

Newsletter Vol. 14. Term 4 2022





Principal's Address

Dear parents and caregivers,

Welcome back for Term 4!

Chill Room

Over the holidays we had the construction of an interior room within the library. This will be a sensory space utilised by our school Chaplain as well as a lovely place for our story dog Sasha and her human Mel. We look forward to being able to use this space very soon.

Swimming Lessons

Session classes	Depart	Lesson time
Room 2 Room 6 Room 17 Year 5s Room 4 Year 1s	9:00am	9:20am
Room 15 Room 7 Year 2s Room 18	9:45am	10:05am
Unit 4 Room 9 Room 17 Year 6	10:30am	10:50am
Room 10 Room 8 Room 14	11:40am	12:00pm
Rom 11 Room 7 Year 3s Room 13	12:25pm	12:45pm
Room 12 Room 16 Room 4 PPs	1:10pm	1:30pm

Please ensure your child wears their bathers to school and brings a dry towel and change of underwear.

Students will get changed back at school.

Cleaner's Day

Thursday 20th was an appreciation day for our cleaners. We hope they enjoyed their special messages around the school.

Teacher's Day

Next Friday, the 28th, is a day to demonstrate appreciation to our teaching staff. Please offer a kind word if you have the opportunity to make our wonderful teachers smile.

Interschool

Interschool is fast approaching, Thursday the 27th, we would like to thank Mr Edgelow for all his planning and preparation and wish our team good luck! Thank you to our P and C members who suggested and funded a school flag to show with pride at any upcoming events such as interschool carnivals. Ashburton Drive Primary School 6 Nullagine Way Gosnells Wa 6110 Phone: 9234 6300 AshburtonDrive.PSeeducation.wa.edu.au

School Hours

Monday - Friday 8.45am - 2.45pm

Recess: 10.55am - 11.15am

Lunch: 1.15pm - 1.45pm

Final Bell: 2.45pm

Dates To Remember

<u>24th October</u>

- Swimming PP-Yr 6 24th October 4th November
- Diwali (Hindu and Sikh Festival of Lights)

<u>27th October</u>

• Interschool Athletics Carnival

<u>28th October</u>

• World Teacher Day

<u>1st November</u>

• Jumpstart Kindy Orientation Program

<u>4th November</u>

• Newsletter - Room 4

<u>7th November</u>

• Rehersal Hoodwinked - Lumen Christi College

<u>8th November</u>

- Jumpstart Kindy Orientation Program
- SRC Orientation Day Year 6

Colour Run

The colour run is always an amazing day and a great way to support our Year 6 cohort. Students have a blast and just love getting messy. Thank you to all families who supported this event.

Kindy Enrolment for 2023

If you have or know a neighbour or friend who has a child turning 4 years of age before 30th June 2023 you can now enrol them in Kindergarten for next year. Application for enrolment forms are at the front office

Staffing 2023

Staffing Planning for 2023 has begun. It is imperative that we have accurate student enrolment numbers in order to create our class structures. If you know your child/ren will not be attending ADPS next year, please notify the office as soon as possible. Students remain on our system until the new enrolment at another school is complete, but this early notification assists greatly with our planning. Also, if you are aware of new students who may be joining us please encourage them to complete the enrolment process as soon as possible, particularly in Kindergarten.

Positive Behaviour Support Focus Term 4 Week 3 & 4 is "Eat in the Right Areas"

Week One and two of Term 4 the focus of our PBS lessons (Positive Behaviour Support) is to "Enter, Exit and use Transport Safely and Considerately" and was taken from our focus area of Act Responsibly by Jingee. Please support us by discussing this with your children and encouraging them to 'Enter, exit and use transport safely and considerately' both at home and school.

Avenues for Information

There are so many school events taking place this term. Please stay up to date with the latest information by ensuring you are connected to Connect. Both the Primary School and P&C are on Facebook, please find us there for updates and notices. The school website can be found at https://www.ashburtondriveps.wa.edu.au/

Kind Regards

Heather Fallo Principal

Hoodwinked

HOODWINKED NEWS!

"Hear ye, hear ye!" Its time to get excited! Our Musical Theatre students have been working hard to produce the fabulous, Out of the Ark, Hoodwinked musical for you later this term.

