



Principal's Address

Dear parents and caregivers,

Just like that, the first week of swimming lessons is done! Our students have been trying very hard to walk around school quietly and use transport safely. They have one more week to practice those swimming skills before swimming lessons are done for another year.

World Teacher's Day

On Friday 27 October it is World Teacher Day. Thank you to our teachers for your care and dedication in shaping the future of our students.

Interschool Athletics Carnival

On Thursday of Week 4 we have a group of student representatives attending the Langford Park Sporting Complex to compete in the Interschool Athletics Carnival. We wish them all the best!

Southern River College Transition Day

Term 4 has officially kicked off for our Year 6 Cohort! They will be attending the SRC Transition Day on Tuesday 7th November (Week 5).

Student Leaders

The time has come! Student leadership forms are heading home to aspirant leaders in the Year 5 cohort. If your child believes they have what it takes to be a student leader in 2024, please ensure they fill out the form and return it to their teacher by Tuesday 7th November.

Kindy

Kindy Enrolment for 2024. If you have or know a neighbour or friend who has a child turning 4 years of age before 30th June 2024 you can now enrol them in Kindergarten for next year. Application for enrolment forms are available at the front office.

Positive Behaviour Support Focus Term 4 Week 3 & 4 is "Stay on Task"

Week three and four of Term 4 the focus of our PBS lessons (Positive Behaviour Support) is to "Stay on task" and was taken from our focus area Do Your Best by Djiti Djiti. Please support us by discussing this with your children and encouraging them to 'Stay on task' both at home and school.

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

Week 3 & 4 - 23rd October - 3 November
Swimming Lessons

30th October

- P&C Meeting - 6.00pm

2nd November

- Interschool Athletics Carnival

7th November

- Year 6 Transition Excursion to SRC

10th November

- Assembly - Room 4
- Office Display - Unit 3
- Newsletter - Room 13

15th November

- 2024 Kindy Orientation
Day 1 (inc whole school K-2)

22nd November

- 2024 Kindy Orientation
Day 2 (External Services)

22nd - 24th November

- Year 6 Camp

Staffing

Staff Planning for 2024 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 24th of November 2023. 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.

Avenues for Information

Term 4 sees many school events taking place. 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

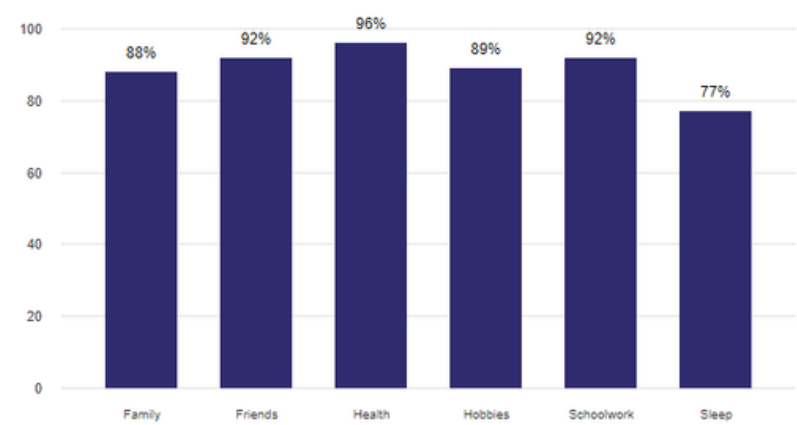
Deputy Prinipal – Mrs Kelly

PIVOT

The school has engaged in the use of PIVOT to assist in monitoring student wellbeing. A recent audit showed some interesting trends that may be relevant to your children.

Under protective behaviours (for wellbeing) Sleep consistently came up ‘low’ (73- 79% versus high 80’s + for Family, Friends Health, hobbies, schoolwork) through the Term 3 surveys for years 3-6 students.
(below is a snapshot of one of the weeks data).

Protective behaviours



A good night’s sleep can have a hugely positive impact on a student’s mood and their learning outcomes. When students sleep well, they are better able to concentrate in their classes and retain new information. When students are tired, they will be less likely to focus and learn new information quickly and efficiently. Equally, when students do not sleep well, they are less likely to be able to consolidate and easily recall new information. The recommended daily amount of sleep for adults is around 8 hours a night, but children and young people may need more. Experts suggest that 9-11 hours of sleep is best for 6-13 year olds, whilst for 14-17 year olds the optimum length of sleep is between 8-10 hours.

