

**Term Dates**  
**2021**

**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 4, Week 1 2021**

## **A message from our Principal**

Dear Parents & Carers,

Welcome back to Term 4 everyone! I hope that you all had a relaxing and enjoyable break.

We are at that point of the year where I am having to ensure that we are not over staffed and also that we have sufficient staff for 2022. I would like to thank those parents that have let us know whether they are returning next year or if there is a possibility that they may not be. If you haven't let the office know or your circumstances change, we would really appreciate it if you can email or pop into the office.

Swimming lessons for Year 1 to Yr 6 will commence at the start of week 3 at HBF Arena. Just a reminder to parents to please label your child's clothing so that it can be returned if misplaced.

We also have BeachSafe happening this term for our Year 2 -6 students with Surf Lifesaving. We will be sending out information in regard to this in the next few weeks.

A number of our students represented the school today in the jumps and throws component of the interschool athletics carnival. We also have students representing us in team games and races on Wednesday. Well done to all of the competitors chosen for these events and we know that you will do us proud.

We are working on our upcoming Art Show which is scheduled for Friday the 12<sup>th</sup> November commencing at 5.00pm. Mrs Harris is super excited and has been working hard with the students to create some spectacular pieces for this show. We also have the wonderful Peter Ollie who has also donated a fantastic art piece which the P&C will be raffling.

Have a great fortnight everyone!

*Michelle*

Michelle Wellsteed  
Principal

## SCHOOL VALUE

### Understanding, Tolerance and Inclusion

#### TOLERANCE AND INCLUSION

**Meaning:** Welcome different opinions or behaviours that one does not necessarily agree with.

**Synonyms:** allow, involve, embrace, patience, resilience

You are practising TOLERANCE AND INCLUSION when you:

1. Treat people in a way they wish to be treated.
2. Welcome ideas that are different from your own, it can also make work more interesting, engaging, and fun.
3. Strive to improve. Be willing to learn, accept feedback, and listen to the concerns of those around you.
4. Are culturally aware. Take the time to learn about different cultures, races, religions and backgrounds.

#### 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



# 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. Group Triple P (7 weeks) - Warwick  
Monday's commencing 18th October 2021 9.30am-11.30am
2. Seminar Series - Joondalup  
Tuesday's 9th, 16th and 23rd November 2021 9.30am-11.30am
3. Discussion Group (Dealing with Disobedience) - Craigie  
Wednesday 3rd November 2021 9.30am-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.





# Getting Results

By Professor Matt Sanders

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1. These tip columns may not be edited in any way and the text must appear in full.
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3. These are for print and online publication (eg. newspaper hardcopy and website, school newsletter, magazine etc) but should not be loaded to social media (Facebook, Twitter, Instagram, etc.)
4. The columns should be published one at a time and not in groups within the same hardcopy newspaper, magazine or newsletter. They may not appear under a common blog category or tab online.

## Getting Results

By Professor Matt Sanders

It's natural to want your child to do well at school and some parents use a reward such as money to encourage their children to get better grades. I've often heard of parents offering their child money for every "A" on their end of term report card.

One of the problems with giving children financial incentives for good end-of-term grades is that the reward comes too long after the effort is made.

Rather than waiting till the end of term, it's much more effective to set up a system of rewards which are brief and frequent and which encourage positive daily habits. These daily habits then build towards an eventual outcome, such as a good homework and study routine.

However, you can encourage children to build good study and homework habits without having to resort to offering money.

Why not try a reward such as spending time with your child doing an activity they really like? Or you could offer a special treat you know they'll enjoy. The object is to encourage good routines by giving extra attention and praise or small frequent rewards when they are doing the right thing.

When kids are struggling that little bit of extra attention can encourage them into new patterns of behaviour – and they may end up getting that A after all!

**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) or (INSERT LOCAL CONTACT DETAILS/INFORMATION HERE).**

# Registrations Now Open!

New / Renewal Registration Are Now Open!  
Email for info on how to register online or come  
on down to our Registration / Open Day!

We will have the Shop open with some new  
goodies in store!

Want to see what we do here at the club?  
Then today is a perfect day to head on down  
and find out.

## Open Day

We will be giving demonstrations on the Beach  
and up at the club.

