

### Term Dates 2021

**Term 2**  
Mon 19<sup>th</sup> Apr - Fri 2<sup>nd</sup> Jul

**Term 3**  
Mon 19<sup>th</sup> Jul - Fri 24<sup>th</sup> Sept

**Term 4**  
Mon 11<sup>th</sup> Oct - Thu 16<sup>th</sup> Dec

**School Development Days**

**Term 4**  
Thu 21<sup>st</sup> Oct, Fri 22<sup>nd</sup> Oct,  
Fri 17<sup>th</sup> Dec

# News

Explore • Discover • Achieve

Term 3, Week 4 2021

## A message from our Principal

What an interesting few weeks we have had with some really blustery and blowy weather! Hopefully this will lessen now as we head towards Spring.

Our students in Year 1-6 have been busy training for our Faction Carnival which is scheduled to take place on Friday the 27<sup>th</sup> August weather permitting. The Pre Primary and Kindergarten tabloid carnival is scheduled for Wednesday the 15<sup>th</sup> September and parents will receive information in regards to this event closer to the date.

The choir has been practising for One Big Voice which will take place at the Perth Arena on the 20<sup>th</sup> August. School photo information has been sent out and these are due to take place between the 31st August and the 2<sup>nd</sup> of September.

Staff have been busy deciding upon Book Week costumes and can't wait to see what everyone is wearing for this year's parade. The students have been super excited and have been sharing their costume ideas with us. The parade will take place on the grassed area outside of the admin block on Wednesday the 25<sup>th</sup> August, starting at 9.00am. All parents are welcome to attend.

Our Olympic themed assembly was fantastic and really acknowledges the multicultural diversity that we have within our community. The students selected to be flag bearers were very proud and a lot of the students were excited to see the national flag from their country of origin.

A big thank you to our outgoing P&C office bearers and members and a warm welcome to the new parents that have joined the P&C and to those that have taken on executive roles. The support of our P&C is vital in helping us to provide a wide range of resources to the children. Our new P&C have organised a Father's Day raffle with some fantastic prizes including an amazing toolbox that would do anyone's shed proud. Keep your eyes out for this raffle. Our new P&C consists of Mel Taylor Hanks (President), Sarah Duncan (Vice President), Renae Bennett (Secretary), Myra Fourie (Treasurer) and Kate Gair, Maddison McClarence, Rebecca Brooks, Deb Giles and Edel Cooper on our executive.

Have a great weekend everyone!

*Michelle Wellsted*

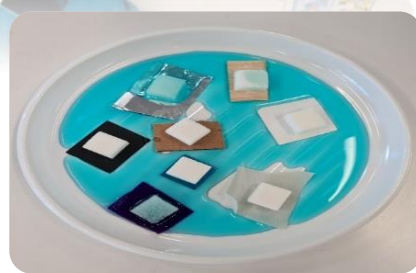
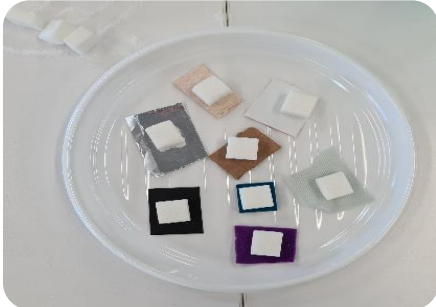
Principal

## UP IN LIGHTS

### Mrs Edworthy and Mrs Cairnduff – Years 1/2

Shark Bay 4 Science lessons have been finding out about materials and their properties. We sorted collections of objects made from the materials of wood, plastic, metal, glass, fabric and paper. We listed some of the properties different materials had, such as rigid, brittle, flexible, transparent and hard.

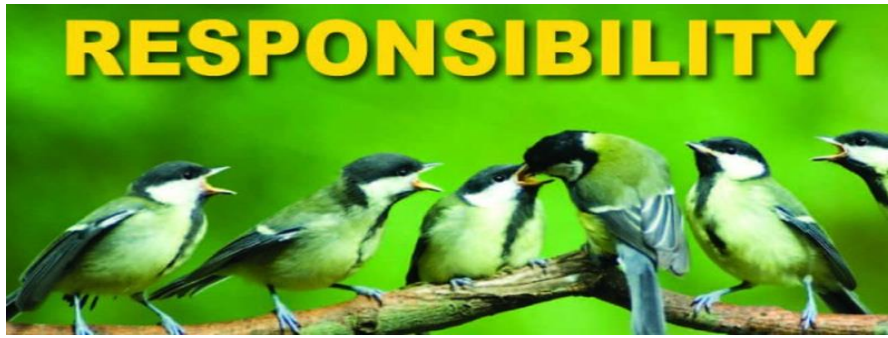
Last week our class conducted a Science experiment to test how waterproof different materials are. Students placed sugar cubes on top of different materials and placed it on a plate. Blue water was poured into the plate and we observed what happened. We found out that metal, glass, plastic and the green fabric were the most waterproof because the sugar cube did not change colour and stayed together. We found out that felt, wood and cardboard were not waterproof because the sugar cube did change colour and fall apart.