Sleep allows our bodies and minds to rest and recharge. When students experience healthy sleeping patterns and good quality sleep, they are more likely to have healthy bodies, experience full cognitive function and have stable moods. Without enough restful sleep, students may struggle to function properly. In these cases, concentration may be impaired, and it may be harder for students to retain memories and have clear thought processes. Quality is just as important as quantity when it comes to sleep for students. Evidence shows that good sleep routines can help sleep come more easily and can improve how well someone sleeps.

Good sleep routines include:

- Keeping bedtime around the same time every night
- Sleeping in quiet, dark, cool room
- Reducing the use of mobile phones and other blue-light emitting devices in the last hour before bedtime

When we experience heightened emotions or high levels of stress during the day, this can have an impact on our ability to fall asleep and can also impact the quality of sleep that we experience. If we don't sleep well, research shows that we are more likely to experience heightened emotions and become increasingly sensitive to stressful situations. Sleep can impact our ability to regulate our behaviour. Poor sleep can impact how students perceive and judge the different situations that they find themselves in throughout the school day. If they find themselves in new or challenging situations, students who aren't sleeping well may be less likely to assess these situations accurately. This can result in students struggling to react with appropriate behaviours. For students, poor quality sleep or reduced sleep can result in a higher risk of anxiety, depression and aggressive behaviour in their learning environments.

Kapture Photography

Dear Parents & Guardians,

We have been advised by Kapture Photography that all Portraits, Class and Special Groups taken last term are still available for purchase.

Please visit www.kapture.com.au using our school code CQYQ85



SPORTS & EVENT PHOTOS
Your sports and event photos are now available to order! Head to kapture.com.au with your school code to place your order!



SCHOOL PHOTOS
You can still order school photos online! Head to kapture.com.au with your school code & student ID to place your order!

Term 4 Parent Planner



Ashburton Drive Primary School Term Planner: Parent Term 4, 2023



Week	Monday 9 October	Tuesday 10 October	Wednesday 11 October	Thursday 12 October	Friday 13 October
1	STAFF PD Day	Students Resume		*Kindy	*Kindy * Newsletter – Room 6
2	16 October Talk Money Incursion Year 5's & 6's 9.50am – 2.45pm Library	17 October	18 October *Kindy	19 October *Kindy	20 October *Kindy * Assembly – Room 11 * Office Display – Room 12 * P&C Fundraiser – Free Dress
3	23 October *Swimming Lessons	24 October *Swimming Lessons	25 October *Swimming Lessons	26 October *Kindy *Swimming Lessons	27 October *Kindy *Swimming Lessons * Newsletter – Room 15
4	30 October *Swimming Lessons * P&C Meeting – 6.00pm	31 October *Swimming Lessons	1 November *Kindy *Swimming Lessons	2 November *Kindy *Swimming Lessons * Interschool Athletics Carnival	3 November *Kindy *Swimming Lessons
5	6 November Talk Money Incursion Year 5's & 6's 9.50am – 2.45pm Library	7 November *Year 6 Transition Excursion to SRC	8 November	9 November *Kindy	10 November *Kindy * Assembly – Room 4 * Office Display – Unit 3 * Newsletter – Room 13
6	13 November	14 November	15 November *Kindy * 2024 Kindy Orientation Day 1 (Inc whole school K-2)	16 November *Kindy	17 November *Kindy * P&C - Disco
7	20 November	21 November	22 November * 2024 Kindy Orientation *Year 6 Camp	23 November *Kindy *Year 6 Camp	24 November *Kindy * Assembly – Unit 4 * Office Display – Room 6 * Newsletter – Room 19 *Year 6 Camp
8	27 November	28 November	29 November *Kindy	30 November *Kindy	1 December *Kindy * Office Display – Unit 1
9	4 December	5 December	6 December	7 December *Kindy	8 December *Kindy * Newsletter – Room 16 * Year 6 Graduation
10	11 December *Year 6 End of year excursion	12 December * Endeavour Assembly 9.00am - Music Item	13 December *Kindy *PB Rewards *PP Graduation – Period 5 * P&C Christmas Raffle Drawn	14 December * Last day of term 4 *Kindy * Year 6 Graduation Assembly	15 December STAFF PD DAY

Room 15

Last term, Room 15 learned about Africa in HaSS. This term we have moved on to exploring Europe. We have been using our research skills on the computers and iPads to create PowerPoint presentations and then present that information to the class. We have learned how to share our documents with Ms Rule using our One Drive accounts so that she can show them on the whiteboard and the rest of the class can see them.

