

Important Notices

Term Dates

2018

Term 1

31st January – 13th April

Term 2

30th April – 29th June

Term 3

16th July – 21st September

Term 4

8th October – 13th
December

School Development Days

Friday 1st June

Monday 22nd October

Friday 14th December

A message from our Principal

Dear Parents & Carers,

Everyone had a fantastic day on Tuesday where, as a school we celebrated the Japanese Culture & Kite Festival. I would like to thank Mrs Hall for her organisation of this event and for the terrific activities that she made available across the school, as well as the staff and students for their help in making this day so successful. The kite flying culmination at the end of the day was fantastic with Mike a professional kite flyer showing students some of his kites.

We do have a new face in the office this term with Mrs Vanessa Summers coming to join our administration team. We would like to extend a very warm welcome to her. We have also had a number of new enrolments this term and I would like to welcome our new students and families to Alkimos Beach PS.

A big thank you to our wonderful troop of parents from the P&C, who have once again provided our students with a wonderful selection of gifts for Mother's Day. I am sure that there will be a lot of happy mums on Sunday. To all of our mothers, have a great day!

NAPLAN commences for all of our Year 3 and 5 students on May 15-17. NAPLAN is- provides some useful information about your child's achievement for you, your child's teacher and the school. If your child is absent on any particular day, catch up testing will occur on the Friday.

Your hard-working P&C Association invites you to the next meeting on Tuesday 15 May, commencing at 7.30pm, in the staff room of Alkimos Beach PS. I hope to see new faces attend the meeting and be part of the great work the Association does for your children.

We have some new members to our school board. The Alkimos Beach PS Board members are:

Parent Representatives: Mrs Brook Johns (chair), Mrs Helena Dunlop, Mrs Melanie Taylor-Hanks and Mr Graham Mushett

Community Representatives: Mr Shayne Scardifield,

Staff Representatives: Mr Richard Allbury and Mrs Julia Chalmers

Have a wonderful fortnight everyone.

Michelle Wellsted
Principal

JAPANESE NEWS

Tuesday's Japanese Culture day & Kite Festival was a huge success for our Year 1 to 6 students who completed a range of activities, such as costume dress-ups, traditional toys, party and sports games, travelling to Japan, chopstick challenges and a TV show quiz. There were also some impressive dance routines in the Music room and collage craft in the Art room. Congratulations to our 6 leaders who looked after the multi age teams and the overall positive behaviours by all of our students. There more than 300 students flying their kites on the school oval for the day's finale with the Kite Man, Mike Alvares after his interesting talk about kites from around the world.

Also, a big thank you to the Mums (& Grandma) who helped with the Kakigoori stall making and selling 210 snow cones in the 15 minutes for recess and Mrs Webber for her photography skills and general support.

Sensei



Free Dress and Colour Your Hair Day!!!!

GOLD COIN DONATION

To help raise funds for the Year 6 Leadership Day at the end of Term 2 we are having a Free Dress Day on Friday 25th May (Week4).

(Kindy A and B will be Tuesday 22nd May)

Students are welcome to come in APPROPRIATE clothes and footwear of their choice. A Gold Coin donation is appreciated for this event.

As an added extra we will also be having some tables set up before school (Thanks P&C!) to spray paint the children's hair a colour of their choice. A gold coin donation is required if you would like to participate in this activity also.

Please note—This is not Crazy hair day, just a 'Colour your Hair' day.

Thanks in Advance.

MOTHERS DAY STALL AND RAFFLE

Thank you to everyone who purchased gifts for their mums at the Mother's Day Stall, we hope you love what your kids have picked for you. For those who tried their luck in the raffle the lucky winner was Kade & Nate from Mrs Erasmus's Kindy B Class. Congratulations guys and we hope mum loves her hamper.

Happy Mother's Day from us to you



NAPLAN

As parents, we have all been through tests and exams. Our children may find it helpful to learn about our successes and failures, and how we managed those stressful times. Here are some other discussion points and tips that may help your family work through the upcoming NAPLAN tests.

- Everyone gets stressed during tests and exams, even those people who don't look as if they are worried. We all have to learn how to manage these feelings.
- Stress may not feel good. However, it is the way our body prepares us to perform at our best.
- Some people find it useful to write about their worries.
- Before a test or exam it may help to chew something (like jellybeans or fruit). Eating tells our body that we aren't in a really dangerous situation.
- Focus on doing your best at the questions in front of you. Don't think about the past or the future.
- To feel calmer, breathe out slowly and count (silently) 'one-thousand, two-thousand, three-thousand.
- Keep your posture strong, as this tells your brain that you are feeling in charge of the situation.
- Look after yourself by getting a good night's sleep, eating breakfast (a mixture of protein and carbohydrates is good), and drinking water.
- Remember, everyone has skills that will NOT be assessed by a test.
- For more information, feel free to check out these websites:

The Value that will be introduced at the next assembly is... **RESPONSIBILITY**

Meaning: Moral obligation to behave correctly.

