

### Term Dates 2019

#### Term 4

Mon 14<sup>th</sup> Oct – Thu 19<sup>th</sup> Dec

#### School Development Days

Friday 20<sup>th</sup> December

### Term Dates 2020

#### Term 1

Mon 3<sup>rd</sup> Feb – Thu 9<sup>th</sup> Apr

#### Term 2

Tues 28<sup>th</sup> Apr–Fri 3<sup>rd</sup> Jul

#### Term 3

Mon 20<sup>th</sup> Jul–Fri 25<sup>th</sup> Sept

#### Term 4

Mon 12<sup>th</sup> Oct–Thu 17<sup>th</sup> Dec

#### School Development Days

#### Term 1

Thur 30<sup>th</sup> January, Fri 31<sup>st</sup>  
January, Fri 28<sup>th</sup> February.

#### Term 4

Thur 29<sup>th</sup> October, Fri 30<sup>th</sup>  
October, Fri 18<sup>th</sup> December

## A message from our Principal

Dear Parents & Carers,

What a busy fortnight this has been for everyone with only 19 days of school left before we break for the holidays. Staff have been very busy compiling student reports as well as looking at class structures for 2020.

We are expecting around 700 students for the start of next year and will be receiving transportable buildings on site over the holiday period ready for use for the start of 2020. We also have an additional playground being installed which will add to the playgrounds that we currently have. I am sure that the students will enjoy the challenges of the new playground that has been selected and this will be incorporated with a sustainability garden project which will be developed over 2020.

I have been working on staffing for 2020 and am in the process of selecting staff from our pools to fill new positions that are becoming available. We have had a large number of applications and have had some wonderfully talented people apply.

Our Talk, Play Share sessions being run by Mrs Erasmus for our incoming Kindergarten parents have been very well attended and have provided parents with a good understanding of the types of things parents can do to assist their child in readiness for Kindy. I would like to thank Mrs Erasmus for her efforts and the time she has spent putting together a terrific program to support our incoming parents.

I visited coding club being run by Mr Libbis yesterday afternoon and it was a real delight to see the level of engagement by our students and the amount of creative and critical thinking that was going on. The students were busy utilising the Lego technology kits donated to the school by Satterley and creating types of vehicles that met a specific design brief. A big thank you to Mr Libbis for giving his time to run this club after school.

Have a wonderful fortnight!

*Michelle Wellsted*  
Principal

## 2020 BOOKLISTS

2020 Booklists were sent home at the start of this month. A reminder that online orders are due 30<sup>th</sup> November 2019. [Click here](#) to view the booklists on the Alkimos Beach PS website.



## SCHOOL DEVELOPMENT DAYS

Friday 20<sup>th</sup> December



## SCHOOL VALUES

### INTEGRITY

**Meaning:** The quality of being honest and having strong moral principles.

**Synonyms:** honesty, morality, honour, nobility, truthfulness, sincerity

You are practising INTEGRITY when you:

1. Keep your promises even if it takes extra effort.
2. Choose not to spread rumours or talk badly about someone.
3. Show respect to others with appropriate conversation and empathy.
4. Be responsible. Do what you say you will do.
5. Work together as a team to build trust.
6. Do not let someone else take the blame for something you did.



CONNECT is one of our main forms of communication with parents. The office and classroom teachers will use CONNECT to relay important information regarding events and activities that are happening within the school. If you are unable to log in to CONNECT or are having issues with your password, please contact the office and we will be happy to help.

We encourage you to log into CONNECT at any time to view notices for your students

## UP IN LIGHTS

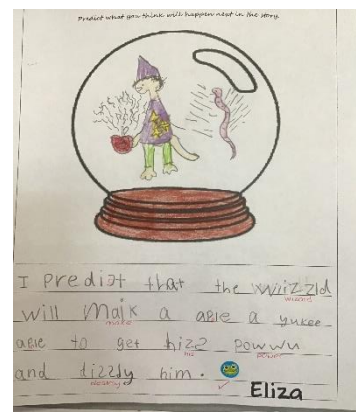
### Up In Lights – Roebuck Bay 1



Recently we visited Miss Kimberley's class of Pre-Primary students in Roebuck Bay 1. They have been learning a few things recently. In Writing they have been learning how to write stories and have been learning how to read. They have been reading books called 'Here I Am' and "Tic-Toc Check The Clock".