The students in Shark Bay 3 (Year 1) have been spending time exploring different types of living things in our community, which related to our Biological Sciences curriculum. They have gone on a hunt around our school trying to find all the living things that surround us. They have enjoyed learning about these 'mini beasts' and what they need to survive. The students are currently doing an experiment on how plants grow to assist them with finding out why they are considered living things. They have made their own greenhouse which will house their seeds and they will track their seeds growth. Our super scientists in Shark Bay 3 have loved learning and experimenting during their science lessons.



## SCHOOL VALUES



### 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.

## KINDY ENROLMENTS FOR 2022

Just a reminder to all our families who have children due to start Kindergarten in 2022 that applications are now open. Information can be accessed on the school website. Please call the office on 08 9561 7200 if you require any further information. Please note that Kindy is non-compulsory and it is important to submit your application by the due date.

## 2021 SCHOOL VOLUNTARY CONTRIBUTIONS

A big thank you to those families who have already paid.

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. 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.

If you would like to set up a payment plan for 2021 at any time, for any of the fees requested, including incursions/excursions, please call into the office and see me.

Kim Dark  
Manager Corporate Services



## STUDENTS NOT RETURNING IN 2022

We are currently looking at student numbers for next year. If your child/children will not be returning to Alkimos Beach Primary School in 2022, please come to the office to complete a notification form. Alternatively, please email your notification with the following details to [alkimosbeach.ps@education.wa.edu.au](mailto:alkimosbeach.ps@education.wa.edu.au).

- Student's full name
- Year/Form
- Last date attending Alkimos Beach Primary School
- Name of school they will be moving to
- Reason for leaving

Thank you

# SAVE THE DATE

EVENING

**ONE BIG VOICE 21**

**Dear Parent/Guardian**

Our school choir is participating in the OneBigVoice Festival, held at RAC Arena on Friday, August 20, 2021, commencing at 6.15 p.m. with Young Talent, followed by the OneBigVoice Choir at 6.45 p.m.

Parents, carers, grandparents and friends are invited to attend this festival.

Please save the date in your calendar; you won't want to miss out on this amazing event. We will notify you when tickets go on sale.



## CHAPLAIN'S CHAT

Hi Alkimos Beach Families,

I hope you've all stayed safe and warm in the wild weather this past week!

Due to the lockdown at the end of last term, I held the LEGO Masters Championship round for our fabulous Year 3s a couple of weeks ago. Our themes were "Out of this World" and "Under the Sea." There were many imaginative and detailed builds that it was difficult to choose winners. However, well done to Kora and Jack, and George and Caitlin who were crowned our first LEGO Masters champions for their incredible creations. LEGO Masters is continuing this term with our Year 4s.

Parenting Connection is offering a free seminar at Yanchep Secondary College on Thursday 16<sup>th</sup> September with author, speaker and Youth Coach Claire Eaton - 'Raising Today's Teens and Tweens with Confidence.' If you have a child in Year 6, or older children at high school this may be of interest. Head to [claireeaton.com.au/events/](http://claireeaton.com.au/events/) for information and to register.

Have a great week ☺

Miss Eden (Chaplain)

Parenting Connection

Claire Eaton  
Author, Speaker, Youth Coach

### Claire Eaton WA Tour - Yanchep

RAISING TODAY'S TEENS AND TWEENS WITH CONFIDENCE



# Alkimos Beach Primary School

## BOOK WEEK PARADE

When: Wednesday 25 August at 8.45am

Where: Grassed area between the Library and Administration

# OLD WORLDS, NEW WORLDS, OTHER WORLDS

## 21-27 AUGUST 2021

PLEASE BRING A GOLD COIN  
DONATION FOR OUR STORY DOG  
PROGRAM



Fun Reading • Reading for Life





## MERIT AWARDS

### AUSSIE OF THE MONTH



### SPECIALIST AWARD



### PRE-PRIMARY MERIT AWARD



### YR 1 MERIT AWARD



### YR 2 MERIT AWARD



### YR 3 MERIT AWARD



### YEAR 4 MERIT AWARD



### YEAR 5 MERIT AWARD



## YEAR 6 MERIT AWARD



## CROSS COUNTRY MEDAL WINNERS



## OLYMPIC FLAGS

At assembly in Week 3, children from each class took part in an 'Olympic opening ceremony', where they carried a flag representing their family's country of origin. It was great to see what a diverse community we have at our school!