We also got to research items that would be great souvenirs from Europe. There were food or landmarks that are instantly recognisable as being European. We then got to plan and create those items in clay as part of our Design Technology and Art lessons. We made a range of items from Italian pizza and French croissants, to the Eiffel Tower from Paris and the Rialto Bridge in Venice. As you can see from the looks of concentration on our faces, it was not as easy as it looks.

We have certainly integrated Europe into a lot of our lessons and had a lot of fun at the same time.



Merit Certificates Winners- Week 2 Term 4

Aliah	Jaylah	Jayce	Lyndsey	Tyler
Riley	Dewi	Noah	Jahziah	Albert
Jayce	Caitlyn	Dylan	Levi	Harley
Lincoln	Shanice	Ben	Thinlee	Asbah
Sabri	Laura	Roma	Levi	Kieran
Aaliyah	Haze	Sharna	Kacyee	

Green Block



Strickland Block



Draffen Block



Medallion Award



Free Dress Day was a huge success making a total of \$363.60 for the P&C, Thank you and we hope the kids had fun!!

Joke: How do you make a tissue dance? Just add a little boogie!!

It's time to dust of the dancing shoes and get ready for the Disco!

The P&C need your help please consider being a volunteer for our Disco, many hands make light work, and we love a smooth run event.

Email us at adpspc@gmail.com, message us or find us at school and let us know you will be helping out: Thank you in advance! The Disco will be on Friday 17th November (more details to follow)

Our next P&C meeting is on Monday 30th October at 6.00pm in the Staff room, come along you are very welcome.

Thank you,

Yvonne

P&C secretary

Next P&C Meeting

Date: Monday 30th October

Where: Staffroom

Time: 6.00pm

Community News

Preparing Children for School

Is your child starting school next year? Starting school or kindergarten is an important time for children and their families. Research suggests that a positive start to school has long-term benefits for children's future learning as well as their social and emotional development. Please join us for information and tools around things parents can do to help with this important transition. For parents and carers of children starting school (1 session)

Date: Tuesday 05 December 2023
Time: 12.30pm to 2.00pm
Venue: Child and Parent Centre - Gosnells
 173 Hicks Street (access Clara Street), Gosnells
To Register: Phone: 9398 8720 Email: CPCGosnells@centrecare.com.au
 Bookings essential. A free crèche is available upon request.

Supported by: COMMUNICARE, 54 reasons, In partnership with CENTRECARE

Kindy Ready - Speech and Language Skills

Tips for a great start to Kindergarten

Come along to learn about:

- Speech and language development.
- Helping your child develop understanding and talking skills.
- The importance of play and books.
- What to do if you have concerns about your child's speech and/or language development.

This is a great opportunity to meet our Speech Pathologist Clara and ask any questions you may have about your child's speech or language development. Please note that this workshop is for parents/carers of children that will commence kindergarten in 2024.

Date: Tuesday 28 November 2023
Time: 12.30pm to 2.00pm
Venue: Child and Parent Centre - Gosnells
 173 Hicks Street, Gosnells (access via Clara Street)
Contact: 9398 8720 Email: CPCGosnells@centrecare.com.au
 A free crèche is available upon request

Supported by: Child Development Service, In partnership with CENTRECARE

Speech Pathologist Drop-In with Clara

Do you have any concerns or questions about your child's speech and language development?

Clara, our Speech Pathologist, who works at the Child Development Service (Armadale) can now see children and their parents in her office at the Child and Parent Centre - Gosnells (CPC).

A 15 minute appointment can be organised to discuss your concerns related to your child's speech and language development.

Requirements: Your child must be under the age of 16 years old and not yet referred to the Child Development Service.

Clara can assist you with:

- Referrals to the Child Development Service or WANSLEA Early Childhood Approach (i.e. NDIS).
- Answering questions related to speech sounds and language development (i.e. understanding following instructions, using words and making sentences and stuttering)

If you would like to book a time to speak to Clara about your concerns regarding your child's speech sounds and/or language skills, please call the Centre on 9398 8720.

