



South Thornlie Primary School

WA Education Award Finalists



Souththornlieps



South Thornlie Primary School




www.souththornlieps.wa.edu.au

Newsletter: Term 1, Week 5

Friday, 3 March 2023

Term 1 Planner

WK	Monday	Tuesday	Wednesday	Thursday	Friday
6	6 MAR Labour Day Public Holiday Students do not attend	7 MAR Principal's Morning Tea	8 MAR Ukulele Group 8-8.20am Jnr Choir Practice 1.10pm B Block Talent Show Audition Forms Due	9 MAR Snr Choir Practice 1.10pm	10 MAR B4 Assembly 8.30am & Aussie of the Month STPS Talent Show B Block Auditions
7	13 MAR 	14 MAR Pizza Orders due 9am	15 MAR NAPLAN Y3&5 Ukulele Group 8-8.30am Jnr Choir Practice 1.10pm C Block Talent Show Audition Forms Due	16 MAR NAPLAN Y3&5 Pizza Day 1pm Snr Choir Practice 1.10pm	17 MAR NAPLAN Y3&5 STPS Talent Show C Block Auditions

Principal's Message

Welcome to the week 5 newsletter edition. It is hard to believe we are already half way through term 1! It has been a great start to the term with all students now settled into their class routines. Please keep an eye out for notes as we have many events coming up for students to look forward to including the STPS Talent Show auditions, P&C Disco (24 March), Pizza Day and the Harmony Day dress up parade which is being held on Friday, 24 March 2023.

Labour Day - Monday, 6 March

A friendly reminder that Monday is a public holiday. Students do not attend. Enjoy the long weekend!

Medical Conditions & Medication

It is important that we have up to date medical information for your child. If your child has a health condition and/or requires medication, and you have not informed the office, please let us know as soon as possible. Even if your child carries Ventolin as a precaution, it is important that all medical information is noted.

Parent / Teacher Interviews – Early School Closure

On **Wednesday, 29 March 2023** our school will be holding a parent/teacher interview afternoon commencing at 11:50am through to the final interview at 3:50pm. The school day will conclude for students at 11.30am on this day. OSHClub will be open for bookings from 11.30am to accommodate the early school closure. A note will come home today with more information. Details regarding the online booking process will be sent home shortly.

Donation Program



We are always looking for ways to improve our school for our students and school community. One way you can help is by donating, anything above \$2 is great! We need help towards our Student Assistance Scheme. These funds are used for students attending camps, incursions and excursions who are financially challenged. All donations are welcomed and appreciated.

Donating is easy, you can donate in person at the office using cash or EFTPOS, over the phone via EFTPOS or by direct deposit using the following banking details.

Bank Account: South Thornlie PS BSB: 016002 Account: 198966272 Ref: Surname – Don (for donation)

If you would like to donate towards our fundraiser and need further information, please contact Lisa Harbron our Manager Corporate Services on 9232 3600.

Aussie of the Month

Our Year 6 Aussie of the Month Award went to Sandy A in C4. Congratulations!

Values

Our Term 1, week 4 raffle winner was Amelia J from C5. Well done!

Megan Barnett

Principal



Week 4 Honour Certificates Awarded – Well done!

ECC1	Areya B	Amber D	B3	Alison C	Orlando T	
ECC2	Elliot F	Felix G	B4	Charlize P	Stevie H	
A1	Marley M	Lexcy V	B5	Paris U	Calvin T	Kirra R
A3	Johann L	Braxton W	C2	Sarah F	Jade L	
A4	Keerat M	Evelyn G	C3	Deklan E	Rani M	
A5	Arianna G	James L	C4	Grace S	Chad F	
B1	Kodee H	Sophie G	C5	Te Uruhi K	Jorja U	Paige R
B2	Kyeisha W	Luewyn G	Charlotte T	Music	Joel H – C2	Sami I – A5

CLASS NEWS

Year 6 AQWA Camp

On Thursday 16 and Friday 17 February the Year 6 students attended AQWA for a camp. This was a very positive experience with the students being able to demonstrate a number of skills. The cooperation, empathy, openheartedness, resilience and encouragement for others to be safe was outstanding.

The Aqua Fun Park challenged the students both physically and emotionally to be persistent. Students also had the opportunity to investigate the CSIRO research vessel and the robotic camera used to search the ocean floor.

Team games and fishing were also part of the experience which proved to be new experiences for some students.

At AQWA the students slept in the tunnel under an amazing display of sharks, rays and fish. The touch pool and turtle rescue experiences proved to be a very exciting experience.

See below some comments from the student survey conducted on our return.

What experience did you like the most?

- *'I liked to look at the turtles because they were so cute'*
- *'Fishing because I had never done it before'*

One thing the teachers did that you really liked?