Performances will be held on the 9th and 10th of November at the Lumen Christie College Performing Arts Centre.

Information on how to secure tickets to this fabulous show will be sent out shortly.

Ward regards, Nel Ranasinghe *Music Teacher*



School Chaplain News

Being There

Connect everyday to show you care

- Make time to connect at home together each day if possible.
- Check in with each child for a chat.
- Really "BE THERE."
- Create opportunities to communicate.
- Listen to them and get to know about your child.



1 fathering

Term 4 Parent Planner



Ashburton Drive Primary School Term Planner: Parent Term 4, 2022



Week	Monday	Tuesday	Wednesday	Thursday	Friday
	10 October	11 October	12 October	13 October	14 October
1	Staff PD Day	Students Resume		Kindy	Kindy
2	17 October Green Block - Wildlife Incursion - Library	18 October	19 October * Kindy	20 October Kindy	21 October * Kindy * Assembly – Room 9 * Office Display – Room 14 * Newsletter – Room 13 * Colour Run
3	24 October * Swimming PP-6 * 24 th October - Diwali (Hindu and Sikh festival of lights)	25 October Swimming PP-6	26 October *Swimming PP-6 *Astronomy Night 5.30pm- 8.30pm (SEECS STEM)	27 October * Kindy * Swimming PP-6 * Interschool Athletics Carnival (Small Schools, Langford)	28 October * Kindy * Swimming PP-6 * World Teacher Day
4	31 October * Swimming PP-6	1 November * Swimming PP-6 * Jumpstart Kindy Orientation Program	2 November * Kindy * Swimming PP-6	3 November * Kindy * Swimming PP-6	4 November * Kindy * Swimming PP-6 * Newsletter - Room 4
5	7 November Rehearsal Hoodwinked - Lumen Christi College	8 November * Jumpstart Kindy Orientation Program * SRC Orientation Day – Yr6	9 November Hoodwinked Public show - Lumen Christi College	10 November *Kindy * Hoodwinked Public show - Lumen Christi College	11 November * Kindy * Assembly – Room 6 * Office Display – Unit 2 * Remembrance Day
6	14 November *Green Block Excursion to Kings Park	15 November * Jumpstart Kindy Orientation Program * First Aid Incursion Year 1 & 2 Strickland Block -Wet area	16 November * Kindy * World Go home on time day * Kindy Orientation - External	17 November Kindy	18 November * Kindy * Newsletter – Room 2 *Interschool summer carnival
7	21 November	21 November * Jumpstart Kindy Orientation Program	23 November * Kindy Orientation – Internal	24 November Kindy	25 November * Kindy * Office Display – Room 9
8	28 November	29 November * Jumpstart Kindy Orientation Program	30 November * Kindy * Internal transition for current ECE	1 December *Kindy * SRC hosting inter-primary school STEM competition	2 December * Kindy * Newsletter – Room 14 * STEM Fair * School Disco
9	5 December	6 December	7 December	8 December Kindy	9 December * Kindy * Year 6 Graduation * Office Display – Room 13
10	12 December	13 December * Endeavour Award Assembly – Music Items	14 December * Kindy * Reports go home * Pre-Primary Graduation * Kindy PB – Water Play Day * P-6 PB Water Play	15 December * Kindy * Graduation Year 6 Assembly * Newsletter - Graduation * Last day of term 4 * 18th December Hanukkah (begins - Jewish celebration)	16 December Staff PD Day



Room 13 Newsletter



During Term 3 and continuing into Term 4, Room 13 students have undertaken a classroom project of revamping our beloved ADPS Frog Pond. Our class separated into 5 groups, with students completing many activities over the term, such as; researching frogs found in our area, an audit of the current frog pond, designing a new frog pond, creating a financial budget for resources required and an oral presentation to persuade their peers that their frog pond design should be chosen for the revamp. This term, students will be creating a timeline of events and FINALLY getting their hands dirty with removing, cleaning and reinstalling the frog pond in a new location. We are very pleased and proud to let our school community know that we have been documenting our project via an online 'blog' and will be releasing this to you all once the frog pond revamp has been completed. Stay tuned!