In Maths they have been learning measurements, including weighing and capacity, on the Ipads. They have also been learning counting to ten and up to one hundred.

This year after recess and lunch breaks, the students do activities to calm them down, such as Lego, drawing, reading or relaxing in a chill area. After that they do Jump Jam and then move on to normal learning activities.



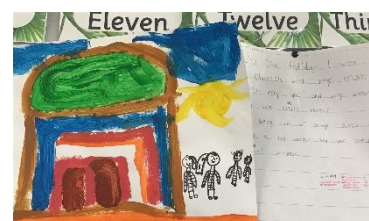
### Up In Lights – Roebuck Bay 2



Mrs Newbound's Pre-Primary students have been working hard this term. They have practised their mathematics by counting up to 100 and down from 20. They have also been covering measurement and sharing/dividing.

They have also been learning digraphs and trigraphs when trying to sound out and read tricky words. They have recently started a class book on 'Goldilocks and the Three Bears'.

The students love the bright colours of the room and all of the fun games and learning. They love Mrs Newbound and feel safe in her class.



-Anna, Kaelah and Tracy

## END OF YEAR PARTY

### ALKIMOS BEACH PRIMARY SCHOOL END OF YEAR PARTY

Friday 6th December  
6:30pm-8:00pm

At Atlantis, 61 Ocean Keys Blvd  
Clarkson 6030

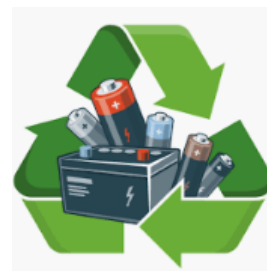
Kids tickets \$10 inc. lolly bag  
& juice box  
Adults tickets \$3

TICKETS ARE LIMITED! ALL PROCEEDS GO TO THE P&C  
GO KART RIDES \$4 - TEA / COFFEE \$4  
PARENTS/CARERS MUST REMAIN ONSITE



## SCHOOL BATTERY RECYCLING PROGRAM

As part of our Whole School Sustainability Program we have continued our School Battery Recycling Program this year. Batteries are an important example of demonstrating how energy can transform from one form to another with recycling. They can be turned into light poles and other batteries.



Our last collection to be taken to the Mindarie Recycling Centre will be at the end of November. If you have any batteries that can be recycled from home, please bring them in ASAP. Thank you to everyone that sent them in with your children or dropped them into the front office.

*If we all work together, small changes can make a big difference.*

## REMINDER OF BEACHSAFE SURF SURVIVAL PROGRAM

### Program Details

Dates: Tuesday 22<sup>nd</sup>, 29<sup>th</sup> October, 12<sup>th</sup>, 19<sup>th</sup> November  
Beach Carnival Tuesday 26<sup>th</sup> November 9am – 11:30am

Time: 1 hour a week

Location: Alkimos Beach Foreshore

Transportation: Students will be walking from Alkimos Beach PS to Alkimos Beach Foreshore

Cost: Free

Year Level	Leave School	BeachSafe Program	Return to School	Comments
Yr 4	8:30am	8:45-9:45	10:00am	Come pre-changed
Yr 3	9:45am	10:00-11:00	11:15am	Recess 9:30-9:45
Yr 2	11:00am	11:15-12:15	12:30	
Yr 5	12:15pm	12:30-1:30	1:45pm	Lunch 12:00pm
Yr 6	1:15	1:30-2:30	2:45pm	

## SCHOOL CONTRIBUTIONS

A big thank you to those families who have already paid their School Voluntary Contributions. Payment can still 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. If using this method of payment, please ensure that you pay monies into the school account (as above) as we have had a few parents paying money into the P & C account in error.**

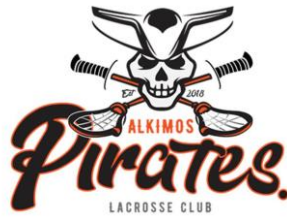
Alternatively, you can pay by cash or EFTPOS in the office between 8am and 4pm daily.

