



Principal's Address

Dear parents and caregivers,

Not long left until the swimming gear no longer needs washing and repacking! Thank you for supporting your children to learn this valuable skill.

Interschool

Well done to our interschool team and Mr Edgelow for winning the SRSA (Southern River Sports Association) Interschool Athletics Carnival (B Division) Champions.

Thank you to our amazing parent helpers who assist us greatly at these events; and supply us with photos of the day. Thank you to our very tired Mrs Northey, Mrs Regan and Mrs Argyle for supporting our team. It's off to 'big schools' for us next year as the winner of the 'small schools' competes against the larger schools in our area the following year.

Well done to our individual winners below:

- Dakota Year 3 Champion Girl
- Steven Year 4 Champion Boy and Overall Champion Boy
- Maddysha Year 5 Runner Up Champion Girl
- Ashton Year 5 Champion Boy and Overall Runner Up Boy
- Hannah Year 6 Runner Up Girl

Our students showed exceptional sportsmanship and were incredibly friendly to all. One student from another school was overheard saying 'that's the good school'. Referring to the incredible way our students encouraged everyone. Superstars!



Ashburton Drive Primary School
6 Nullagine Way Gosnells Wa 6110

Phone: 9234 6300

AshburtonDrive.PS@education.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

7th November

- Rehearsal Hoodwinked - Lumen Christi College

8th November

- Jumpstart Kindy Orientation Program
- SRC Orientation Day - Year 6

9th November

- Hoodwinked Public show - Lumen Christi College

10th November

- Hoodwinked Public show - Lumen Christi College

11th November

- Assembly - Room 6
- Office Display - Unit 2

14th November

- Green Block Excursion to Kings Park

15th November

- Jumpstart Kindy Orientation Program
- Year 1 & 2 First Aid Incursion

16th November

- Kindy Orientation Day- External
- World go home on time day

Colour Run

Thank you to our Year 6 teachers and their committee for ensuring another successful colour run. The fundraising efforts of this crew mean that Year 6 students will not have to pay for their sleepover, excursion or graduation event. We very much appreciate all you do!



Musical

This is just so exciting!!!! You may have noticed our digital sign with some fabulous photos. If you have not already done so, please support our talented students by considering attendance at one of our shows. Show 1 is the 9th November and show 2 is the 10th November. Tickets are \$12 for adults \$10 concession and \$5 for children under 15, there will be no profit made on this event as the costs go towards the venue hire. There are still plenty of great seats left.

<https://www.trybooking.com/CDTBP>





HOODWINKED

A swashbuckling Robin Hood Musical

Tickets are now available for our wonderful school musical!

Where: Lumen Christie College Performing Arts Centre

When: Wednesday 9th and Thursday 10th November

Time: 6:30-7:30pm



Prices

Adults	\$12
Concession	\$10
Child under 15	\$5

Book now:

<https://www.trybooking.com/CDTBP>





Teacher Appreciation Day

Thank you to all our teachers for your efforts and care of our students. This is a job that does not start at 8:30 am and finish at 2:45pm. Many hours are spent planning, designing and writing reports amongst the myriad of other duties and attention to student wellbeing. Teacher Appreciation Day is a reminder to take a moment to reflect on the teachers who made a difference in your life/ your children's lives and consider the perspectives of our educators.



Kindy

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

Staff 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 Kindergarten.

When considering a class placement request, please do not assume our teachers will be in the same class or year levels they are currently as some changes to this are always necessary. It is important to note the complexities involved in establishing classrooms and that parent requests are one of a number of pieces of information considered when arriving at class placement decisions. These requests must be for educative reasons and are required, in writing, by the 3rd of December 2022. Via email: ashburtondrive.PS@education.wa.edu.au or a note dropped into the office. While we will do our very best to accommodate all requests, it is not always possible to do so.

Positive Behaviour Support Focus Term 4 Week 5 & 6 is "Interrupt Politely and Appropriately"

Week five and six of Term 4 the focus of our PBS lessons (Positive Behaviour Support) is to "Interrupt Politely and Appropriately" and was taken from our focus area of Show Care and Respect by Yerdarap. Please support us by discussing this with your children and encouraging them to 'Interrupt politely and appropriately' 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

Room 4

In Room 4 we have been working very hard, learning lots of new things and having fun at school.