Merit Certificate Winners - Term 4 Week 2

James	Ashar	Nala	Darcy
Phoenix	Dhinali	Ashanti	Melody
Travis	Kayli	Lilly	Logan
Rebecca	Jimmy	Nevaeh	Dean
Christina	Dakota	Jahziah	Logan
Cayden	Cody	Riley	Vanessa
Toby	Hayden	Jayson	Mangurmil
Green Block Strickland Block Image: Strickland Block Image: Strickland Block Imag			
<image/>			

P&C News

Hello families we hope you enjoyed the school holidays.

We hope the kids enjoy their swimming lessons starting next week and good luck to all the kids participating in the Interschool carnival!

The P&C are busy organising the School disco which will be on Friday 2nd of December: information will be coming out soon!!





We are also excited to be doing a Christmas raffle later on in the term, watch out for this information coming

soon



Please follow us on Facebook!!

Kind regards Yvonne P&C Secretary

School Nurse

A message from your School Nurse for Year 6 parents.

Scoliosis

Scoliosis is an abnormal sideways curvature of the spine. It can be detected by a simple examination of the back.

The normal spine has three curves – one in the neck, on in the upper back and one in the lower back. These curves can be seen from the side, but when you look from behind the spine should appear straight. If the spine has a sideways curve, this is scoliosis.

Please read through the scoliosis information provided by Raising Children Network website and check your child for scoliosis as described.

If you have any concerns, please contact your General Practitioner or Community Health Nurse:

Jane Skoll 0429 566 90

Community News





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Be 213 Ck

Bo

Lit Tu 25 9.3

Vic 24 Bo htt No 7 WW 2 M 9,3

Riv 67 Riv

Bo

South East Metro Parenting Support Service

A Parenting Prog

	October 🥍
Young Active Parents Program	Introducing Solids to your Baby
Tuesdays	Wednesday
27 September - 20 December 2022	12 October 2022
9.30am - 11.30am	9.30am - 10.30am
Communicare	Serpentine Jarrahdale Community Recreation
28 Cecil Avenue	Centre
Cannington	Mead Street
	Byford
Bookings: parenting@communicare.org.au	Bookings: parenting@communicare.org.au
https://yapp2022.eventbrite.com.au	https://intro2Solids.eventbrite.com.au
Mindfulness and Self-care	
Friday	Circle of Security Parenting Mondays
14 October 2022	17 October - 5 December 2022
9.30am - 12.00pm	12.30pm - 2.00pm
Woodlupine Family Centre	Online Program (Zoom)
88 Hale Road	Chante Program (200m)
Forrestfield	
Bookings: parenting@communicare.org.au	Bookings: parenting@communicare.org.au
https://Mindfulness_141022.eventbrite.com.au	https://CoSP_T4Online.eventbrite.com.au
1-2-3 Magic and Emotion Coaching	Let's Talk Toddlers
Mondays	Tuesday
17 - 31 October 2022	18 October 2022
12.30pm - 2.30pm	9.30am - 11.30am
East Maddington Child and Parent Centre	Manning Community Centre
79 Pitchford Avenue	Early Years Room
(opposite 171 Westfield Street)	2 Conochie Crescent
East Maddington	Manning
Bookings:	Bookings: parenting@communicare.org.au
cpceastmaddington@centrecare.com.au	https://Toddlers_181022.eventbrite.com.au

November	
Kids and Anxiety Tuesday 22 November 2022 9.15am - 11.15am Kelmscott Primary School Biver Road	Transition to High School Thursday 24 November 2022 12.30pm - 2.00pm East Maddington Child and Parent Centre 79 Ditchford Avenue
Kelmscott	(opposite 17) Westfield Street) East Maddington
Bookings: parenting@communicare.org.au https://kidsandanxiety_kps.eventbrite.com.au/	Bookings: CPCEastMaddington@centrecare.com
S Love Languages of Children Thursday 24 November 2022 3.30pm - 5.00pm	
Lesmurdie Library 21 Reid Road	

s: parenting@communicare.org.au ovelanguages_241122.eventbrite.com.au

Let's Talk Toilet Training	Protective Behaviours
Thursday	Monday
8 December 2022	12 December 2022
1.30pm - 3.00pm	9.30am - 11.30am
Forrestfield Public Library	Online Program (Zoon
3 Salix Way	
Forrestfield	