Kim Dark  
Manager Corporate Service



## COMMUNITY NEWS

### 6 V 6 PIRATES JUNIOR SUMMER LACROSSE PROGRAM



Thursday nights at Leatherback Park 5.30pm onwards  
(No Cost)

Alkimos Junior Committee would like to run a 6 v 6 lacrosse games for juniors starting 10<sup>th</sup> October from 5.30pm onwards, games will be structured to enjoy the game, have fun and play fairly. No cost to play but having fun is required

Modified Games will run 4 x 10 minute quarters, breaks will be 2-3-2 minute breaks, Pink soft ball, no contact with stick or body, four second carry rule, 1 v 1 on ground balls, no covering or racking of ball – lose of possession, 2 passes before a goal is attempted in the forward half, team will consists of 1 x Goal keeper, 1 x defender, 3 x Midfielders and 1 x attacker. Games will start with Face off but once goals are scored the goalkeeper will recommence the game with a pass

We recommend juniors wear Mouth guards, encourage kids to always act in care, show respect, encourage other players, effort and persistence are important when learning new things.

Interested in playing 6 v 6 lacrosse, please contact Konrad Frankee (Mobile # 0438 100 965)



## Live, Laugh, Love, Lacrosse



### **CAHDS PARENT INFORMATION SESSIONS Term 4 - October to December 2019**

The Complex Attention Hyperactivity Disorders Service (CAHDS) are offering a series of parent information sessions. The information sessions are intended for parents with children/adolescents who experience significant attention difficulties, including a diagnosis of ADHD. Information sessions are collaborative and invite discussion from participants.

All sessions are stand-alone and parents can attend any or all of the sessions. They will run from **10:00 am to 12.30pm** at **Perth Children's Hospital**. Tea, Coffee and relevant handouts will be provided. There is no cost to attend these sessions.

Prior to the beginning of each school term (January, April, July and October) CAHDS will send out a time table of the information session available for the following three month period. At this time if parents are interested in attending any of the sessions they will need to register with CAHDS by contacting **6456 0214** or by email **complexADHDSERVICE@health.wa.gov.au**.

Once sessions are full they will be closed for the cycle. An e mail will be sent out when this occurs. Please note: No waiting list will be held at CAHDS once sessions are full.

Yours sincerely  
The CAHDS Team

## CAHDS PARENT INFORMATION SESSIONS

TOPIC	DESCRIPTION	Dates
<b>1. Family self-care/stress management for parents (including the impact of ADHD/challenging behaviours on the family)</b>	<p>This information session looks at the impact stress has on the family unit and how families can enhance their self-care including;</p> <ul style="list-style-type: none"> <li>• why family self-care is important</li> <li>• what are some of the positives and challenges of caring for your child</li> <li>• the body's response to stress</li> <li>• the impact of stress</li> <li>• Stress management strategies.</li> </ul> <p>Participants will come away with a better understanding of the importance of self-care and how you can realistically achieve this in your family.</p>	<b>Friday 22 November 2019</b>
<b>2. Understanding your child's behaviour (including reasons for behaviour and impact of other factors on children's behaviour)</b>	<p>This information session aims to help parents look at behaviour management from a slightly different perspective. Participants will be given information to help them identify some of the possible drivers for their child's behaviour. The session encourages discussions guided by topics such as:-</p> <ul style="list-style-type: none"> <li>• What is meant by behaviour?</li> <li>• What is the behaviour communicating?</li> <li>• Goals of misbehaviour.</li> <li>• The use of punishment vs consequences</li> </ul> <p>At the end of the session it is hoped participants gain a better understanding of the reasons for their child's behaviour so as to help their child achieve their need/goals for now and into the future; rather than being given a list of generic behaviour management strategies.</p>	<b>Friday 29 November 2019</b>

