



# South Thornlie Primary School

WA Education Award Finalist



Souththornlieps



South Thornlie Primary School




www.souththornlieps.wa.edu.au

Newsletter: Term 2, Week 5

Friday, 26 May 2023

## Term 2 Planner

WK	Monday	Tuesday	Wednesday	Thursday	Friday
6	29 May 	30 MAY Y3&4 Junior Robotics (FLL Club) 2.30-3.45pm	31 MAY Running Club 8am K-Y6 Snr Choir Practice 8am Jnr Choir Practice 1pm	1 JUN Ukulele Group 8-8.20am	2 JUN A3 Assembly & Year 3 Aussie of the Month 8.30am Pirate Dress Up Day K-Y6
7	5 JUN WA Day Public Holiday Students do not attend	6 JUN Principal's Morning Tea Kindy A Group – Pirate Dress Up Day Y3&4 Junior Robotics (FLL Club) 2.30-3.45pm	7 JUN Running Club 8am K-Y6 Snr Choir Practice 8am Jnr Choir Practice 1pm	8 JUN Ukulele Group 8-8.20am	9 JUN Interschool Music Festival Legato Musica Festival

## Principal's Message

Dear parents and caregivers, welcome to the week 5 newsletter edition. We farewelled Danielle Kovac, social worker, last week with a special morning tea. We wish Danielle all the best with her future endeavours.



## Traffic Warden Notice

We have been notified by Children's Crossing Unit, WA Police that the Traffic Warden who works at the children's crossing on Discovery Drive, near Ambassador Court is not available to work from this Friday, 26 of May to Friday, 22 September 2023. Please take extra precautions when crossing the road.

## Student Update Forms

This week, Student Update Forms were sent home via students for parents and caregivers to ensure we have up to date information regarding your children. Please ensure these are returned at your earliest convenience to the front office.

A parent concern has been raised in the way that this communication was sent out via students. We apologise for any concerns this has raised. Going forward to ensure confidentiality of information, we will no longer send out these Student Update Forms and this will be replaced with an SMS reminder to parents and caregivers to ensure that details are updated in the office regarding: address, contact details, emergency contacts and medical information that may have changed.

## Dogs in Schools Policy

South Thornlie Primary School is not a public place, and the Principal has the authority to permit or impose conditions of entry to ensure the safety of the community. Whilst South Thornlie Primary School values the role dogs play in our community and the many benefits of family dog ownership, we also need to ensure that our school remains a safe and inclusive place for everyone. **Dogs are not permitted on school grounds**, in classrooms or other school buildings unless specific approval has been granted by the Principal. Scarlett, our school therapy dog, has been granted approval to be on school grounds for the purpose of student support services.

## Principal's Morning Tea

Congratulations to the students who were selected for the Principal's Morning Tea held on Thursday last week. Thank you for your hard work, dedication to learning and being an all round positive class member. Well done!

## Aussie of the Month

Our Year 4 Aussie of the Month Award went to Leighton H in B4. Congratulations!

## Values

Our Term 2, week 4 raffle winner was Annabelle M from C5. Well done!

**Megan Barnett**  
Principal



## Week 4 Honour Certificates Awarded – Well done!

ECC1	Tomaz H	Lyn J	B3	Ruby P	Jolance A	
ECC2	Lakyn B	Chanuki A	B4	Abudi I	Tiara H	
A1	Sam M	Ruben N	B5	Angelo E	Noah B	
A3	Leena A	Kobe T	C2	Matthew P	Shanigwa G	
A4	Priya E	Anan A	C3	Hannah L	Dexter N	
A5	Amelia P	Alex R	C4	Anastasia T	John M	
B1	Ollie R	Anne A	Ruby H	C5	Jezreel J	Tate C
B2	Nate M	Mia F	Music	Sophie G – B1	Chace M – B5	

### STAFF NEWS

We are very happy to welcome Suzi Sheridan to the position of Wellbeing Projects Officer in the Partnership Room. Suzi is well known in the South Thornlie Primary School Community, having worked here for 7 years. Suzi lives locally, and is a proud Maori mother of two from New Zealand. Suzi is looking forward to working on exciting projects around the school with students and families.



### SCHOOL PHOTOS



Our upcoming school photos will take place on Tuesday, 13 and Wednesday, 14 June 2023. Order flyers have been sent home with students. All school photos must be ordered online by visiting [www.kapture.com.au](http://www.kapture.com.au) using the school code 2S6ZLN and your child's student ID number which can be located on their order flyer. The last day to order at discounted photo prices is Saturday, 24 June 2023. Sibling photos – orders strictly close at 12pm Monday, 12 June 2023.

### NOONGAR WORD OF THE WEEK

Our students have been learning an Aboriginal word from the Noongar Language each week to celebrate Aboriginal Culture. The Noongar Language is the spoken language of the Aboriginal people from the Southwest region of WA. As part of our word of the week, each newsletter will feature words of the fortnight which you can practice at home.