Let's Talk Toilet Training (I-session program) For parents and carers of toddlers (D8 months - 4 years) How and when is the best time to 'take the plunge' into toilet training your child? This is an exciting stage for your toddler - but may fill parents with trepidation! Come and learn how best to app child. roach this process and what skills are needed from you and your

Utilité Sprouts (5-session program) For parents and carers of babies 0 • 9 months Hoary obu kad a were baby? Join us for a cupps in a relaxing and welcoming space, to share and learn about your baby's growth and development, along with others who are also on this important journe. Topics and Information will include:

- Calming and connecting with your baby through ma Understanding your baby early brain development Tuning in to your baby social and emotional develop Play with your baby building brains through play Taking care of you, so you can take care of baby.
- ndfulness and Self-care (1-session program)

Per parents and carers of children 0-18 years Most of us are hard on ourselves when it comes to parenting. Would you like to learn so mindfulness skills and practices to help you be kinder to yourself?

This workshop looks at mindfulness practice and self-comp well-being. ion, and why they are vital for our

Peer Support for Parents and Carer of Children with ADHD (I-session pr For parents and carers of children 3-12 years Do you have a child with ADHD? Do you often feel overwhelmed by daily challe

We invite you to come along and meet other families going through similar experiences, e ideas and support each other through discussion and sharing.

Protective Behaviours (1-session program) For parents and carers of children 3-12 years

For parties and untern extensions and principles of protective behaviours. These can help being your child with the language and principles of protective behaviours. These can help children identify unsafe situations and arm them with the tools to either seek appropriate assistance or protect themselves, as you can't be with your children 24 hours a day.

Raising Children in a Digital World (I-session program)

For parents and carers of children 4-12 years

Participants will learn strategies to help them support their children in a digital world including how to best use technology to enhance their child's development, rather than detract from it. orate for Kids. arch from Telethon Co

1-2-3 Magic and Emotion Coaching (3-session program)

For parents and carers of babies 0-12 years

Responding to your child's challenging behaviours can be exhausting. This program will help understand why the behaviour may be occurring, and help you develop appropriate boundari well as provide coaching strategies to help children understand their emotions and how to be manage 'big feelings'.

ctober	
rcle of Security Parenting esdays October - 6 December 2022 SOpm - 6.30pm	Circle of Security Parenting Wednesdays 19 October - 7 December 2022 9.30am - 11.00am
nline Program (Zoom)	Serpentine Jarrahdale Community Recreation Centre Mead Street Byford
ookings: parenting@communicare.org.au tps://cosp_18oct.eventbrite.com.au/	Bookings: parenting@communicare.org.au https://cosp_t4byford.eventbrite.com.au/
rcle of Security Parenting Indinesdays October - 7 December 2022 Slam - 11.30am silmont Community Hub S Wright Street overdale	Autism in the Early Years Developing my Child's Independence Friday 21 October 2022 9 Joann 12 Oogm Communicare 28 Octil Avenue Cannington
ookings: parenting@communicare.org.au tps://cosp_belmont_191022.eventbrite.com.au/	Bookings: https://www.autism.org.au/event/
ttle Sprouts esdays October - 22 November 2022 Soam - 11.30am ctoria Park Community Centre al Gloucester Street st Victoria Park	The Power of Play Supporting your child's intellectual, emotional, scotal, and physical development. Thursday - 27 October 2022 9 Joann 11 Joanne Communicare 28 Cecil Avenue Cannington
ookings: parenting@communicare.org.au tps://littlesprouts_251022.eventbrite.com.au/	Bookings: parenting@communicare.org.au https://thepowerofplay_271022.eventbrite.com.au/
ovember	
ning in to Kids ednesdays November 2022 S0am - 11.30am verton Library Riley Road verton	ADHD Info Session for Parents Self-care and Stress Management Thursday 3 November 2022 9.30am - 12.00pm Online Program (Zoom)
ookings: parenting@communicare.org.au tps://TuningintoKids_021122.eventbrite.com.au	Bookings: parenting@communicare.org.au https://adhdselfcarestress_051122.eventbrite.com.au/

Workshop Overviews

All About Adolescents (1-session program) For parents and carers of young people 8-18 years

For pare Parenting adolescent boys and girls can be a challeng and emotional changes for them, and for parents. nce. It is a time of huge

ory program aims to provide parents and carers an understanding of the va elescent boys and girls, and provide effective strategies to assist in supporting

ects of ad

Autism in the Early Years: Developing my Child's Independence (I-session program) For parents and carers of children 0-6 years This workshop will cover the following topics:

Understanding why everyday self-care skills can be hard for a child with ASD. Teaching strategies for all skills. Tips for specific skill areas i.e. eating, sleeping, toileting etc.

