



# S·P·E·N·C·E·R·S·P·I·R·I·T

Spencer Park Primary School  
Jeremy Hadlow, Principal  
Hardie Road, Spencer Park (Albany) WA 6330  
Tel 08 6821 3000  
spencerparkps.wa.edu.au

We value positive relationships and  
understanding between students of  
different cultures and abilities.

Spencer Park Education Support Centre  
Rebecca Wheatley, Principal  
Hardie Road, Spencer Park (Albany) WA 6330  
Tel 08 6821 3050  
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## NEWSLETTER No. 12

22 August 2024



### PRINCIPAL'S POST

Dear Parents and Friends

#### Book Week

Wow...what an amazing week of fun and enjoyment for everyone! The week commenced with a read aloud that was delivered to all classes via Teams. These occurred every day with a different staff member taking turns to read a book.

Our visiting author Rebecca J Palmer, author of *Monkey Mind*, delivered her sessions on Monday & Tuesday, which involved all the students across the school. Wednesday saw the judging of the decorate the door competition, which was won by Kindy, Room 2 and Room 8! Our second-hand book swap was very popular with lots of books changing hands on Thursday. The assembly and parade held on Friday lived up to expectations, with lots of students and staff getting into the spirit of the week and enjoying a costume parade around the quadrangle!

A HUGE thank you to all staff involved in the organisation and delivery of the week's activities.



#### Science Week

Throughout this week we have had a variety of activities planned for students as part of Science Week.

Activities have included guided bushwalks presented by Vernice Gillies & Larry Blight from Kurrah Mia. These sessions have included Connection to Country, Caring for Country (habitat loss & habitat rehabilitation), Bush food, Bush medicine and Plant and animal interactions (class study: red tailed black cockatoo & marri tree).

Other sessions have included making a bug hotel and butterfly seed bombs. Many thanks to Mrs Edwards and Mrs Elphick for planning and organising these activities.



.../2

#### FUTURE DATES

Dockers Cup AFL (Girls)	Thurs 29 Aug
Assembly Room 1	Fri 30 Aug
Interschool Spelling	
Competition APS	Fri 30 Aug
Dockers Shield AFL (Mixed)	Tues 3 Sept

- **Respect** Show care and consideration.
- **Accept** Others can have different ideas, opinions, likes and dislikes to you.
- **Strive** Have a go, make an effort and try.
- **Encourage** Work together to make our school even better.

### Assembly

Our Room 11 students performed a poem based on the story of James and the Giant Peach written by Roald Dahl. It was awesome to see our senior students delivering this item with joy and passion. Again, it was wonderful to see so many parents supporting and encouraging students in both the assembly performance and the costume parade.



### Father's Day Stall

Our wonderful P&C will be running the Father's Day stall next week on Wednesday and Thursday. Flyers have been sent home providing an overview of the gifts that students can purchase. Please arrange to send some money in with your child if you wish for them to participate in this event.

### Benefits of a good night sleep routine:

Many parents are aware that a good night sleep is beneficial and this is especially important for children, particularly when they might be battling colds and infections. Over the last few weeks, the school has noticed many tired and fatigued students, particularly on Monday's after a busy weekend. This is not a great state for learning and we would like to offer some ideas that may help:

- 1. Regular sleep patterns - Help your body to establish a healthy sleep routine by going to bed and waking up around the same time each day.*
- 2. Spend the right amount of time in bed: K-PP between 10-13 hours, Yr 1-6 between 9-11 hours.*
- 3. Bed is for sleep, not screens - Computers, phones and TV can disrupt your sleep. Your mind needs to associate being in bed with sleeping rather than watching TV or using your computer.*
- 4. Relax before bed - Find something relaxing for your child before they head to bed. Try to avoid using your computer and smartphone during the bedtime buffer zone.*
- 5. Ensure you are comfortable in your bedroom - Your room should be the right temperature, as well as quiet and dark.*

If your child is experiencing continued difficulty sleeping, please contact your GP.

Have a wonderful week!

Jeremy Hadlow  
Principal

## FOUND GLASSES

We have a pair of reading glasses that were found on the stage after the last assembly. If you think they might be yours or your child's, please contact the office 6821 3000.

## VALUES CERTIFICATES

We congratulate the following students who received certificates at Monday's Mini assembly.