This term we are learning colours. The colours we will be learning this fortnight are:

Wooyan (blue)

Djardak (white)



### STPS DONATION PROGRAM



#### \$2-\$5 Donations Needed for Tiny Town

We need help towards upgrades for Tiny Town. One way you can help is by donating, anything above \$2 is great! All donations are welcomed and appreciated. See the Donation Wall on page #4 for past donations received. Thank you for all your kind donations so far.

### PARENT SURVEY 2022 RESPONSES

We asked... "What are areas you would like to see our school improve on?"

You said... "Basketball Courts need attention".

So we... Mr Mattock has ordered two new basketball rings for the court in B Block, and you will notice there are already two of the basketball rings in place on the B Block courts.



## SCIENCE NEWS

### SciTech Family Event

Thank you to all who joined us at Scitech. It was great having the place to ourselves and we had lots of fun. A very big thank you to Ms Vardy, Mrs Holyoake, Mrs Kramlund and Mrs Zhang (prac student) for coming and helping out. We raised \$804 for our Robotics Program and \$304.95 towards Year 6. Thank you to Kylie Taylor for sending us some great photos. I have attached two survey links. The first is from Scitech. The second is for all our school community, whether you attended or not and will help us with our future planning.



Scitech survey – click on the link below to access or scan the QR code.

[Scitech Family Evening \(google.com\)](https://www.google.com)

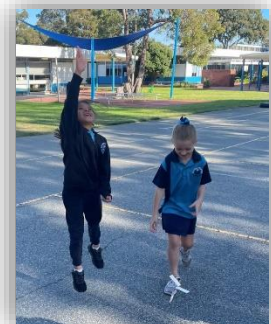
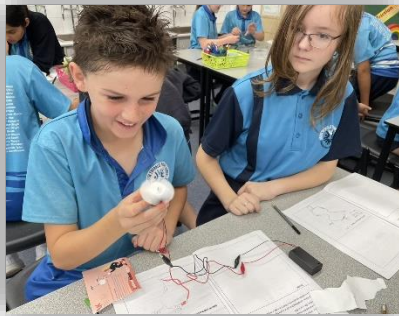
School survey – click on the link below.

<https://forms.gle/x6S6WRW6g9QbJgTT7>

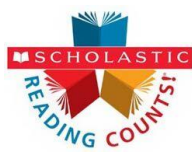


### Science News

We have been having a great time finding out about physics in the science room. Many of our classes have been doing experiments to explore different aspects of science. Some classes made paper helicopters and then we tested them to see if the wing size made a difference to the way it flew. The Year 5s were finding out whether the distance the light source is from an object affects the height of the shadow created. The Year 6s have been creating electrical circuits. Ask your child what they have been doing in Science!



### Scholastic BookClub



Keep an eye out for the new Scholastic Bookclub catalogues. These catalogues are a great way to purchase some great books for your children whilst also supporting our school. Every purchase that is made gives valuable resources to our school. Orders are due in by Friday, 9 June (Week 7). The completed order form and cash can be placed in the post box outside the science room door, or orders can be placed online using a credit card (instructions are on the catalogue).

Larissa Waghorn  
Science Teacher



### PIRATE DRESS UP DAY IS COMING!

Kindy B Groups to Year 6 - Friday, 2 June 2023 | Kindy A Group - Tuesday, 6 June 2023  
Arrgh me hearties, it is soon to be Pirate Day!

Come to school dressed like a pirate and bring your gold coin donation. All money raised will be donated to child brain cancer research. So dust off those feather swords, practice your 'arrghs' and help in the fight against child brain cancer.



# South Thornlie Primary School Donation Program

We are always looking for donations to improve all aspects of our school for our students and school community.

We would like to say a big thank you to those who have already assisted.

Please see details below on our Fundraising Donation Program Wall.

Fruit Donation Woolworths Forest Lakes	Monetary Donation Mr Fleming 2021	Monetary Donation Mr McBride 2021	30 Illuminated Microscopes Falls Rd PS 2022	10 Benches Redcliffe PS 2022
Monetary Donation Thackray-Symons family 2022	Monetary Donation Talam family 2022	Monetary Donation Van Deudekom family 2022	Monetary Donation Lorraine Hams 2022	
Monetary Donation Anonymous Donor 2022	Monetary Donation Le Nguyen family 2022	Monetary Donation Gao-Goh family 2022	Monetary Donation Ong family 2022	Monetary Donation Doyle family 2022
Monetary Donation Petaia-Togafau Family 2022	School Supplies & Back Packs Dandelions 2023	Monetary Donation Robertson family 2023	Monetary Donation Lorraine Hams 2023	
Ukulele Donation Teede family 2023	Monetary Donation Mr Chris Tallentire 2023	\$400 Bike Voucher Mr Chris Tallentire 2023	Soccer Goals Darling Range Sports College 2023	

## HEALTHY HABITS

### Sun Smart Tips

Ultraviolet radiation can penetrate clouds so do not be fooled when it's overcast. Protect yourself from the sun when the UV Index is 3 or above. Some clothing is marked with an Ultraviolet Protection Factor (UPF). The higher the UPF, the more protection the fabric will provide. Look for clothing with a UPF Factor of 40-50+.