Circle of Security Parenting (8-session program)

For parents and carers of children 0-5 years At times all parents feel lost or without a clue about what our child might need from us

The Circle of Security Parenting program looks beneath behaviour to make sense of what your child is really asking from you. It provides a map to help better read your child's ane understand your child's emotional work, support your child's ability to uscessfully man emotions, build their self-ateners, support their need to build new skills and strengthen t relationship you have with your child.

Food Sensations® for Children (5-session program)

For parents and carers with at least one child under Syears Join Foodbank WA's university qualified nutritionists for a free, hands-on and fun healthy eating and cooking program.

Enjoy getting to know other parents and take home free recipe books, a shopping bag. 'Let's Feed the Family parents' guide and kids healthy eating plate.

- Healthy eating for children aged 0-5 years Tips for making mealtimes less stressful Lunchboxes, label reading and flood safety Feeding the family on a budget Quick, easy, delicious, low cost recipes

Parents are required to bring along their child to the free creche. Children will join the parents at the end of the session to share a healthy meal.

5 Love Languages of Children (1-session program) For parents and carers of children 0-12 years

Each child expresses and receives love through one of five different communication styles. This introductory course assists parents and caregivers to discover their child's primary language and provides skills in conversion unconditional feelings of respect and affection. Based on 'The Five Love Languages of Children' by Gary Chapman and Ross Campbell MD.

The Power of Play - Supporting your Child's intellectual, encotional, social and physical development For parents and carers of children 0-12 years Play is an essential activity for all children t. It gives them the opportunity to develop imagination, problem solving skills and interpresenta skills. But what does play look like in everyday life and how as parents can we set the scene for a healthy and age appropriat jour emriconnent?

This workshop will inform parents on the value of play and different, creative ways to interact with their child to support their development.

Transition to High School (I-session program)

For parents and carers of pre-teens/early to Moving from primary school to high school is a significant event in a child's life. It often invol new classmates, changing friendships, multiple classes with different teachers, self-directed learning and an increased workload including homework.

Children are often also experiencing the changes and challenges related to going through puberty at the same time.

This workshop explores the world of an emerging teen and how parents can support them to build confidence, new skills, and resilience in this next stage of their life.

Tuning in to Kids (6-session program) For parents and carers of children 5-12 years This workshop aims to help parents teach their children to understand and regulate their emotions. Children with good emotional Intelligence often have better emotional, social and physical functioning, as well as kever behavioural childrens.

Young Active Parents Program (Term Program) For parents under the age of 25 years

Come and meet other parents in a welc enjoy different fun activities each week. ng atmosphere. Play and learn with your child and





nber

3 November 2022 6.00pm - 8.00cm 88 Hale Road

Bookings: parenting@communicare.org.au https://AllAboutAdolescents.eventbrite.com.au

ID Peer Support for Parents Thursday 10 November 2022 9.30am - 11.00am Communicare 28 Cecil Avenue

Bookings: parenting@communicare.org.au https://ADHDPeerSupport_101122.eventbrite.com.au

Let's Talk Toilet Training Thursday 17 November 2022 9.30am - 11.30am

John McGrath Hall 97 Hensman Street

Bookings: parenting@communicare.org.au https://toileting_171122.eventbrite.com.au/

Raising Children in Thursday 17 November 2022 4.00pm - 5.30pm en in a Digital v Meerilinga Child and Family Centre 104 Edney Road High Wycombe Let's Talk Toilet Trainir 18 November 2022 9.30am - 11.00am

Bookings: CPCEastMaddington@ce

Grow them Up Fridays 4 - 11 November 2022 9.30am - 11.30am

Bookings: parenting@communicare.org.au https://growthemup_041122.eventbrite.com.au/

Bookings: parenting@communicare.org.au https://foodsensations_171122.eventbrite.com

