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Important Dates:

Wednesday 5 August - Coin Fundraiser
Tuesday 11 August - Assembly Room 6
Wednesday 12 August - School Board
Friday 14 August - Hilarious Hair Day
Tuesday 18 August - Assembly Student Council

Thursday 20 August - Year 5 Camp
Friday 21 August - Year 5 Camp
Monday 24 August - Book Week
Tuesday 25 August - Assembly Room 8
Tuesday 1 September - Assembly Room 19

MOTIVATE – EDUCATE – CELEBRATE



Principal's Message

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 with you the teaching and learning at Ardross Primary School.

One of the greatest challenges of Semester One was communicating with you as parents about your child's progress. To provide you with an opportunity to meet with teachers, the school will be closed **on Friday, 28 August from 1.10pm**. Interview times with teachers will be available from 1.30pm until 5.30pm. If you are unable to pick up your child from school supervision will be provided.

I hope you take this opportunity to meet with your child's teacher. I will provide you with further information regarding booking of interview times in the coming days.

New Music Teacher & Recording Studio

We are excited for Mrs Mason who is awaiting the arrival of her third child. Mrs Mason will be on leave until this time in 2021. We welcome Mr Criddle, who cannot wait to share his knowledge of music to all students in the school. Please stop by and say hello.

Mrs Mason, Mr Hooper and Mr Hill have been working very hard to bring together our new Recording / Podcasting Studio within the Music Room. These resources will enhance your children's digital media opportunities. This has been made possible by our Year 6 students in 2019, who through their innovative learning, won a Science, Technology, Engineering & Maths (STEM) competition earning themselves prizes and Ardross PS \$10,000 to spend on STEM learning.



New Music Teacher & Recording Studio

Sadly, for us we said goodbye to our exemplary gardener Mr Stan Hooper last Friday. Mr Hooper will spend his retirement days enjoying the sunshine and creating his own garden. We welcome Mr Kokkattil-Ouseph who will begin at Ardross in the near future. Mr Kokkattil-Ouseph comes to us from Port Hedland and is looking forward to the change in climate and gardens.

Hilarious Hair Day

To celebrate the exceptional and positive attitude to learning throughout Ardross Primary School the students and staff will have the 'fun' opportunity to celebrate by having a Hilarious Hair Day. This will take place on Friday, 14 August.

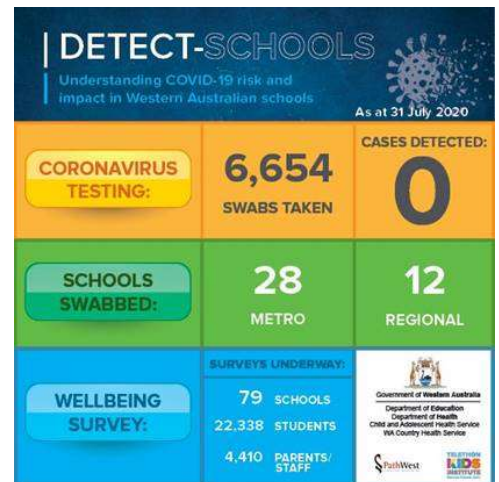
Interschool Cross Country

I have just returned from the Interschool Cross Country at Brentwood Primary School. As a community we should be very proud of how the children represented themselves and the school. The competition was strong but most importantly the grit displayed by everyone was commendable. Go Ardross!!

DETECT Schools Study

Thank you to everyone who participated in the DETECT Schools Study. Here is some data as a result.

I am expected to receive outcomes in the near future which I will share with you in the next newsletter



Sue Mikkelsen-Taylor
Principal



[Ardross Primary School](#)

Honour Certificate Winners



At the Assembly this week the winners were:

Room 20 Alexander B, Mya C, Fletcher H.

Room 19 Finn C, Harry J, Aryana S.

Room 16 Seonah P, Rory O.

Room 15 Mason C, Leisha S.

Room 13 Aria V, Andrew J, Santiago L, Aleiyah M.

Room 10 Henry D, Aasha F, Jeffrey S.

Room 9 B Crawshaw, Olivia H, Sachin M.

Room 7 Reyenne K, Amelia P, Max W.

Room 6 Edward D, Luke H, Isabella L.

Room 5 Mia C, Marcie S.

Room 4 Emma B, Daisy L, Noah N, Jayden Y.

Room 3 Izaak B, Matthew F, Celina L.

Hilarious Hair Day

It's time to get those crazy wigs and hair gel out to join in the fun of our Hilarious Hair Day! This is not a fundraising venture, merely just a day to have some fun and to celebrate learning at Ardross PS. The most hilarious hairstyles will be selected for a group photo which will be displayed in the office. So, get your best hair-do ready and join us for Hilarious Hair Day!

When: Friday, 14 August 2020

What: Wear a crazy wig or hairstyle to school (colours that wash out are acceptable but must be done at home. **NO** aerosols or dyes are permitted at school).

Student Councillors

National Science Week

National Science Week runs from 15 – 23 August. This year's theme is ***Deep Blue: Innovations for the Future of Our Oceans.***

Information on the wide variety of online events, virtual tours and stay-at-home science experiments families can get involved in during the week can found by visiting the website (<https://www.scienceweek.net.au/get-involved>). Some possible suggestions include:

- [STEAMzone Science Festival in 3D](#)
- [Virtual Tour – Great Southern Reef](#)

You might also like to visit one of our state's science discovery centres. A list can be found [here](#).

Robert Marshall
Deputy Principal

P&C News

Coin Collection Fundraiser

Thank you to everyone who has been able to send in any cash for the coin collection that we are currently running across the school. The classroom that collects the most amount overall will win the prize of a special catered pizza lunch for the whole class.