### 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 improve physical 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?

### Crunch&Si

#### Preparing and storing vegetables for Crunch&Sip®

Vegetable sticks are an easy way to encourage children to participate in Crunch&Sip®, particularly younger children who may have difficulty with larger pieces. Once prepared, vegetable sticks stored in an airtight container in the fridge will stay fresh for several days. This means that you can prepare Crunch&Sip® a few days ahead of time.



Store and transport cut up vegetables in a sealed container to reduce mess in school bags and the classroom. There are lots of great container options popping up in supermarkets – some examples are shown. An insulated thermos container is a great way to keep vegetables cool until the Crunch&Sip® break.



If you are pressed for time, washed whole carrots, sticks of celery, whole mushrooms, sugar snap peas and quartered capsicums are perfect options for older children. Encourage children to get involved by washing and drying their Crunch&Sip® before school every day.

Marieka Rendall  
Teacher / Coordinator

## CELEBRATING CULTURAL DIVERSITY

At South Thornlie Primary School, we embrace our school's cultural diversity. Stories and traditions will be featured in our newsletters. We thank the Nabizada family for sharing their culture.

Abdul is a parent of Essa in Kindy at South Thornlie Primary School. Abdul is from the capital city of Kabul, Afghanistan.

Food - I enjoy eating commonly loved Australian foods such as pizza and chips. Some of the other foods that I eat at home are Pulao and Bolani. Pulao is the National dish of Afghanistan which consists of lamb and rice and Bolani is type of stuffed naan. These foods are considered as Quibla, meaning Halal, the food that Muslims can eat.



Music - Essa enjoys listening to children's music like baby shark. I personally prefer listening to Indian / Bollywood and Afghan music.

Language - I speak both English and Dari at home. Dari is the National language of Afghanistan. My son understands Dari but he is not able to speak it yet.

Festivals / Traditions - We practise fasting for the entire month during Ramadan, there are two official holidays during this month called Eid Al-Fitr and Eid Al-adha. The former is usually celebrated at the end of the month of Ramadan, whereas Eid Al-adha is celebrated on the 10th day of the final month. Families usually come together to celebrate and party during these holidays.



Traditional Clothing - During festivals and on special days, men will wear the Perehan Tunbun's. This consists of a tunic shirt, pants, and a head covering if they decide to wear it.

## POSITIVE RELATIONSHIPS

**MAGIC WORD FOR DIFFICULT PARENTING MOMENTS**

**"Black or white" thinking** often causes mental distress.

I yelled at my children...I'm a terrible parent.

Use the magic word **"AND"** to help you realize that **BOTH** things can be true:

I yelled at my children **AND**  
I'm a good parent.

I love my mom **AND**  
I don't have to listen to her parenting advice.

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My child has troubling behaviour **AND**  
they are a good child.

-----

I love my children **AND**  
I miss my single life.

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Parenting is hard **AND**  
I enjoy being a parent.

Start using "AND" to decrease self-shame and self-doubt.

BigLifeJournal.com Big Life Journal

**IT'S NOT MANIPULATION...**

*CHILDREN DON'T MISBEHAVE OR BREAK THE RULES TO MANIPULATE US. CHALLENGING BEHAVIOUR IS OFTEN DEVELOPMENTALLY APPROPRIATE AND IS USUALLY A SIGN OF AN UNMET NEED OR UNDERDEVELOPED SKILL.*

**AS PARENTS, WE NEED TO BECOME MORE CURIOUS AND LESS JUDGEMENTAL**

WHAT YOU SEE.	WHAT'S REALLY GOING ON.
They're having a tantrum over not getting what they wanted.	→ "I lack self-regulation skills and get overwhelmed by my big emotions."
They're not sitting still at dinner time.	→ "I have a lot of unspent energy and I need help to channel it."
They're constantly fighting with a sibling.	→ "I need support and practice with conflict resolution."
They are not engaged with learning.	→ "This is not interesting to me, I don't see the point in learning this."

*CHILDREN ACT OUT BECAUSE THEY ARE IN DISTRESS, NOT BECAUSE THEY ARE BAD PEOPLE THAT NEED PUNISHMENT. ACTING OUT IS A CRY FOR HELP, A CRY FOR LOVE. UNDERSTANDING THEIR UNMET NEEDS AND CONNECTING INSTEAD OF PUNISHING CREATES EMOTIONAL INTELLIGENCE.*

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# Raising Children in a Digital World

## South East Metro Parenting Support Services

**For Parents and Carers of Children 4-12 years**

### 1-session Program

#### 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

Tuesday

13 June 2023



#### TIME

5.30pm - 8.00pm



#### LOCATION

Armadale Library  
Shop 64  
Armadale Central  
10 Orchard Avenue  
Armadale



#### COST

Free



#### CRECHE

Not available

#### BOOKING DETAILS



<https://www.eventbrite.com.au/e/raising-children-in-a-digital-world-tickets-601050918477>



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