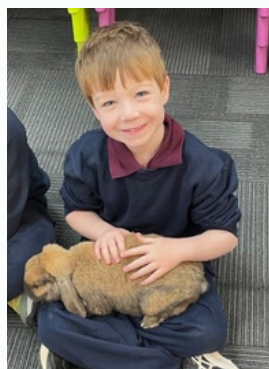
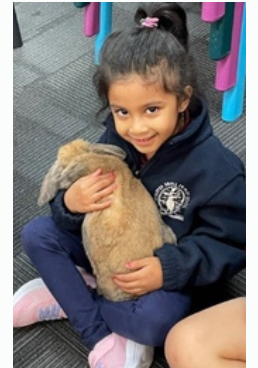
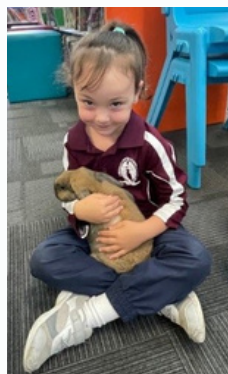
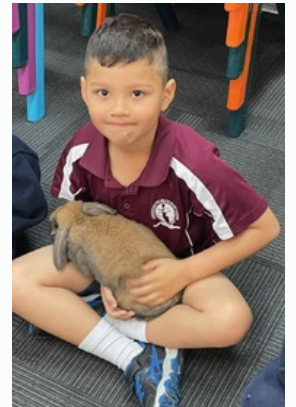
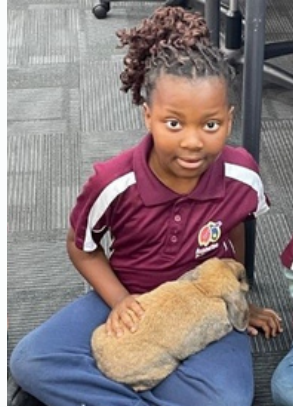
English

In Talk 4 Writing this term, we have been learning how to write a recount. For this unit of work, we focused on wildlife animals. To get the students 'hooked' we held a wildlife incursion in the Library on Monday the 17th October.

We had so much fun!

We interacted with a cuddly rabbit, frog, a noisy black cockatoo, blue tongue lizards, snakes, a possum and a gecko.





Dad Dates

Dad Dates makes each child feel special



- Dad dates are one child at a time.
- Book it in and try not to cancel.
- Focus on connecting.
- It doesn't have to be elaborate.
- It can sometimes be special.
- Really listen to your child on your date.
- The more you do dad dates the easier it is.



More information: thefatheringproject.org

P&C News

What a busy fun filled term this is!!

The P&C would like to congratulate all the kids who went to the Interschool carnival, what a fantastic outcome! Well done Ashburton Drive! As the school logos have changed the P&C have purchased a new sports flag for the school, we hope to have it by the end of the week.

Come and say hello to us at Hoodwinked Musical next week we will have refreshments stand where you can have a tea or coffee and a chat before the show starts.



Joke: how do you make a tissue dance? Just add a little bit of boogie!!

Did someone say disco? Save the date and times Friday 2nd of December: Kindy-year 2 5:00-6:30pm & Year 3-6 7:00-9:00pm

Cost \$8 pre-order this includes: Entry, sausage sizzle & juice box (notes will go out closer to the date)

Entry on the day \$5

If anyone would like to help on the night please let us know that would be great.

Please note there is no theme to the disco this year, come as you are!



The Christmas raffle will be drawn on 9th December and we have some great prizes coming.....



We hope the kids have enjoyed swimming and please add the dates to your calendar
Remember follow us on Facebook for updates to events.

Thank you

Yvonne
P&C Secretary



Community News

2022 What's On



South East Metro Parenting Support Service

Workshops for Parents and Carers of children 0-18 years living in the South-East Metro

Term 4 Parenting Program

September	October
Young Active Parents Program Tuesdays 27 September - 20 December 2022 9.30am - 11.30am Communicare 28 Cecil Avenue Cannington Bookings: parenting@communicare.org.au https://yapp2022.eventbrite.com.au	Introducing Solids to your Baby Wednesday 12 October 2022 9.30am - 10.30am Serpentine Jarrahdale Community Recreation Centre Mead Street Byford Bookings: parenting@communicare.org.au https://Intro2Solids.eventbrite.com.au
Mindfulness and Self-care Friday 14 October 2022 9.30am - 12.00pm Woodlupine Family Centre 88 Hale Road Forrestfield Bookings: parenting@communicare.org.au https://Mindfulness_141022.eventbrite.com.au	Circle of Security Parenting Mondays 17 October - 5 December 2022 12.30pm - 2.00pm Online Program (Zoom) Bookings: parenting@communicare.org.au https://CoSP_T4Online.eventbrite.com.au
1-2-3 Magic and Emotion Coaching Mondays 17 - 31 October 2022 12.30pm - 2.30pm East Maddington Child and Parent Centre 79 Pitchford Avenue (opposite 171 Westfield Street) East Maddington Bookings: cpceastmaddington@centrecare.com.au	Let's Talk Toddlers Tuesday 18 October 2022 9.30am - 11.30am Manning Community Centre Early Years Room 2 Conochie Crescent Manning Bookings: parenting@communicare.org.au https://Toddlers_181022.eventbrite.com.au