- *'I liked that the teachers let us go on the blow up water park'*
- *'This was the best time ever'*

Year 6 Teachers





Information for parents – The importance of regular attendance in the early years

Developing the habit of going to school every day is vitally important so your child does not miss out on important ideas, concepts, knowledge and skills they need for future learning.

Does my child have to go to Kindergarten?

If a child is enrolled in Kindergarten, while not compulsory to attend, it is recommended they do. Regular attendance helps your child to feel comfortable in their surroundings, develop friendships with other children, and relationships with school staff.

The early years of school gives your child new experiences and sets the foundation for their future learning. At Kindergarten, your child is supported to develop and learn new ideas and skills in a setting of acceptance, and one that inspires and challenges them. Going to school every session allows your child to build on what they know and what they have learnt.

The skills learnt in Kindergarten set the foundation for Pre-primary. In Kindergarten your child will build important social and emotional skills that help them throughout their school life. They also develop literacy and numeracy skills.

Pre-primary – the beginning of compulsory schooling

Pre-primary is the first compulsory year of schooling in Western Australia. Pre-primary provides your child with a broad range of skills to help them understand the world. Your child learns more about literacy and numeracy, and further develops their personal and social skills, critical and creative thinking, and physical wellbeing.

Did you know?

In the early years of school, many concepts, such as literacy and numeracy, are taught in a sequence. If your child is often away from school, it can make it difficult to catch up later.

The Western Australian Telethon Kids Institute has found that the attendance habits set in Kindergarten and Pre-primary are likely to continue throughout a child's school life, so it is important for them to attend school every day.

The *School Education Act 1999* requires all compulsory school-aged students to attend every day that their school is open.

Missing half a day of school each week equates to one month of missed learning opportunities each year.

Missing half a day of school each week between Pre-primary and Year 10, equates to missing almost one full year of learning.

What can you do?

It is an exciting time for the whole family when your child starts school. You can help to ensure they have a positive first experience by providing your child with routines that help them understand what to expect and feel secure in new environments. This can reduce their anxiety about going to school and help them develop independence and confidence.



Access the Department's *Starting School* resources to support your child on their schooling journey:

- [Hello Kindergarten!](#)
- [Hello Pre-primary!](#)
- [Say hello to school.](#)

You can help by:

Talking positively about school with your child.

Showing interest in what your child is doing at school and talking with the teacher about what you can do at home.

Teaching your child how to share and take turns and support them in making friends.

Arriving at school and collecting your child from school on time.

Getting uniforms and lunches ready the night before.

Making sure your child gets nutritious meals each day and enough sleep each night.

Being involved in the school community by volunteering and helping out at school where possible.

Making appointments with doctors, dentists and specialists outside of school time.

Making holiday plans during school holidays and not during school terms.

If your child is unwell or you are having trouble getting your child to school, please let the office staff know straight away. By having information about your child's absences, we are better able to assist you.

What will staff at our school do to help?

Offer developmentally, socially and culturally responsive learning opportunities.

Monitor every student's attendance including talking with you about any absences.

Work with you to overcome problems affecting your child's attendance.

What if my child doesn't want to go to school?

- Talk with the teacher or someone from the school as soon as possible so you can get advice and support.
- You may also attend a [Positive Parenting Program](#) (Triple P) for additional support and advice, including setting boundaries and routines.

For more information you can contact the school to arrange for an interpreter.

MUSIC NEWS

Hello everyone, the term is going so quickly and we are already in week 5! Performance groups are well under way and the students have been busy preparing for performance pieces. Please note that these groups are now closed, any late forms will not be accepted. Students need to make sure that they arrive on time for Ukulele Group on Wednesday mornings. The music room door will open at 7.50am for students to come in and get themselves ready for Ukulele Group (get their sheet music ready, have their ukulele tuned etc.). The lesson will begin at 8am, so if your child arrives late they will be missing out on valuable learning time. Our first performance this year will be by the Senior Choir and Ukulele Group. They will be performing a song called 'Ging Gang Goolie' at the Week 8 Harmony Day assembly.

This week we kicked off our annual South Thornlie Talent Show! Students from A Block have spent their lunchtime auditioning in the Arts Centre and we have had some wonderful talent so far! A reminder that we are changing the way we are running the Talent Show this year. Please check the note that went home, if your child was interested in auditioning, for the dates that forms are due back. Late forms or incomplete forms will not be accepted. Please come and see me if you have any questions about the Talent Show this year. Our final show to choose the winner from our finalists will be held in Term 2 at the week 2 assembly on Friday morning.



Happy grooving!

Stephanie Mathys
Music Teacher

HEALTHY HABITS

Sunsmart Tips



There is no such thing as wind burn. Wind may dry your skin but it will not burn it. Remember to Slip! Slop! Slap! Seek! Slide! when the UV Index is 3 or above.

