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1 November 2019

## From the Principal's Desk



Dear Parents and Caregivers

Well done to all of our students who participated in the recent swimming lessons. Thank you for your good behaviour throughout the lessons and daily bus trips.

### Annual Public School Council Meeting

Please be reminded that the Annual Public Meeting for our School Council will take place on Tuesday 5 November in the library at 2:45pm. All parents and caregivers are welcome. Our current School Leaders and Ambassadors will be presenting at the meeting.

### Edu Dance

Edu Dance commenced this week for students in Pre Primary through to Year 6. These are energetic fun dance lessons that will form the basis of our end of year concert. Payments are due by Friday 1 November to enable your child to continue in participating in this program. Statements have been sent home this week with all students who have outstanding balances.

### Mobile phones at school

In 2020 there will be a Public School ban on all mobile phones for students from the time they arrive at school until the end of the day – including before school and at break times. Our school policy is for all mobile phones to be handed into the office prior to going to class at the commencement of the day, then collected at the end of school.

Please see attached from the Minister of Education for clarification.

### Voluntary Contributions

We are still seeking payment for the Voluntary Contributions for 2019. This payment is essential in assisting South Thornlie

Primary School in the operation of the school and purchasing items for the children.

Payments can be made directly to the office using cash, cheque or card. We are happy to receive instalments if that makes paying your contributions easier. The administration office can take debit and credit card payments over the phone. PH: 9459 4655. Thank you.

### SMS System

This is a Departmental SMS form of communication, which allows parents to connect directly with the school via a mobile number.

As parents you can now send messages to advise the school that your child is arriving late or if they are absent or unwell.

- The number you need to use is **0438 579 518**

Our school will communicate with parents individually, class groups or send whole school messages. These may include student absences or concerns, event reminders, award recipients, community concerns, special events or date/times changes.

### DATES TO REMEMBER

<b>Monday 4 November</b>	Art Master Class	2.45-3.45pm
<b>Tuesday 5 November</b>	School Banking	8.00-8.45am
	Lego Club	2.30 -3.30pm
	School Council Meeting	2.45pm
<b>Wednesday 6 November</b>	Uniform Shop	8.00-8.45am
	Kindy Orientation	9.00-10.00am
<b>Thursday 7 November</b>	Interschool Athletics Carnival	
<b>Friday 8 November</b>	Assembly ECC1	8.30am
	Chess Club	2.30-3.30pm

<b>Monday 11 November</b>	Year 6 Rottnest Camp Depart Art Master Class	2.45-3.45pm
<b>Friday 15 November</b>	Year 6 Rottnest Camp Return	
<b>Tuesday 19 November</b>	School Banking Lego Club	8.00-8.45am 2.30-3.30pm
<b>Wednesday 20 November</b>	Uniform Shop	8.00-8.45am
<b>Friday 22 November</b>	Assembly C3	8.30am

**Megan Barnett**  
**Principal**

## Attendance



**Don't let problems at school be a reason to stay home.**

- Work with the school if your child becomes reluctant to attend, in order to resolve the issue before it gets unmanageable.
- Let your child know that you don't approve of them missing school.
- Seek advice from the school on how you can support my child to improve if they are under-achieving.
- Help to develop resilience in your child by not allowing them to stay at home to avoid an issue at school. You can be firm in your expectations.
- Ensure that your child arrives on time and that they aren't disorganised, flustered etc, or miss early literacy support time.
- Take an interest in your child's schoolwork and get as involved in the school as you can. If you value it, your child will be more likely to.

**Kim Pedrick**  
**Deputy Principal**

## Italian



Salve a tutti

Grazie mille to the parents and children who have welcomed me back and asked how my holiday went in Bella Italia.

Yes I am quite smitten with Italy, the combination of beautiful scenery, amazing architecture and history is why I love the place. It is hard to fathom the concept of life more than 2000 years ago but travelling through Italy you are reminded of the ancient and medieval times.

After much walking on cobble stones, up hills, spiral stairs and through narrow alleyways to discover famous landmarks and monuments we would always seem to find a gelateria and top it off with a gelato and the perfect espresso!

A highlight was being in Abruzzo, the region my family are from. Our small village, Casoli is perched on the top of a hill with mountains as the backdrop. It was a special time catching up with family and enjoying the festivities our town have every year starting from the 6th October to the 9th.

The students have enjoyed seeing some photos and hearing about the historical sites we visited.