October	
Circle of Security Parenting Tuesdays 18 October - 6 December 2022 6.30pm - 8.30pm Online Program (Zoom) Bookings: parenting@communicare.org.au https://cosp_18oct.eventbrite.com.au/	Circle of Security Parenting Wednesdays 19 October - 7 December 2022 9.30am - 11.00am Serpentine Jarrahdale Community Recreation Centre Mead Street Byford Bookings: parenting@communicare.org.au https://cosp_t4byford.eventbrite.com.au/
Circle of Security Parenting Wednesdays 19 October - 7 December 2022 9.30am - 11.30am Belmont Community Hub 213 Wright Street Cloverdale Bookings: parenting@communicare.org.au https://cosp_belmont_191022.eventbrite.com.au/	Autism in the Early Years Developing my Child's Independence Friday 21 October 2022 9.30am - 12.00pm Communicare 28 Cecil Avenue Cannington Bookings: https://www.autism.org.au/event/
Little Sprouts Tuesdays 25 October - 22 November 2022 9.30am - 11.30am Victoria Park Community Centre 248 Gloucester Street East Victoria Park Bookings: parenting@communicare.org.au https://littlesprouts_251022.eventbrite.com.au/	The Power of Play Supporting your child's intellectual, emotional, social, and physical development. Thursday - 27 October 2022 9.30am - 11.30am Communicare 28 Cecil Avenue Cannington Bookings: parenting@communicare.org.au https://thepowerofplay_271022.eventbrite.com.au/
November	
Tuning in to Kids Wednesdays 2 November - 7 December 2022 9.30am - 11.30am Riverton Library 67 Riley Road Riverton Bookings: parenting@communicare.org.au https://TuningintoKids_021122.eventbrite.com.au	ADHD Info Session for Parents Self-care and Stress Management Thursday 3 November 2022 9.30am - 12.00pm Online Program (Zoom) Bookings: parenting@communicare.org.au https://adhdselfcarestress_031122.eventbrite.com.au/

November	
All About Adolescents Thursday 3 November 2022 6.00pm - 8.00pm Woodlupine Family Centre 88 Hale Road Forrestfield Bookings: parenting@communicare.org.au https://AllAboutAdolescents.eventbrite.com.au	Grow them Up Fridays 4 - 11 November 2022 9.30am - 11.30am Communicare 28 Cecil Avenue Cannington Bookings: parenting@communicare.org.au https://growthemup_041122.eventbrite.com.au/
ADHD Peer Support for Parents Thursdays 10 November 2022 9.30am - 11.00am Communicare 28 Cecil Avenue Cannington Bookings: parenting@communicare.org.au https://ADHDPeerSupport_101122.eventbrite.com.au	Food Sensations® for Children Thursdays 17 November - 15 December 2022 9.15am - 12.00pm Communicare 28 Cecil Avenue Cannington Bookings: parenting@communicare.org.au https://foodsensations_171122.eventbrite.com.au/
Let's Talk Toilet Training Thursday 17 November 2022 9.30am - 11.30am John McGrath Hall 97 Hensman Street South Perth Bookings: parenting@communicare.org.au https://toiletting_171122.eventbrite.com.au/	Let's Talk Toilet Training Thursday 17 November 2022 12.30pm - 2.00pm East Maddington Child and Parent Centre 79 Pitchford Avenue (opposite 171 Westfield Street) East Maddington Bookings: CPCEastMaddington@centrecare.com.au
Raising Children in a Digital world Thursday 17 November 2022 4.00pm - 5.30pm Meerilinga Child and Family Centre 104 Edney Road High Wycombe Bookings: parenting@communicare.org.au https://raisingchildreninadigitalworld_171122.eventbrite.com.au/	Let's Talk Toilet Training Friday 18 November 2022 9.30am - 11.00am Forest Lakes Family Centre 39 Towncentre Drive Thornlie Bookings: info@familycentre.com.au or 9493 3122

