursday 17 September

Uniform Shop Open

Tuesday 22 September

Assembly – Room 3

Thursday 24 September

Book Week Parade

Last Day of Term 3

Friday 25 September

Staff Development Day [**NO STUDENTS**]

Monday 12 October

First Day of Term 4

Principal's Message

MOTIVATE – EDUCATE – CELEBRATE



Thank you for taking the time to read our monthly newsletter. This is one of our communication platforms, including our [Facebook page](#), that ensures we are able to share and celebrate the teaching and learning at Ardross Primary School.

Reporting to Parents Afternoon

Thank you to all the parents who were able to access a time to speak to their child's teacher. There was a very positive atmosphere around the school. I know that the sharing of your child's time both in and outside the classroom is valuable and gives you a good understanding of their learning. If you were unable to secure a time, please ring the reception to organise another meeting.

3rd Kindergarten Class

We are excited to announce that we will introduce a third Kindergarten class for 2021. Kindergarten is an important step for young children. At Ardross Primary School we provide a high quality Kindergarten program offering your children a range of learning experiences and activities that are both stimulating and fun. Your child's learning and curiosity will be encouraged through experiences and activities, such as exploring the natural world, being exposed to new ideas and solving problems. Please call reception to organise a tour or complete registration forms.

Lunch for Student Leaders

It was a privilege to invite student leaders for lunch on 19 August 2020. They were chosen for their exceptional leadership skills within the areas of; student councillors, environment,

technology, music, library, sport and the arts. We shared pizza, juice and good conversation. Each student was able to talk about why they were chosen by their teachers including demonstrating initiative, commitment and leadership.



Review of Children's Crossing Riseley Street near Glencoe Road

Initial surveys have been conducted. A second set of surveys will be conducted and a report will then be forwarded to the Children's Crossing and Road Safety Committee (CC&RSC). I encourage students to utilise the Riseley Street near Glencoe Road location so that a true picture of the school community's needs may be gathered. There is not a specific date given for the collection of data. Data from the initial two surveys on the 7 and 19 August registered 9 and 12 primary school students.



Sue Mikkelsen-Taylor
Principal



[Ardross Primary School](#)

2020 Voluntary Contributions

Thank you to all those who have paid their voluntary contributions this year.

This is a friendly reminder that these go towards valuable curriculum resources to further support our students' learning at Ardross Primary School. They remain at \$60 per child. Payments can be made at the front office, or via phone by credit card.

Denise Moore
Manager Corporate Services

Honour Certificate Winners



At the Assembly on 11 August the winners were:

Room 20 Sean C, Elijah H, Kiana P.

Room 19 Lucas T, Jasmine S, Nathanael S.

Room 16 Sam F, Alecia J.

Room 15 Mathias H, Macy L.

Room 13 David C, Ian J, Joshua K, Luke W.

Room 9 Sophie M, Ariella R.

Room 8 Chloe M, Oliver Y.

Room 6 Nickrai B, Max L, Mihaela S.

Room 5 Rayan A, Dhaniyaa R.

Room 4 Saina D, Olivia M.

Room 3 Eu-Jin C, Lincoln O, Joshua O, Kayla S.

Room 2 Tessa L, Ariel T, Dave W, Katie W.

At the Assembly on 25 August the winners were:

Room 20 Anson R, Cindy T, Mika Y.

Room 19 Parmis D, Xavier T, Katie W.

Room 16 James G, Evelyn S.

Room 15 Siera E, Leo N.

Room 13 Maddison H, Braxton T, Ethan W.

Room 10 Tyler J, Caleb W, Elaine Z.

Room 9 Ethan G, Harlan J.

Room 8 Harlem E, Risha S.

Room 7 Tate J, Shradha S, Gabrielle V.

Room 6 Lana C, Grace H, Haelyn J, Ina M.

Room 5 Genevieve B, Jiwoo K, Bentley N.

Room 4 Hailey B, Tanya K, Isaac W.

Room 3 Amelia C, Ashlee C, Hwan K.

Library News

2020 Ashton Scholastic Book Fair – 9 to 11 September 2020



Our annual Ashton Scholastic Book Fair is back! This year, we will open our library doors on the following days / times for parents and students to come and purchase books:

Wednesday, 9 September - 8.15am to 9.00am

Thursday, 10 September - 8.15am to 9.00am

Friday, 11 September - 8.15am to 3.30pm
(same day as the Athletics Carnival)

Proceeds from the Book Fair will go back into purchasing additional library resources for our students. We encourage you to

share in the magic of choosing new books with your children and support reading. Please note, due to current COVID restrictions, we will need to limit the number of people in the Library at any one time and will **only be accepting credit card payments (no cash sales)**. We appreciate your patience and understanding.

We look forward to seeing you at the Fair and being a part of this wonderful school event.

Before School Reading – Week 8

Please note, due to our annual Book Fair, there will be no Before School Reading in the Library during Week 8 (7 to 9 September).

A Note of Thanks!

Thank you to the Stoyanov family for another very generous donation of books to our school Library – we certainly appreciate the donations.