Saluti da

Signora Wills

1st Photo is Piazza Novana Roma,



2nd - La Torre di Pisa





**Mary Wills**  
**Italian Teacher**

## Healthy Habits



**10 myths about sun protection**

**MYTH 1: Sun damage is irreversible and only occurs in the summer.**  
**FACT:** Sun damage occurs every day, even in winter. UV rays are present year-round, and sun damage is cumulative. It's not just about the amount of sun you get, but also the intensity of the sun's rays. Sun damage can occur at any time of the year, and it's not just about the amount of sun you get, but also the intensity of the sun's rays.

**MYTH 2: Tanning beds are safe.**  
**FACT:** Tanning beds emit UVA and UVB rays, which can cause skin damage and increase the risk of skin cancer. They are not safe.

**MYTH 3: Darker skin is more protected.**  
**FACT:** While darker skin has more melanin, which provides some natural protection, it does not mean that darker-skinned people are immune to skin damage. They still need to use sun protection.

**MYTH 4: A tan is a sign of healthy skin.**  
**FACT:** A tan is a sign of skin damage. It's your skin's way of protecting itself from UV rays. Getting a tan means you've already been damaged.

**MYTH 5: Sunburn is just a cosmetic issue.**  
**FACT:** Sunburn is a sign of skin damage and can lead to long-term skin problems, including premature aging and an increased risk of skin cancer.

**MYTH 6: Sunscreen is only for the face.**  
**FACT:** Sunscreen should be applied to all exposed skin, including the neck, ears, and back of the neck.

**MYTH 7: Sunscreen is only for the summer.**  
**FACT:** Sunscreen should be used year-round, as UV rays are present all year.

**MYTH 8: Sunscreen is only for the beach.**  
**FACT:** Sunscreen should be used anytime you are outdoors, even on cloudy days.

**MYTH 9: Sunscreen is only for the face.**  
**FACT:** Sunscreen should be applied to all exposed skin, including the neck, ears, and back of the neck.

**MYTH 10: Sunscreen is only for the face.**  
**FACT:** Sunscreen should be applied to all exposed skin, including the neck, ears, and back of the neck.

**Marieka Rendall**  
**Health Coordinator**

## Pet Picture



Meet our local free range "Pets" / Pests" Singnor BB, his wife and baby joey.

We think of them as pets because we do love them and have been watching them come into our garden and leave.

Pests because they are very naughty and particularly like to eat my roses. Icebergs are their favourite and I have none left.



**Leanne Tapper**  
**Class Teacher**

## Art Master



Art Masters for C Block students, is held Monday afternoons 2:45 - 3:45pm in B2 class room until the renovations to the Art room are complete.

This term we are looking at developing observed drawing skills, the study of tone and value, monochromatic pointillism as presented in a self portrait.

We are very impressed with the standard of work the C Block Art Masters have produced to date.

**Leanne Tapper**  
**Art Master Teacher**

## Tech Talk



Book Creator is an app used for creating awesome digital books. It combines text, images, audio and video to create interactive stories, digital portfolios, research journals, science reports, instruction manuals, 'about me' books and many more. This app is integrated into the students learning throughout our school

from years 1-6.

The year 2 students from A5 joined the years 4 students from B3 and paired up into buddies. Over a series of lessons, the students worked together to construct a descriptive narrative using Book Creator.

**Chantelle Murray**  
**Class Teacher**

## Chaplains Chat



### What are you thinking upon?

Did you know that what we "think upon" can influence our well-being and level of resilience to situations that we may experience in our work and personal life? Psychologist Naomi Harrison says that our thinking can help us build resilience in our life and improve our well-being. Below are

some practical ways that can assist us to build resilient thinking: Focus your thinking on what is working well at work and in your life. This can help problems seem smaller and empower you to act. Remind yourself of previous accomplishments – both big and small because this will help increase your confidence and encouragement. For example, ask yourself: When have I had success dealing with a problem in the past? What steps did I take to make the situation better or achieve success? This type of thinking can help increase your confidence and help you feel empowered. Also on a practical note, can you apply some of these steps to change your situation? As that saying goes "A journey of a thousand miles begins with a single step". It is the same with achieving any goal, break issues or tasks into smaller pieces and smaller goals. This can help you see the accomplishments you have made and encourage you to persevere when challenges arise. Focus on what is in your control and act on that. Although, remember that there will always be some things or situations in life that we will never be able to have control over and although it may be a challenge to some of us, we need to be able to let go and accept this. Be prepared for mistakes or obstacles. When mistakes occur, try to change your focus and see them as problems that can be solved. i.e. work out ways to overcome the issue, not seeing it as a barrier. So, what are you thinking upon? (Information sourced from ABC Health & Wellbeing)

*Thought for the week-Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible. (Francis of Assisi)*

Have a Blessed week

**Chaplain Diane**

## Parents & Citizens News

### Meetings – Fridays Week 2 of each term

### Canteen

A lunch order service is available every Wednesday and Friday. Menu and lunch order bags can be found at the front office.