November	
Kids and Anxiety Tuesday 22 November 2022 9.15am - 11.15am Kelmscott Primary School River Road Kelmscott Bookings: parenting@communicare.org.au https://kidsandanxiety_kps.eventbrite.com.au/	Transition to High School Thursday 24 November 2022 12.30pm - 2.00pm East Maddington Child and Parent Centre 79 Pitchford Avenue (opposite 171 Westfield Street) East Maddington Bookings: CPCEastMaddington@centrecare.com.au
5 Love Languages of Children Thursday 24 November 2022 3.30pm - 5.00pm Lesmurdie Library 21 Reid Road Lesmurdie Bookings: parenting@communicare.org.au https://5lovelanguages_241122.eventbrite.com.au/	
December	
Let's Talk Toilet Training Thursday 8 December 2022 1.30pm - 3.00pm Forrestfield Public Library 3 Salix Way Forrestfield Bookings: parenting@communicare.org.au https://letstalktoilettraining_081222.eventbrite.com.au/	Protective Behaviours Monday 12 December 2022 9.30am - 11.30am Online Program (Zoom) Bookings: parenting@communicare.org.au https://protectivebehaviours121222.eventbrite.com.au/



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

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Workshop Overviews

All About Adolescents (1-session program)

For parents and carers of young people 8-18 years

Parenting adolescent boys and girls can be a challenging experience. It is a time of huge social and emotional changes for them, and for parents.

This introductory program aims to provide parents and carers an understanding of the various aspects of adolescent boys and girls, and provide effective strategies to assist in supporting both parent and child.

Autism in the Early Years: Developing my Child's Independence (1-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 needs, understand your child's emotional world, support your child's ability to successfully manage emotions, build their self-esteem, support their need to build new skills and strengthen the relationship you have with your child.

Food Sensations® for Children (5-session program)

For parents and carers with at least one child under 5 years

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 food 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 conveying unconditional feelings of respect and affection.

Based on 'The Five Love Languages of Children' by Gary Chapman and Ross Campbell MD.

Let's Talk Toilet Training (1-session program)

For parents and carers of toddlers (18 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 approach this process and what skills are needed from you and your child.

Little Sprouts (5-session program)

For parents and carers of babies 0 - 9 months

Have you had a new baby? Join us for a cuppa 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 journey. Topics and information will include:

- Calming and connecting with your baby through massage
- Understanding your baby - early brain development
- Tuning in to your baby - social and emotional development
- Play with your baby - building brains through play
- Taking care of you, so you can take care of baby.

Mindfulness and Self-care (1-session program)

For 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 some mindfulness skills and practices to help you be kinder to yourself?

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

Peer Support for Parents and Carer of Children with ADHD (1-session program)

For parents and carers of children 3-12 years

Do you have a child with ADHD? Do you often feel overwhelmed by daily challenges?

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

Protective Behaviours (1-session program)

For parents and carers of children 3-12 years

Equip 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 (1-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.

This workshop uses research from Telethon Collaborate for Kids.

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 you understand why the behaviour may be occurring, and help you develop appropriate boundaries, as well as provide coaching strategies to help children understand their emotions and how to better manage 'big feelings'.

Grow 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 (1-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 babies 0-12 months

As babies get older, they need solid food to get enough nutrients for growth and development.

Get your questions answered by an experienced Child and Family Health Nurse.

Topics include:

- Ready Set Go. 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

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

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

Let's Talk Toddlers (1-session program)

For parents and carers of toddlers (18 months - 3 years)

This introductory parenting workshop assists parents to better understand their toddler's world.

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.

The Power of Play - Supporting your Child's intellectual, emotional, social and physical development

For parents and carers of children 0-12 years

Play is an essential activity for all children. It gives them the opportunity to develop imagination, problem solving skills and interpersonal skills. But, what does play look like in everyday life and how as parents can we set the scene for a healthy and age appropriate play environment?

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 (1-session program)

For parents and carers of pre-teens/early teens

Moving from primary school to high school is a significant event in a child's life. It often involves 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 3-12 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 fewer behavioural challenges.

Young Active Parents Program (Term Program)

For parents under the age of 25 years

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

A group facilitator will be available each week for further support.



Working alongside parents and caregivers for the wellbeing and development of their children by recognising and building on their knowledge, strengths and confidence.

Communicare Parenting and Families