## ABPS SPORTS DAY



WILL BE HELD FRIDAY 27<sup>TH</sup> AUGUST

MEAL ORDERING WILL BE ON QUICKCLIQ – PLEASE REMEMBER TO ADD FACTION

LAST DAY FOR ORDERING IS MONDAY 23<sup>RD</sup> AUGUST 12PM – NO LATE ORDERS WILL BE ACCEPTED



### PARENTING AFTER SEPARATION From conflict to cooperation

Research shows that after parents separate, children need a secure base with parents they trust and feel comforted by. Parents who can make room for thinking about their children's needs, apart from their own needs, can help their children adapt best to family separation.

Fee: \$30 per person

Time: 6.30pm-9.00pm

**Wednesday 28 July**

### UNDERSTANDING STEPFAMILY RELATIONSHIPS

This one-day workshop highlights some helpful ways of forming and living in a new family, be it a stepfamily or blended family. You are invited to learn some useful strategies around how to parent and maintain healthy relationships. Topics include:

- what has proven to be helpful and unhelpful in the formation of stepfamilies
- how to grow a strong and loving couple relationship
- ways to understand the needs of the children and to manage discipline

Fee: \$60 per person, \$100 per couple

Time: 9.30am—4.30pm

**Saturday 21 August**

### ADDITIONAL PARENTING WORKSHOPS

Fee: \$30 Time: 6.30-9.00pm

#### **MUMS SURVIVING SEPARATION**

**Wednesday 21 July**

#### **SURVIVAL KIT FOR SEPARATING DADS**

**Wednesday 18 August**

#### **DADS AND SONS**

**Monday 30 August**

### Online Parenting Workshops

Online workshops are conducted via Zoom

#### **MUMS RAISING TEEN GIRLS**

**Monday 2 August**

#### **DADS AND DAUGHTERS**

**Thursday 19 August**

#### **EMOTION COACHING YOUR CHILD**

**Monday 23 August**

#### **PARENTING TEENS**

**Monday 20 September**

### **Parenting Courses and Workshops**

Building Stronger Families

Mums Raising Boys

Supporting Your Anxious Child

Parent Child Connection

Dads and Sons

Parent Teen Connection

Emotion Coaching Your Child

Parenting After Separation

Understanding Stepfamily Relationships

Single Sessions and Workshops

[www.relationshipswa.org.au](http://www.relationshipswa.org.au)

Please visit our website for current times, dates and additional courses, including online courses.

*Relationships Australia*

**July—September 2021**

**West Leederville**

Level 1, 22 Southport Street



### **BUILDING STRONGER FAMILIES**

Building and nurturing families can seem a daunting task but it is not mission impossible! This 6-week course is for adults and their children over 10 years — inclusion is the key!

Parents and children will learn about cooperation, relating respectfully and solving problems. Skills such as these will help strengthen your family.

Fee: \$80 per one parent family

\$120 per couple/family

Time: 6.30pm—8.30pm

**Thursdays 12 19 26 August 2 9 16 September**

### **PARENT-CHILD CONNECTION**

Parenting doesn't come with a guide book but we do know what helps to create a strong parent-child connection: security, warmth and positive attention, good communication plus boundaries and fair rules.

This 4-week practical course aims to help you understand your child's development and behaviour whilst giving you some tools so you can parent with confidence.

Fee: \$50 per person

Time: 6.30pm—9.00pm

**Wednesdays 25 August 1 8 15 September**

### **SUPPORTING YOUR ANXIOUS CHILD**

Are you concerned your child seems overly worried or anxious? This workshop explores anxiety in an easy to understand format. You will learn to recognise the signs and symptoms of anxiety, find out what causes anxiety and learn strategies to support your child should they become anxious.

Fee: \$30 per person

Time: 6.30pm—9.00pm

**Monday 9 August**

### **DADS AND SONS**

Boys whose dads are involved in their lives do better in lots of ways — academically, emotionally and socially. Well-fathered boys show the positive effects years later with an improved capacity for empathy and the health of their social relationships.

Fee: \$30 per person

Time: 6.30pm—9.00pm

**Monday 30 August**

### **PARENT—TEEN CONNECTION**

Adolescence can be a challenging, somewhat frustrating period of life's journey. Living with teenagers can be confusing and even worrying. Once seen as a time for parents to step back, adolescence is increasingly viewed as an opportunity to stay tuned in and emotionally connected with your teen. This 2-week course will provide you with a practical 'how-to' guide to help you understand your teen and his/her behaviour and give you some skills to manage challenges effectively.

Fee: \$50 per person

Time: 9.30am—1 pm

2 Sessions

**Saturdays 28 August and 4 September**

### **EMOTION COACHING YOUR CHILD YOUR CHILD**

Emotions — we all have them. How we feel about them and express them can make a big difference in our lives.