Strive	
PP1	Jasper
Rm 27	Olivia
Rm 1	James
Rm 2	Nathan
Rm 3	Yaakov
Rm 8	Darcy
Rm 9	Will
Rm 11	Cairo
Rm 19	Tyler
Rm 24	Olivia
Music	Will Rm 9
Super Value	Charli Rm 8
	Kadence Rm 8



Encourage	
PP1	Lincoln
Rm 27	Linkin
Rm 1	Monique
Rm 2	Chayce
Rm 3	Zoe
Rm 8	Jazmyn
Rm 9	Dante
Rm 11	Ruby
Rm 19	Chayse
Rm 24	Brock
Music	Ingrid Rm 11
Super Value	

## TOOTH FAIRY VISIT ROOM 3

Room 3 were very lucky to have Pamela from Looksee Dental come and visit during "Dental Awareness Week". She taught us all about our teeth and that everybody's teeth are different just like us. She showed us how to look after them, brush and floss better and also what happens if we don't take care of our teeth.

She also gave us our own new toothbrush, toothpaste and floss so we can practise our new skills at home. We all had a lot of fun and learnt new things about dental hygiene.

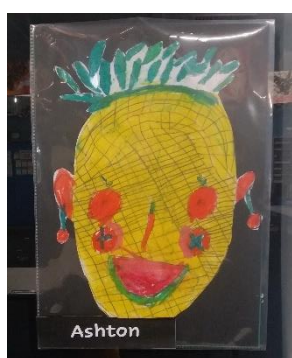


## ARTWORK ROOM 2

Room 2 has been studying an artist called Giuseppe Arcimboldo from the 16th Century in Art with Mrs Harding. He was a court painter in Europe and liked to paint people using interesting features made from animals, flowers, branches, fruits and vegetables.

The students in Room 2 have drawn their own oil pastel portraits inspired by Arcimboldo using fruits and vegetables.

They look awesome! They also inspire us to eat lots of colourful fruit and vegetables every day, including at school! It's fantastic to see everyone crunching on healthy snacks at Crunch 'n' Sip time.



## DENTAL THERAPY CENTRE NEWS

Spencer Park Dental Therapy Centre offers free dental examinations, oral care advice, preventative, restorative and emergency treatment for children from pre-primary to Year 11.

Enrolment forms have been issued to your child if they have recently changed schools or enrolled in Pre-Primary, please return the forms to your school by Friday 13 September if you wish to use our service.

Parents of enrolled students are reminded to contact the centre to update your details if you have moved in the last few years. All appointments are posted home, many are returned to us, this means that your child misses out on their dental visit. If you no longer intend to use our service and attend a private dental clinic, please let us know as soon as possible as your valuable appointment could be taken up by someone else. You can call us on 9841 3967 or send us an email to [spencerparkdtc@health.wa.gov.au](mailto:spencerparkdtc@health.wa.gov.au).

We look forward to seeing you in the clinic soon.

## HONOUR CERTIFICATES

We congratulate the following students who received certificates at the last assembly.

PP 1	Zayne, Archie
Rm 27	Malakai, Jace
Rm 1	Jobe, Ashley, Caileb
Rm 2	Chayse, Ariyah
Rm 3	Kayden, Alyson
Rm 8	Kirrily, Jemima
Rm 9	Brooke, Kaylah, Chloe, Bianca
Rm 11	Evie, Ronald, Zena, Henry
Rm 19	Lindsay, Isaiah, Levi, Eden
Rm 24	Harry, Brodie

## KADADJINY ABORIGINAL CORPORATION VISIT

Our girls enjoyed a visit to Kadadjiny Aboriginal Corporation to meet a group of local Woman Elders to yarn and do some craft work.

They had a special visit from Kenneth Kelly, who talked about local artwork. The girls showed a great interest in his wisdom.



## BOOK WEEK

We raised \$85.00 to support our Story Dogs Program, from Student and Staff Donations for Book Week Dress-up.

### Bookweek Read Aloud



### Bookweek Parade



## WHAT'S NEWS!

It's always great to see our students excelling at school and in the community. Does your child participate in a community club or group or joined in a special event? We'd love to celebrate this with you ... why not share your snaps? Email your photos to [spencerpark.ps@education.wa.edu.au](mailto:spencerpark.ps@education.wa.edu.au) along with a brief description and we'll publish it in our next newsletter. Already shared on Facebook? Why not make your post public and tag us @SpencerParkPS?