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d Sensations® for Children

Thursdays 17 November - 15 December 2022 9.15am - 12.00pm

Communicare 28 Cecil Avenu

Communicare 28 Cecil Avenue

Let's Talk Toilet Training Thursday 17 November 2022 12 30pm - 2.00pm East Maddington Child and Par 79 Pitchford Avenue (opposite 171 Westfield Street) East Maddington

Forest Lakes Family Centre 39 Towncentre Drive Thornlie

Bookings: parenting@communicare.org.au Bookings: info@familycentre.com.au https://siangchildreninadigiworld_171122.eventbrite.com.au or 9493 3122

All workshops are provided free to parents and carers living in the South-East Metro area.

w them Up (2-session program)

For parents and carers of young people 3-12 years Discover new ways to build knowledge, skills and motivation in your children that help them achieve their goals. Build strong relationships with family and friends and make good decisions in different areas of their life.

Come and explore with other parents - topics such as increasing capacity in social skills, building strong values & identity, managing money wisely and creating a vision / motivation toward future goals.

Information for Parents of Children with ADHD: Communication (I-session program)

For parents and carers of children with ADHD Presented by Complex Attention and Hyperactivity Disorders Service (CAHS)

- This session looks at the impact stress and challenging behaviours of ADHD can have on the family including:
- Why family self-care is important What are some of the positives and challenges of caring for children with ADHD The body's response to stress Stress management strategies

Participants will come away with a better understanding of the importance of self-care and how you can realistically achieve this for your family.

Introducing Solids to your Baby (1-session program)

For parents and carers of bables 0-12 months As bables get older, they need solid food to get enough nutrients for growth and develope Get your questions answered by an experienced Child and Family Health Nurse.

ist some feelings of anxiety can be a normal part of a child's development, an increasing iber of children are experiencing high levels of anxiety that are impacting on their everyday

ts to better understand their toddler's world.

TELETHON

KIDS

INSTITUTE

concerns, and may make any tralia on (08) 6488 3703 or by nd/or Consent Form matrix

This workshop aims to assist parents and carers to understand anxiety and will provide simple strategies to use at home.

It includes providing practical ideas on how you can meet your child's needs and manage challenging behaviours, whilst building a secure relationship with them.

TREK2School Study

All students in Year 5 and 6 AND their parent/carer are invited to participate in an important research study

Researchers at the felethan Kids institute and the University of Western Australia are working with the Department of Transport to understand how and why children in yeas 5-6 travel to school and what they see and experience along the way.

By completing an online survey, all students in Years 5 and 6 and their parent/carer will have the opportunity to provide valuable information about traffic, parking and road safety in your community, helping to inform future

WHAT'S INVOLVED?
 All students in Years 54 will be invited to complete <u>any</u> confidential 30-minute online survey at school during class time.
 Poent/Lorent of students in Years 5-4 will also be invited to complete <u>any</u> confidential 20-minute online

Participation and a second of the student survey without a parent/carer participating in the Students may choose to participate in the student survey without a parent/carer participating in the parent/carer survey and vice versa.

HO IS CONDUCTING THE RESEARCH? study is being led by the Telethen Kids institute and the University of Western Australia in partnership with the partment of Transport. A summary of the research findings will be provided to your school.

WHAT ARE THE NEXT STEPS? Simply complete the <u>values consent form</u> within the **Study Information Pack** you will receive shortly and return it to the school's from Office by the due date.

To maximise the quality of the research it is important that as many students in Years 5-6 and parents/carers complete the survey as possible. TELETHON WESTERN INSTITUTE WESTERN AUSTRALIA Australian Government

complaints about emailing to <u>hums</u> this research area

of by the ormstein, or agreeing to participate, me earch project, or agreeing to participate, me response of researchers may raise ethics is earch Ethics Office at the University of West entitled to retain a copy of any information

A Study Information Pack will be sent to all parents/carers of students in Years 5-6 shortly

Topics include

Ready Set Co. Why does timing matter? First Foods. What should I feed my baby? Allergy Prevention. When do I introduce food allergens? Questions & Answers

Kids and Anxiety (1-session program) For parents and carers of children 3-12 years

Let's Talk Toddlers (I-session program) For parents and carers of toddlers (18 months - 3 years)

This introductory parenting workshop assists pa