The last day for this fundraiser will be this Friday, so please send in what you can, every little bit helps and all of the money will be going straight back into our wonderful school for all students to benefit from.

Father's Day Stall – Thursday, 3 September

In line with current social distancing requirements on school grounds, we will be able to carry out our annual Father's Day Stall next month. Students will be able to purchase a small gift for Dad from a selection that will be on display, ranging in price from \$1 to \$7 per item. We will communicate further details closer to the date.

Your Support Makes Such A Difference

Recently, the P&C have funded our 2020 commitment towards Ardross PS for ongoing ICT support and maintenance. The \$6,000 supplied by the P&C goes towards the annual ICT maintenance program to improve the school's technical capabilities and is gratefully received, with Mrs Mikkelsen and her team passing on their sincere thanks to the whole school community.

Save The Date: Social Events For Your Diary

The P&C are desperate to secure some dates and organise a plethora of events for both the children and adults, as our community is so eager to get back together. We must however plan considerately and safely, in line with all regulations and safety measures that are put in place to keep us all healthy, so we need to hold off just a little longer. Please know how excited we are though, to be pulling ideas together for the end of the year. Secure the following dates in your diary, so you don't miss out:

- Friday, 20 November – P&C Sundowner: A fun family friendly event for the whole school community. It will be held on the school oval from 5.00pm onwards, with a sausage sizzle and a live band.
- Friday, 4 December – Parent & Teacher Christmas Drinks: A grown-ups only event held locally at Bad Apples Bar from 7.00pm onwards.

Remaining P&C Meeting Dates For 2020

Everyone is welcome to attend our P&C general meetings and we would love to welcome you into our discussions. The P&C is a wonderful place to meet parents from other year groups and also understand some of the inner workings of the school. If you would like to join us, we meet from 7.15 to 8.30pm in the staffroom, accessed from the main front office. Below are our remaining meeting dates for the rest of this year:

- Monday, 7 September
- Monday, 19 October
- Monday, 30 November

Charlotte Oliver
P&C President

Chaplain's Corner

A Bit About Anxiety

We often hear the term 'anxiety' and it's used differently from time to time, but what does it mean in relation to a child? Let's have a brief look at a few definitions that also help scale anxiety – because it's not all bad. And over the next few newsletters, let's look at what we can do to help children manage anxiety.

In general, anxiety is our body and brain's response to threat, or perceived threat. It includes physical changes – heart beating faster, increased breathing, tight/sick stomach - and psychological changes – heightened sense of worry, distractedness, repetitive thinking about a topic. All of this is pretty normal – just think about an important presentation or job interview, and you probably had most of this going on.

But when it goes on for too long, it can become a 'mental health problem'. This may be when a child experiences symptoms of anxiety frequently, away from the situation, and it starts to affect day to day life negatively. And if this continues, then it can become a mental health disorder.

The good news is that although this is not pleasant, it's not the end. Plenty of adults and children bravely face their anxiety each day, equipped with courage and self-compassion. They learn to manage their mind and body, using different skills and strategies, and even if the anxiety persists, they continue to live rich and rewarding lives.

In a school setting, some of the early signs that a student is struggling with anxiety may include reluctance to come to school, avoiding certain subjects, withdrawing from friends or from playdates, seeking reassurance from adults, appearing distracted or unfocussed, feeling sick during the day or frequent absence. Of course, every child has days like this, but when we notice some of these behaviours frequently, we like to look at supporting the child and helping them learn to manage their thoughts and feelings. We know that early intervention is best intervention, so the sooner they are receiving help, the better.

Anxiety is more than just feeling nervous or scared at a certain time – everyone feels these things, and some people feel them more than others. Ongoing anxiety that affects day to day life may require therapeutic intervention or the introduction of specific skills to help a child learn to cope better. Next newsletter, we'll look at good questions to ask your child to get a better picture of their situation, as well as some basic skills that we can all use to handle anxious situations better.

Stay warm.

Nathan Hoyle
Chaplain

Sports News



Cross Country Carnival 2020 (Years 1 to 6)

Wow, what a day at Cross Country. After yesterday's weather it was such a relief to see the clear radar this morning. A perfect day for running if there ever was one. Thank you to the parents who came and supported all of the students and to Rex Jahn and Angela Treloar for marshalling the course today.

The day started off with a bang - our Year 5 girls off at a sprint giving their all. This race, the first race, saw the top four place runners literally knocking over the finishing fence in an effort to come that little bit higher on the ladder.

Our students were competitive throughout the day - vying for just one place higher as they sprinted the last 300 metres. Scoring in the interschool works out the same as our Faction Carnival. Each student wins points for their school. As there are 35 students in each race, the top finisher wins 35 points and the last place still wins one. Our students understood that and kept pushing themselves every step of the way, in some year levels getting all 5 students in the top half of the race. This meant that as a school we improved from 5th place last year, to **3rd** place this year! I know I speak for the whole community when I say you have all done Ardross proud!

The team victory/improvement is very sweet, but I would also like to recognise some individual efforts. We had two podium finishes today, both in Year 4. Well done to Heidi P for finishing 2nd in the Year 4 girls race and Tate J for finishing second in the Year 4 boys race.

At school we have started our training for the Faction Athletics Carnival. Students from Years 1 to 6 are receiving an extra hour of sports practice on the oval every Friday. There have been some changes to the way the event is being run so please stay tuned on Connect for the exciting reveal. It includes more games and events for everyone while keeping our traditional games and races!

Hannah Brown
Phys Ed Teacher





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