This workshop is designed to introduce you to the art and skill of Emotion Coaching which helps parents to be supportive of their child's emotional world and to value emotional connection and intimacy.

Fee: \$30 per person

Time: 6.30pm—9.00pm

**Monday 20 September**

### **MUMS RAISING BOYS**

Boys typically go through three broad stages of development and each stage has unique joys and challenges for mums. This session shows you how to develop a strong and healthy relationship with your son.

Fee: \$30 per person

Time: 6.30pm—9.00pm

**Wednesday 4 August**



# Homework Habits

By Professor Matt Sanders

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## Homework Habits

By Professor Matt Sanders

Homework is an accepted part of every child's schooling. However, it doesn't have to become a family battle. The key is for parents and children to be prepared.

Your child should have a set, regular time for homework that fits in around your schedule and your child's other commitments such as sport or music lessons.

Homework should come at a time after your child has had a chance to relax after arriving home and before they are allowed to play or watch television.

Relaxing immediately after school is as important for children as it is for adults who want to wind down after coming home from work. Give your child an afternoon snack and use that time to find out what their homework tasks are, whether they need any special materials for projects, and when it needs to be ready.

While children don't have to have absolute quiet when working, they should have a homework area that has clear table space, is well lit, and is free from obvious distractions (like the television).

If your child wants your opinion on how good their homework is don't feel that you have to make sure the work is perfect before they hand it in. They may feel discouraged if you point out all the spelling and punctuation mistakes. Instead, say something positive about the work and, if you must make corrections, just choose one or two mistakes.

**Professor Matt Sanders is founder of the Triple P – Positive Parenting Program®. For more information, go to [www.triplep-parenting.net](http://www.triplep-parenting.net).**





# Triple P - Positive Parenting Program®

**A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.**

## Who is this program for?

Parents, carers and/or grandparents of a child aged between 3 and 8 years.

## What is involved?

- **Seminar Series** – 90-minute talks on:
  - children's behaviour – the tough part of parenting
  - raising confident children
  - raising emotionally resilient children.
- **Discussion Group** – small, 2-hour groups:
  - misbehaving
  - fighting and aggression
  - bedtime routine
  - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.



## Program details:

1. Seminar Series - Warwick  
Tuesday's 9.30-11.30am 17th, 24th and 31st August
2. Seminar Series - Balcatta  
Tuesday's 9.30-11.30am 31st Aug, 7th and 14th Sept
3. Discussion Group (Managing Fighting and Aggression) - Warwick  
Wednesday 25th August 9.30-11.30am

## How do I book?

Ask your child health nurse or visit [healthywa.wa.gov.au/parentgroups](https://healthywa.wa.gov.au/parentgroups).

### Coronavirus update

To help us all stay healthy, please remember:

- Practise physical distancing.
- Do not attend if you are feeling unwell or need to self-isolate.

If you need to cancel your booking, contact the **Child Health Booking System** on 1300 749 869 (metro only).

### Please note:

Unless there is a crèche advertised, only babies under the age of 6 months can attend this group. However, we welcome babies who need breastfeeding during the session. **DO NOT** bring hot food and drinks for safety reasons.



# ALKIMOS BEACH JULY - DEC BEACHSAFE CALENDAR 2021



**HLTAID003**

## Provide First Aid Course

(Single day full course or refresher)

8am – 5pm

St James Chapel, 2 Graceful Blvd



**JULY**

**SAT 17**

**AUGUST**

**SAT 14**

**SEPT**

**SAT 25**

**OCT**

**SAT 23**

**NOV**

**SAT 20**

**DEC**

**SAT 11**



**NOVEMBER SurfBabies**

**SAT 6 NOV - & SurfKids**

**SAT 11 DEC** 6 x 30 minute sessions

Alkimos Beach, North Beach Access | Saturdays Only



For further lifesaving, sport and social opportunities, join the Alkimos Surf Life Saving Club!

Get in touch via [admin@alkimossllsc.com.au](mailto:admin@alkimossllsc.com.au)

**FREE PROGRAMS**  
for Alkimos Beach & Alkimos Vista residents  
DISCOUNT CODE: Alkimosres  
\*must have valid Alkimos Beach or Alkimos Vista address

For more information or to join one of Surf Life Saving WA's BeachSAFE Programs (FREE for Alkimos Beach and Alkimos Vista Residents), visit [mybeach.com.au](http://mybeach.com.au) or call Surf Life Saving WA on 9207 6666. Registrations are essential. SLSWA RTO: 51104  
Dates, times, venues and course codes are subject to change visit [facebook.com/AlkimosBeach](https://facebook.com/AlkimosBeach) for regular updates.



**ALKIMOS  
BEACH**

**Alkimos  
Vista**