<b>3 Sensory Processing for children with ADHD</b>	<p>This workshop aims to help parents of children who:</p> <ul style="list-style-type: none"> <li>• Fidget or struggle to sit still;</li> <li>• Are very distractible;</li> <li>• Are easily upset by noise, activity or touch</li> </ul> <p>At the end of the session it is hoped that parents will gain a better understanding of their child's unique sensory processing patterns as well as an awareness of sensory strategies that will support their child's self-regulation.</p>	<b>Wednesday 4 December 2019</b>
<b>4 Communication</b>	<p>CAHDS Parent information session presented by CAHDS Speech Pathologists, providing information on communication difficulties (verbal, written and social) as related to ADHD and the impact of difficulties both diagnosed and undiagnosed</p> <p>Social connectedness refers to the relationships people have with others. Social connectedness is integral to wellbeing. People are defined by their social roles, whether as partners, parents, children, friends, caregivers, teammates, staff or employers, or many other roles. We are connected by the way we communicate with others, including our use of social media and technologies.</p> <p>Communication skills, both verbal and written, are needed for individuals to build and maintain relationships with others. Developmental language difficulties/disorders and specific learning difficulties/disorders are common in individuals diagnosed with ADHD but are often undiagnosed. Difficulties can lead to or be a part of attentional, behavioural, emotional and academic difficulties.</p>	<b>Wednesday 20 November 2019</b>



ST JAMES'  
ANGLICAN SCHOOL

## SAFE ON SOCIAL COMMUNITY PRESENTATION

St James' Anglican School invites students, families and members of the community to attend a cyber safety and education information session.

**'Safe on Social'**

**Thursday 12 December**

**6.30pm - 8pm**

**St James' Anglican School (2 Graceful Boulevard, Alkimos)**

Topics covered in this presentations include:

- \* What you signed up for - explanation of terms and conditions of use and what they mean.
- \* Keeping personal information private.
- \* Online stranger danger (online grooming).
- \* Ethics for when posting and sharing photos.
- \* Child exploitation/pornography, sexting, sextortion and image-based abuse.
- \* Creating a positive digital footprint and curating your online image.
- \* Cyber-bullying and online harassment - what it is and what to do.
- \* Privacy settings.
- \* Online gaming safety.
- \* Strategies to build resilient digital citizens.

The evening will also cover popular social media apps, what they are, how they work and privacy tips for safe usage.

Please click [here](#) to secure your seat. This is a free event.

CERTIFIED TRAINING PROVIDER

Office of the eSafety Commissioner

Safe on Social

Student and Parent Community Presentations

#safeonsocial #socialmedia #sos #positive #esafety #onlinesafety #educationandtraining #cybersafety



# FREE PARENTING SEMINAR



## Take the guesswork out of parenting!

Want to make family life easier – and happier? Triple P's Power of Positive Parenting seminar can help you understand why kids act the way they do, and how your reactions and words can make a big difference. This 90-minute seminar is free for all WA parents and carers, and is packed with ideas to help you give your kids the best start in life, and get more enjoyment out of being a parent.

### Triple P's Power of Positive Parenting seminar can help you:

- raise happy, confident kids
- encourage positive behaviour
- set rules and routines that everyone follows
- get on well with your kids and argue less
- balance work and family with less stress

### Register for your FREE parenting seminar:

#### The Power of Positive Parenting

Thursday 28 November 2019

9.30am – 11.30am

Butler Primary School

**Book your free place now:**

[www.triplep-parenting.net.au/wa](http://www.triplep-parenting.net.au/wa)







## BUILDING LITTLE WONDERS

A FREE PROGRAM FOR PARENTS AND CARERS OF CHILDREN 0-12 MONTHS

Join us and other local families on a Thursday morning for this fun FREE Building little wonders program.

### WOULD YOU AND YOUR CHILD LIKE TO:

- Receive support from Child Health Nurses
- Learn about your child's growth and early development
- Receive support around sleep and feeding
- Observe your child in play and social interaction

Then come along its FREE

**Where:** Jenolan Way Community Centre, 16 Jenolan Way, Merriwa

**When:** Weekly Thursdays 12:30pm –1:30pm, starting 15 August, finishing 19 December

**Cost:** FREE

**Facilitated by:** Child Health Nurses and Goodstart educators

**Book online for the 1st session:** [www.ngala.com.au](http://www.ngala.com.au) or call 9368 9368 or

**Email:** [NorthWestMetro.PCWA@ngala.com.au](mailto:NorthWestMetro.PCWA@ngala.com.au)

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Child and Adolescent Health Service



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