Book Week Parade – Thursday, 24 September 2020



This year, our school will be celebrating Book Week during Week 10 (21 to 24 September). Our annual Book Week parade will take place on the last day of term – Thursday 24 September. The theme this year is **'Curious Creatures, Wild Minds'**. We encourage students to get creative and colourful with their costumes and consider ways to embrace the Book Week theme.

Natalie Jones
Library Officer

Sports News



Our **Faction Athletics Carnival** is next week (Friday, 11 September 2020). This letter is to provide information on the event and the changes to the formatting that have allowed us to include more events.

Tuesday (8 September 2020) Carnival Events: 200 Metre Race, 400 Metre Race, Long Jump, Triple Jump and Distance Throw

Our 200 and 400 Metre races will take off as normal starting with the 400s. We will, however, be running them on our Ardross PS Oval. Our Year 1 and 2 students will be the first ones on the jump pits and every single student will perform their long jumps. The differences start here. During class time, the students have measured their jumps and throws. These distances were used as qualifying distances for our Tuesday Carnival. Only some of the students will be jumping or throwing on Tuesday. Years 3 to 6 students will be informed later this week if they have

qualified for Tuesday's carnival and a note will be sent home. The schedule will be attached to the note.

Friday (11 September 2020) Carnival Events: Age Level Sprints, Hurdles, Team Games, Relays, and Chants

We are happy to welcome our Pre-Primary students into our whole school carnival day. The day will start as it traditionally has, with the Year 1 to 6 students starting on the quadrangle and marching to their bays. The age level sprints will be first with the Pre-Primary students starting us off. After all of the students have run their sprints, they will be split up into their year groups and will participate in athletics team games. The major change to our carnival this year is that all students will be participating in different events at the same time. This will include all of their team games and the hurdles event. After the rotations, we will have a lunch with families. After lunch we will have Year 6 showcase games, during which, the Year 6 students attempt to beat teacher and parents in our carnival games. After our showcase games, we will do our shuttle or circular relays, chants and presentations.

Hannah Brown
Phys Ed Teacher

Hilarious Hair Day



Board Update

Your School Board has had plenty to discuss amidst a changing landscape this year at Ardross. Here's a selection of some of the issues currently being discussed or to be discussed.

An important project underway is to review and update our Constitution / Terms of Reference. We need to ensure consistency with governing legislation and regulations, clarify some procedures and allow for more modern practices (eg: electronic meetings and decision making). Feel free to send in any suggestions for constitutional reform at the school.

The school Kiss'n'Drive drop off area is an ongoing focus. Safety, health and behavioural concerns remain. A key solution is to encourage cycling or walking alternatives. We also need more considerate driving in the area as there are too many parents delaying the flow of the pick-up area for a variety of reasons. More on this in coming months – a survey will be undertaken for your input.

Works by the City of Melville will soon commence on changes to Links Road that will affect traffic flows around the school.

The Board is also being kept up to date on measures to prevent potential spread of Covid-19 at Ardross, but they alone will not keep our community safe. We all still need to take individual responsibility for our and our community's health as no institution or authority seems that it is in a position to guarantee safety at this point in time.

The condition of the school oval also remains on our agenda. It may be expensive to address, but it is important that it remain a safe place for athletics and other sporting activities.

An upcoming task is to revisit an important part of the School's strategic direction – the school's curiously named Business Plan that expires at the end of this year. Teaching staff have been working on a new draft for the plan that will set out our priorities the next 3 years.

We will also be discussing the closure of the play area adjacent to the Kindergarten. It is most unfortunate as the area offered a great opportunity for parents to mingle and children to play after school. It has been a long standing arrangement at Ardross. However, despite warnings some parents failed to adequately supervise their children and consequently a number of serious incidents have occurred.

The Government / school does not provide staffing to cover this supervision as it is the responsibility of parents to supervise their children after school hours. This has meant that the school has had no other choice but to end the play area and will no longer be able to allow afterschool play in the area. I am happy to discuss this further if anyone has any queries whatsoever. I add that parents with their children can still catch up outside of the gated areas of the school, so there remains opportunity for afterschool catchups.

If there are other matters you think we should be discussing please feel free to contact me (gcooper@iinet.net.au / 0406 893 955) or other Board members.

Geoff Cooper
Chairman

P&C News

Father's Day Stall

This Thursday, 3 September 2020, the P&C will be holding our annual stall for all students to visit and purchase a small gift for their someone special this weekend.

There is a wide selection of items to choose from, all priced between \$1 and \$8, so everyone has the opportunity to purchase something in their price range. If you would like your child to be able to take part, please send them to school with a small amount of money. All classes will have an allotted time that they will visit the stall, so please ask your child to refrain from crowding the stall in the morning as we attempt to set everything up as the children all arrive for the day.

We would like to take this opportunity to wish all the Dads and Father figures of our wonderful school community, a very happy Father's Day this coming Sunday. We appreciate you and everything that you do – thank you and we hope you enjoy your special day with your loved ones.

Cake Stall at the Faction Sports Carnival

Where there's a Faction Sports Carnival...there's a cake stall! We'll be following all the necessary health and safety guidelines, while keeping tradition alive, enjoying the day and raising a stack of cash for the school.