Supported by: COMMUNICARE, 54 reasons, In partnership with CENTRECARE

Positive Discipline in Everyday Parenting

Positive discipline is an approach to parenting that strengthens the child-parent relationship, guides behaviour and teaches children problem solving and conflict resolution. It guides children through warmth and structure to increase their competence in handling challenging situations and developing empathy and respect for themselves and others. It is about long-term solutions that develop children's own self-discipline and their life-long skills.

When: Tuesdays 24, 31 October, 07, 14, 21 November (participants are required to attend all 5 sessions)
Time: 12.30pm - 2.30pm
Venue: Child and Parent Centre - Gosnells
 173 Hicks Street, Gosnells (access from Clara Street)
Phone: 9398 8720
Email: CPCGosnells@centrecare.com.au

Bookings Essential
Crèche Available

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Venue: Child and Parent Centre - Gosnells
 173 Hicks Street, Gosnells (access via Clara Street)
Register: BOOKINGS ARE ESSENTIAL
 Call 9398 8720 or email cpgosnells@centrecare.com.au

Crèche Available

Supported by: COMMUNICARE, 54 reasons, In partnership with CENTRECARE

Join us to celebrate
Kelmscott Senior High School

50th

ANNIVERSARY

Event will be held at
50 Third Avenue
Kelmscott

19th November 2023
 Sunday 11:00 - 15:00

Day connectors with Welcome to Country, address by the Principal, past Students and Dignitaries.
 Please RSVP by 14th November to jacinta.pggs@education.sa.edu.au

Program spotlight

Ashburton Drive Primary School

Your OSHC.



Your OSHC by Camp Australia provides enriching experiences for children during term – before school, after school and on pupil free days. At Your OSHC we give children a supportive space to continue their development, build confidence and socialise with their friends.

What's coming up at Your OSHC this week:

23/10/2023 - 27/10/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Book Week: 4-8 Book Character drawing Children draw their favorite book characters	Connecting: 11 teddy bear picnic children to build social connections	Rainbow Beads Creative colorful bead making	Flying ghosties Make your own flying ghost!	Halloween: 15 Halloween lanterns Create your own spooky, spooky lantern!
10 Book Week: 13 Basketball Shots Children shoot baskets to see who can get the most in the time given.	12 Book Week: 18 silent ball Children will pass the ball around while being silent	12 Book Week: 24 Football Skills Comp. Children engaging in a football kicking competition - distance, skills, height competitions.	12 Book Week: 24 Handball Handball play solo or in a team and challenge your friends.	12 Book Week: 24 Obstacle Course Outdoors To challenge Gross Motor, concentration, persistence, speed and encouragement.



Register for Your OSHC

Once registered, you'll be able to easily make and manage your bookings online via our Parent Portal.

[Register now](#)



Stop by and say hi!

Please feel free to visit the program with your children to meet the team and see what happens in our great program each school day.



Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)

To register and book visit: www.campaustalia.com.au

by Camp Australia



Guiding children's growth

Newsletter



A message from your Coordinator

Dear Parents, Guardian & Friends of CA ADPS, welcome to 2nd. week of Term 4 2023.

This week, morning fitness fun, Basketball Dribbling & Shooting techniques and Handball Challenge course worked really well. Each morning, older children took their initiative to lead others to start the workouts like stretching, jumping jacks, galloping, knee-high running, etc. They also engaged in group practices Catching and Throwing, Skipping Rhymes and Clapping Game.

Everyday, they participated enthusiastically in making creation using magnetic tower blocks and Lego pieces. They build whatever they can imagine, which helps to enhance their creativity and imagination. When engaging with constructive play, they can be as adventurous as they want, allowing them to experiment, test out and build new ideas.



It's free to register

To attend our program, you must register your child. You can register an account with us at pc.campaustalia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Activities coming up

23 to 27 October 2023

Art & Craft: Halloween Paper Craft & Rainbow Beads

Construction Builder: LEGO, Archi Mats, Magnetic Towers Blocks, Bamboo Balancing

Dramatic Play Experience: Animal Kingdom, Doll House Play

Physical Activities: Morning Fitness Fun, Basketball Shots, Football Skills, Handball Challenge, Obstacle Course

What's on the menu

- Banana Cinnamon Muffin
- Square Crackers
- Sandwiches
- Spaghetti or Baked Bean on toast
- Cereal Cupcake
- Halloween Pancakes

Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)

Your OSHC.

www.campaustalia.com.au