Synonyms: authority, duty, task, job, role, accountability

You are practising **RESPONSIBILITY** when you:

1. Follow through on your commitments. When you agree to do something, do it.
2. Answer for your own actions. Don't make excuses or blame others for what you do.
3. Take care of your own matters. Don't rely on adults to remind you to be somewhere or what to bring.
4. Be trustworthy. If somebody trusts you to take care of something, take care of it.
5. Make good choices. Think things through and use good judgement.
6. Don't put things off. When you have a job to do, do it.



UNIFORM REMINDER

Winter uniform is black bottoms with our school shirt and school jacket. Please ensure that you write your child's name large and clear on the white lining to avoid confusion with other children's jackets. When students are all in the same uniform, this promotes a greater sense of belonging and pride in our school and in turn enhances student engagement in learning. Please note that if girls are wearing leggings they must still wear the school skirt over the top.

Once again we have a huge array of uncollected lost property. If your child is missing anything (lunch box, uniform etc) please get them to check the lost property bin located outside the Admin building.

Please take the time to label clearly all personal items so that they can be returned to your student.

SCHOOL VOLUNTARY CONTRIBUTIONS



Thank you to those families that have already paid their voluntary contributions this year.

To date we have received 55.75% of our requested payments.

This "one-off" payment is voluntary however it will be used to supplement expenditure in the following curriculum areas: Reading resources, maths resources and ICT equipment. Over the course of the school year, the contribution of \$30 equates to 0.75c per week.

Payment can be made directly into the school's bank account (this is our preferred method of payment). Details as follows:

Account Name: Alkimos Beach Primary School

BSB: 306-182

Account Number: 0085426

Please use your child's name as a reference.

Alternatively, you can pay by cash or EFTPOS in the office between 8am and 4pm daily.

If you would like to set up a payment plan for 2018 at any time, for any of the fees requested, including incursions/excursions, please call into the office and see me.

Voluntary Contributions Prize Draw

In term 3 everyone that has paid their voluntary contributions will be entered into a draw and given the chance to win \$50 vouchers from Ziggies to put towards their 2019 booklist.

KimDark

Manager of Corporate Services



ABOUT CRUNCH&SIP

The Crunch&Sip program is an easy way to help kids stay healthy and happy!

Crunch&Sip is a set time during the school day at to eat vegetables and fruit and drink water in the classroom. Students bring vegetables or fruit to school each day for the Crunch&Sip break. Each child also has a small clear bottle of water in the classroom to drink throughout the day to prevent dehydration.

Giving students the chance to re-fuel with fruit or vegetables helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health.

Crunch&Sip is a well-established program in Western Australia, with over 44% of eligible schools across the state currently certified.

The objectives of Crunch&Sip are to:

- increase awareness of the importance of eating vegetables and fruit and drinking water
- give students, teachers and staff an opportunity to eat vegetables and fruit during an allocated Crunch&Sip break in the classroom
- encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps
- encourage parents to provide students with fruit or vegetables every day
- develop strategies to help students who don't have regular access to fruit and vegetables

For more information and great nutritional resources/ideas please visit the Crunch&Sip Website

<http://www.crunchandsip.com.au/program-info/about-crunchsip/>





INTRODUCING KATRIN FROM onPSYCH

My name is Katrin, I work for onPsych and have started seeing students for counselling at Alkimos Beach Primary School last term. I would like to use the opportunity to introduce myself and the service a bit more. I am a qualified psychologist and counsellor and have more than ten years' experience in working with children, adolescents and adults presenting with a wide range of emotional and behavioural issues. I use a person centred approach, tailoring the strategies I use to individual needs, and focussing on students' strengths rather than weaknesses. I work closely with parents and the school where required to ensure our sessions target relevant behavioural and emotional issues and strategies can be adapted to different settings. All that is required to access the service is a Mental Health Care Plan issued by a GP, which then entitles the child to up to ten Medicare sessions. I provide these sessions at the school, during school hours, and at no cost to the school or parents, as the service is fully covered by Medicare. If you think your child or student might benefit from counselling, whether because they show disruptive behaviour, are shy, anxious, or unusually sad, or because you are concerned for their well-being for any other reason, please don't hesitate to access the service. You can do this by contacting your child's teacher or Richard Allbury, who can then provide you with our information pack which includes some more information as well as all the paperwork necessary to start the counselling process.