There will be:

- Beach Flags (Kids and Parents get involved)
- Rescue Signals
- IRB, Board and Tube demo rescues in the water
- A couple of Board Races from the clubbies
- BeachSAFE Presentation

### Information:

Click links below:

Online registration link: [www.facebook.com/alkimossisc](http://www.facebook.com/alkimossisc)

Woodside Nipper Program: [www.nipperswa.com.au](http://www.nipperswa.com.au)

Additional enquiries: [admin@alkimossisc.com.au](mailto:admin@alkimossisc.com.au)

[NEW MEMBER REGISTRATION PORTAL](#)

[SECURE PAYMENT PORTAL](#)

Alkimos Surf Life Saving Club: 100 Coolangatta Rise, Alkimos Beach  
St James Anglican School: 2 Graceful Boulevard, Alkimos

# Alkimos Surf Life Saving Club 2021/22

## Registration Days

Alkimos Surf Life Saving Club  
18<sup>th</sup> September 10:00 – 14:00

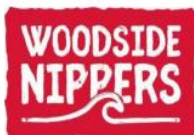
St James Anglican School  
18<sup>th</sup> September 10:00 – 14:00

## Open & Registration Day

Alkimos Surf Life Saving Club  
17<sup>th</sup> October 10:00 – 13:00

## Season Fees

Kids & Youth: \$40 ea  
Adults: \$90 ea  
Family: \$225



# Welcome Back!

# Alkimos Surf Life Saving Club 2021/22

## Preliminary Swims:

Butler State Swim	Sunday	26	September	11:30 – 12:30
198 Landbeach Blvd	Sunday	03	October	11:30 – 12:30
Butler	Sunday	10	October	11:30 – 12:30
	Sunday	17	October	11:30 – 12:30

The Preliminary Evaluations are in place to ensure that participants are fit and able to  
meet the requirements of the Woodside Nippers Program.

TABLE 1: 2021/22 WOODSIDE NIPPER PROGRAM REQUIREMENTS SUMMARY

Age Group	Birth Date	Preliminary Evaluations	Competition Evaluations	Participation Certificate
Under 6	1/10/2015 – 30/09/2016	From a standing position in waist deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.	n/a	Surf Play One
Under 7	1/10/2014 – 30/09/2015	From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.	n/a	Surf Play Two
Under 8	1/10/2013 – 30/09/2014	25m swim (any stroke) 1 minute survival float	Minimum 100m open water swim in 9 minutes	Surf Aware One
Under 9	1/10/2012 – 30/09/2013	25m swim (any stroke) 1 minute survival float	Minimum 100m open water swim in 8 minutes	Surf Aware Two
Under 10	1/10/2011 – 30/09/2012	25m swim (freestyle) 1 ½ minute survival float	Minimum 150m swim in open water in less than 12 minutes	Surf Safe One
Under 11	1/10/2010 – 30/09/2011	50m swim (freestyle) 2 minute survival float	Minimum 288m swim in less than 9 minutes	Surf Safe Two
Under 12	1/10/2009 – 30/09/2010	100m swim (freestyle) 2 minute survival float	Minimum 288m swim in less than 9 minutes	Surf Smart One
Under 13	1/10/2008 – 30/09/2009	150m swim (freestyle) 3 minute survival float	Minimum 288m swim in less than 9 minutes	Surf Smart Two



### Information:

Click links below:

Online registration link: [www.facebook.com/alkimossisc](http://www.facebook.com/alkimossisc)

Woodside Nipper Program: [www.nipperswa.com.au](http://www.nipperswa.com.au)

Additional enquiries: [admin@alkimossisc.com.au](mailto:admin@alkimossisc.com.au)

[NEW MEMBER REGISTRATION PORTAL](#)

[SECURE PAYMENT PORTAL](#)

Alkimos Surf Life Saving Club: 100 Coolangatta Rise, Alkimos Beach





# 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



**FREE  
PROGRAMS**

for Alkimos Beach &  
Alkimos Vista residents

DISCOUNT CODE: Alkimosres

\*must have valid Alkimos Beach  
or Alkimos Vista address



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

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

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**



**WESTERN  
AUSTRALIA**