Crunch & Sip

Crunch & Sip

South Thornlie is a Crunch & Sip school!

Did you pack water and a healthy snack today?

Give your child the chance to re-fuel in class with fruit or vegetables. This helps to improve physical performance, mental performance and concentration, as well as promoting long term health.

There are so many fruits and veggies to choose from!

What will you choose today?

Marieka Rendall
Teacher / Coordinator

Healthy breakfasts



While most children and teenagers in Western Australia eat breakfast every day, 1 in 7 school kids* are regularly missing out.

Benefits of breakfast

- Fuels muscles
- Powers the brain for concentration
- Provides nutrients for growth and development
- Increased energy and motivation
- Builds good habits



Healthy breakfast ideas

 <p>Eggs on wholegrain toast</p>	 <p>Fruit and yoghurt</p>
 <p>Fruit toast</p>	 <p>Wholegrain toast with baked beans</p>
 <p>Porridge or Weet-Bix with milk and fruit</p>	 <p>Mushroom and spinach omelette</p>

Smoothies are a great choice when you are on the run. Just blitz some fruit, yoghurt and milk in a blender, pour into a reusable travel cup, rinse out the blender, and you are ready to go! A jug of this will keep in the fridge for several days.

*Australian Bureau of Statistics, CensusAtSchool, 2013. www.abs.gov.au

Crunch&Sip® factsheet #6

Crunch&Sip®  

COACHING YOUR CHILD THROUGH FRIENDSHIP DRAMA

≡ DON'T ≡

TRY TO FIX THE PROBLEM FOR THEM.

- ◆ "You need to stay away from them for a while."
- ◆ "I'm going to call their parents right now!"

FORCE YOUR CHILD TO STAY WITH OR CHANGE FRIENDS.

- ◆ "You are not allowed to play with them anymore!"
- ◆ "You have been friends since 1st grade. You need to keep your friendship."

ASSUME YOUR CHILD IS ALWAYS THE VICTIM.

- ◆ "You're always getting picked on."
- ◆ "You poor thing. You can't stand up for yourself because you're smaller."

MINIMIZE HURTFUL COMMENTS.

- ◆ "I'm sure you two will be fine by tomorrow. You always make up."
- ◆ "Let it go. I'm sure they didn't mean it."

BAD TALK THE FRIEND

- ◆ "I never liked you being friends with them!"
- ◆ "They have anger management issues they need to work out."

≡ DO ≡

LISTEN TO YOUR CHILD WITHOUT JUDGMENT AND GIVE YOUR FULL ATTENTION.

- ◆ "What happened?"
- ◆ "What do you think the problem is?"

ASK OPEN-ENDED QUESTIONS TO LEARN MORE ABOUT THE SITUATION.

- ◆ "How did you feel when they said that?"
- ◆ "What bothered you the most about that situation?"

SHOW EMPATHY.

- ◆ "That must have felt really hurtful when they called you that."
- ◆ "It must have been very hard to stay in class after that happened."

ASK WHAT KIND OF HELP THEY NEED FROM YOU.

- ◆ "How can I support you right now?"
- ◆ "What do you need?"
- ◆ "I'm always here if you need my help."

BRAINSTORM TOGETHER.

- ◆ "What are some options that you would be comfortable trying to deal with this?"
- ◆ "How do you think they would react if you tried doing that?"

Talk regularly about friendships. Use audio stories, books, social media, and your personal experiences as conversation starters to point out what good and healthy friendships do and do not look like.





FAMILY THERAPY

10 Sessions Free Per Family

FREE

The WA Centre for Perinatal Mental Health and Parenting Support (WACPPS) have funding to provide 10 free family therapy sessions with a qualified therapist. A family unit with children aged 25yrs & under qualify for the service. You don't need a GP referral or mental health care plan, simply call us to schedule your first appointment.

What is family therapy?

Your initial family therapy appointment will be directly with the therapist (without children present). Your therapist will then provide direction on the goals for future sessions. Family therapy is designed to understand each others perspectives and acknowledge the needs of each person in the family unit. It fosters respect for each person's experience to invite connection, collaboration and repair through understanding.

For more information call: 6496 0460

Suite 7, Level 1, Gosnells Community Lotteries House, 2232c Albany Hwy Gosnells 6110



Raising Children in a Digital World

South East Metro Parenting Support Services

For Parents and Carers of Children 4-12 years

1-session (Online)

Workshop Overview

Participants will learn strategies to help them support their children in a digital world including how to best use technology to enhance their child's development, rather than detract from it.



DATES

Friday

24 February 2023



TIME

9.30am - 11.30am



LOCATION

Online

(link will be forwarded once registrations are closed)



COST

Free



CRECHE

Not available



BOOKINGS



08 9251 5777



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www.communicare.org.au

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