## Chaplain's Chat

Dear Parents and Friends,

### SAVE THE DATE

You are invited to join us in the Undercover Area for "Free Coffee Friday" with your children Friday 6 September. Please see flyer below for more information. Hope to see you there!

**YouthCARE**

**FREE COFFEE FRIDAY**

**6th September 2024**

**Spencer Park Primary School**

Kick start your day by getting to know your school community and enjoy a

**FREE COFFEE**

... and kids, you get to enjoy:

**GAMES GREAT PRIZES**  
**FUN ACTIVITIES GIVEAWAYS...**  
**COMPETITIONS & MUCH MORE!!!**

**What does YouthCARE do?**  
YouthCARE supports the wellbeing of over 600 school communities throughout WA, providing chaplaincy and values education.

To find out more about Free Coffee Friday, speak to your school chaplain  
[youthcare.org.au](http://youthcare.org.au)

Kind regards,  
Jennifer Hunt

**Triple P**  
Positive Parenting Program

**TRIPLE P - POSITIVE PARENTING PROGRAMS**  
**HELPING YOUR CHILD LEARN TO MANAGE ANXIETY - FREE SEMINAR**

**PARENTS/CARERS OF CHILDREN & TEENAGERS AGED 6-14 YEARS**

**ANXIETY**  
Everyone experiences anxiety occasionally, and it's a normal response that can be helpful and typically passes quickly. However, anxiety can sometimes become overwhelming and interfere with our ability to cope with day-to-day activities.

You will be provided with a Tip Sheet with a summary of each strategy outlined following the seminar.

**MANAGING ANXIETY**  
Learning to manage anxiety effectively is a vital life skill that begins in childhood, and this FREE two-hour seminar can help you:

- Understand exactly how anxiety works
- Learn key anxiety-management and coping skills that you can teach your children and teens
- Manage your children and teens' anxious behaviour effectively

**EVENT AND REGISTRATION DETAILS**  
LOCATION Albany Performing Arts Centre - Albany SHS  
DATE AND TIME Thursday 29th August, 5:30-7:30pm  
REFRESHMENTS Yes, coffee, biscuits available 5pm & 7:30-8pm  
REGISTRATION You can register for this session using the QR code (left) or using the link above.



## PRINCIPAL'S PATTER

Dear Parents / Carers,

### PBS AWARDS

Our students have been extra amazing and have already exceeded our target of 12000 Bee points, as they reached an awesome 16156 in total this week. As we still have 5 weeks until reward day, our Queen Bee has challenged them to achieve another 14000 to receive an extra surprise – Pizza Day on the last day of school! Keep up the amazing work, you are all superstars.

#### Golden Bee Awards

Congratulations to the following students who received certificates this fortnight:

Room 13

Alex, Havana

Room 14

Sereki, Logan, Dakota M, Samara

Room 21

Jake, Brodie

Room 22

Djaran, Charlie, William

Well done to all our students as we received the Audience Award in the main assembly this week – what a great achievement – 50 Goldies!



### Spencer Park Education Support Centre Behaviour Expectations

Each week we have an Expectation of the Week focus. This week we focus on:

#### Be / Best

I can be my Best.



#### AUSLAN/Key Word Sign

Our key word signs support our Expectation of the Week:

I can be my best by getting to work right away.

I



Best



Work



Right



Away



### CLASSROOM NEWS - SPESC

#### Room 22 – News from Mrs Marie-Claire Barrett

Students from Room 22 have been working hard and have participated in some enjoyable activities so far this term, where we are discovering countries from around the world.

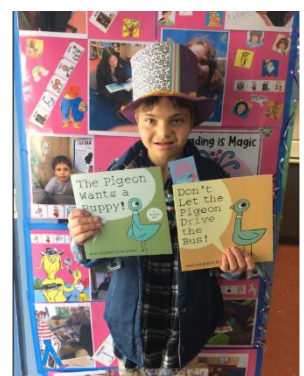
We have our weekly cooking lessons continuing where we are practising to work in a group and we've made Caesar salad (yum!), gnocchi and pesto from Italy and this week we're cooking tacos from Mexico.