On Friday, 11 September 2020, as the children try their best and we cheer really loud, the P&C cake stall is always right there amongst the action and we welcome your donations and support. Delicious treats can be delivered directly to the stall (on the oval) on the day or dropped off to the main front office on Thursday, for safe keeping overnight.

If you don't bake, but would still like to contribute in some way, we will happily snap you up for a 45 minute volunteer slot at the stall. Please contact Charlotte Oliver on 0404 674 546 or email at ArdrossPSPandCAssoc@outlook.com to put your name on the roster.

Whole School Playdate – Thursday, 24 September 2020

As we near the end of another wonderful term of school and the spring weather starts to shine down upon us, we would like to lock in a casual playdate for the last day of term. Please join us after school finishes (from 3.10pm) at Wireless Hill for a very informal whole school playdate – all age groups are welcome and we encourage you to bring along a picnic blanket, some snacks and drinks as the children burn off their never ending energy and parents can catch up with friends old and new.

P&C Meeting for September

If you would like to find out more information about some of the behind the scenes work at school, add your own thoughts to our discussions or raise a question / topic to add to our agenda, please join us at a P&C General Meeting. Our next meeting will take place on Monday, 7 September from 7.15 to 8.30pm in the staffroom, accessed via the main front office from Links Road. Everyone is welcome. We hope to see you there.

Charlotte Oliver
P&C President

Chaplain's Corner

Digging for Details : Anxiety Part Two

Last newsletter we took a brief look at what anxiety might look like for our children. I suggested that everyone experiences anxiety to some extent, but that when it persists for too long, it becomes an obstacle to thriving in everyday life and may require some further investigation and help.

I often talk with children about the link between thoughts, feelings and behaviours (actions). Sometimes, when a child experiences anxiety, there might be a thought (or a worry) that triggers the anxiety, even without them knowing. "I am going to get into trouble", or "People will look at me", or "I won't know how to respond". This then creates certain feelings, which can lead to certain behaviours. Usually, it's pretty automatic and we work together to help them recognise the pattern and learn new ways of thinking.

But it's always good to try and locate specifically where and when anxiety is at its worst, so that we can look at specific behaviour patterns and thoughts. This also helps us identify areas of life that are going great – these parts become the 'strengths' or 'resources' that we use to leverage better outcomes.

Good questions to ask yourself (and your child!):

- Is it context specific? Is it just about one place or time – getting to school in the morning? Going to crowded shopping centres? Certain sports events? Knowing the context can help develop specific skills and strategies that tailor to the child's experience in that setting.
- What happens before and after? Looking at the preceding events, and the resulting behaviour, can give us good insight into anxiety. When a student looks back over their morning or a lesson, they might be able to map when their anxious thinking started, and also what it led them to do.
- How aware are they of the thoughts and feelings? They may need to spend some time remembering when they started feeling anxious, because anxiety can affect memory and concentration. Start small, and as their self-awareness increases over time, they'll be able to remember more about anxious situations.
- What's it like? Exploring the thoughts, feelings and body sensations that happen before, during and after an episode of anxiety can help the adults understand what it's like and empathise with the child, as well as helping the child understand what's going on. This can increase their self-awareness and help them to 'map the journey', so they can feel more in control.
- What have you tried? Did it work? What else could work? You might be surprised at how resourceful some children are. Most children are active in coping with anxiety, which means they are already trying to solve the problem – just not always in the best way. By hearing their ideas, we empower them and reinforce their central role in learning about themselves and growing.

I always start the support process by reminding children that everyone feels anxious at times, and that our goal isn't to remove all uncomfortable feelings, but to help them manage the experience better.

Next newsletter, we'll look at some basic tools that help young people manage anxiety. Until then, enjoy Spring.

Nathan Hoyle
Chaplain

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

Val Maiorana
Program Coordinator

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 to 4.05pm and 4.10pm to 5.00pm (Kindy to Year 6).

Saturday morning classes for children aged 1 to 12 years are held in the Senior Block. To enrol for a free trial class, please contact perthsouth@mandarinstars.com.au or call 1800 181 118 for more details.



Keyed Up Music will be running keyboard lessons at Ardross Primary School.

Prices start at \$18.65 per lesson held after school.

To enrol go to www.keyedupmusic.com.au/enrolment-form or for more information please contact Therese 1300 366 243



Tennis Excellence along with our coaches are delighted to offer our 'Before School Program' for Ardross PS, at the AXSHS tennis courts. Parents can drop off children, and the coaches will escort them to school after the class has finished. We cater for red, orange and green ball level kids (ages 6-10+). Term 3 is in full swing, but here you will find the links to our Term 4 School Programs and our October Holiday Clinics on our website:

<https://www.classhub.com.au/provider/sporting-excellence/2020/4?programId=280>

<https://www.classhub.com.au/provider/sporting-excellence?period=58df50a4-bfe8-4709-8a3f-0808aee8839e&programId=326>

Please feel free to contact us on 1300 424 544 if you require any further information.