**\*\*New\*\*** Fab Fridays Special – Italian Pasta Salad \$4

Combo Special available until 7th Nov – Beef Cruizer and Strawberry Chill \$4 or buy separately;

Beef Cruizer \$2.50 and Strawberry Chill \$1.50.

Wacky Wednesdays Specials – Pies and sausage rolls.

Like and follow our Facebook page, SOUTH THORNLIE PRIMARY CANTEEN for more details and to keep up to date with specials and/or changes

### South Thornlie Parents and Community

The South Thornlie Parents & Citizens are an amazing group of volunteering Mums and Dads, who as individuals give up a small amount of time out of their week, to keep the volunteer run services of our school running smoothly.

It is important to state you do not need to take on a formal role with the Parents & Citizens to be actively involved. There are many ways to support the Parents & Citizens and its ventures, so come to one of our meetings to see just what we have planned, meet some new friends, contribute to the school community and support our students.

Meetings are announced on our Facebook page – South Thornlie Primary School Parent and Citizens

These services are:

#### School Banking - Tuesdays 8am – 8.30am

The Commonwealth Bank will continue to run competitions, promotions and savings incentives each term in 2019. Any amount can be deposited. It could be pocket money, birthday money etc. Students are encouraged to deposit the money themselves and learn the value of saving and tracking their money.

#### Uniform Shop - Wednesday mornings 8.00am-8.45am is co-ordinated by Mrs Alaine Poulsen

**(Cash or Cheque only, NO EFTPOS)**

**Second hand uniforms needed - If your student has grown out of their uniform or graduated/left the school, please recycle the uniforms back through the school. Please donate any second-hand uniforms to the uniform shop or front office. All Second-hand uniforms are sold for \$2 each.**

**Clearance Sale** All old stock of pants, shorts, skirts are \$5 each

**Lego Club** - Every 2nd Tuesday starting week 2, after school until 3.30pm is run by **Mrs Tracey Nelson and Mrs Alaine Poulsen.**

#### Lego Club

Our next Lego Club meeting will be held after school on **Tuesday 22 October** in our **Community Room.**

In order to keep Lego Club running smoothly, we need a few more Volunteer parents/carers who wish to help supervise our Lego Club members. Please feel free to approach our friendly Lego Club leaders if you can help.

All parents and students are required to sign a **Lego Club Contract of Attendance** per student. This contract is to ensure that all Lego club participants receive the equal right to play in a happy and safe environment. The contract simply outlines each participant's responsibilities as a member. **The Lego contracts can be located in the front office.**

## Chess Club

**Next Chess Dates** – Friday 25 October, Friday 1 & 15 November, Friday 6 December.

**Chess Club** - 2:30-3:30 in Community Room

**Coaches** – Dante Osorio, Michelle Manolas and Ben Dagza. Contact Michelle on 0418 959 094 if you have any questions.

## Jolly Socks Fundraiser

P&C will be selling Jolly socks before and after assemblies and at the uniform shop on Wednesdays. They all cost \$5 a pair – come and see the great range! 5 different sizes and many designs to choose from.

## Future Projects and Parent &Citizens Contribution

There are several projects in which the P&C contribute to throughout the year with the money raised from our fundraising events. As our school admin work hard to upgrade our school and make it a safer and happier environment for our children, we are looking for ways in which we can contribute further in the very near future. If you know of anyone or have any ideas on raising funds for future projects, we would love to hear from you.

Please feel free to contact our sub-committee co-ordinators.

**Nancy Papaphotis 0412 814 136 (Fundraising)**

**Scott Maxwell (Kindy-Pre-Primary)**

If you have any questions about our P&C activities or wish to contribute or participate. Thank you.

*Fiona Johnson*  
P&C President  
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*Erin Samson*  
Vice President

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