We followed the Paris Olympics and learnt the Eiffel Tower has a nickname – the Iron Lady. We even set up our own Eiffel Tower in the classroom! We've written

creative stories about being an Olympic athlete and in Maths, we are learning about measurement using tape measures, digital scoop scales and stop watches.

Our junior students have been exploring nursery rhymes and Baa Baa Black Sheep is one of our favourites. Students have also enjoyed playing the musical instruments Mrs Barrett brought back from Indonesia (they are very loud!)

Everyone is always welcome in Room 22.



## BOOK WEEK

Last week we celebrated book week and on Friday the classes decorated their doors and dressed up for the Costume Parade. Well done to everyone for their amazing costumes and classroom themes!

Best door prize was awarded to Room 21. Belle, Eden, Quinn, Djaran, Archie, Ashton and Mrs Redmond received prizes for the best costumes.



Bec Wheatley-Deal  
Principal

## COMMUNITY NEWS

Please note notices appearing below are not necessarily endorsed by the school. We provide this space for community groups to advertise to the school community. It is up to parents to scrutinise the activity and organisers for their child.



Join Black Swan State Theatre Company and Healthway for a week of dynamic activities these school holidays with our Thrive Workshops!

Students will explore drama, writing, and devising in this enriching program designed to nurture artistic expression, build confidence, and support overall well-being. Together, Healthway and Black Swan are committed to enhancing mental health through social and emotional well-being practices.

**No experience is required.**

### DATES

Monday 30 September – Friday 4 October

### TIMES

AGES 8-12 9.00am – 12.00pm  
AGES 13-17 1.00pm – 4.00pm

### VENUE

Albany Entertainment Centre  
2 Toll Place

### COST

\$75 for the week (per age group)

This highly subsidised rate is possible thanks to the support of Department of Local Government, Sport and Cultural Industries, and Healthway.



**SAVE 10% WHEN YOU BOOK 2 OR MORE SPOTS IN OUR PROGRAM!**

For further information please contact  
susan@blackswantheatre.com.au  
or call (08) 4212 9320



PROJECT PARTNERS



PRINCIPAL PARTNER



## ADHD Parent Training Program

For parents of children with ADHD

Join Susan Hughes (Master of Education), an accredited coach with lived experience for this FREE parenting series. Susan's research shows the benefits of coaching for parents raising children with ADHD. This principle-based course covers:

- Up to date information on ADHD and how ADHD impacts on your child's ability to carry out daily tasks
- What does being a 'good enough parent' mean today?
- Parenting strategies and tools which are known to work with ADHD
- Managing defiant behaviours and setting boundaries
- Understanding how your emotions impact how you parent

Session 1 & 2: 31 Aug 9.30am - 2pm (lunch provided)

Session 3: 7 Sep 9.30am - 12 noon (online option)

Session 4: 14 Sep 9.30am - 12 noon (online option)

**FREE – Bookings Essential.**

Creche provided subject to availability

T: 0448 137 192

E: [GreatSouthernPCWA@wanslea.org.au](mailto:GreatSouthernPCWA@wanslea.org.au)

**When: Saturdays AM**  
31 Aug, 7 Sep and 14 Sep  
**Where: Rainbow Coast**  
Neighbourhood Centre,  
219 North Road, Albany

Supported by



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Supported by



**LITTLE ATHLETICS IS A FUN, SOCIAL AND ACTIVE PROGRAM TO KEEP FIT, BUILD THE FOUNDATIONAL SKILLS OF RUNNING, JUMPING AND THROWING AND MAKE FRIENDS FOR LIFE !**

**OUR LOCAL CENTRE DELIVERS WEEKLY ATHLETICS COMPETITIONS OFFERING A VARIETY OF EVENTS AND TRAINING SESSIONS FOR YOUNG PEOPLE AGED 5 - 16.**

## Registrations open September



Albany Little Athletics



Season fee applicable  
+ uniform fee

**Starts October -**  
Saturdays from 8.30 am

Email us at  
[Albanylittleathletics@gmail.com](mailto:Albanylittleathletics@gmail.com)

Find us on Facebook at  
Albany Little Athletics



Supported by





Why is cricket great for Girls?

- Provides a social environment that helps foster friendships that last a lifetime
- Builds confidence, leadership, and teamwork skills
- Improves hand eye coordination and physical fitness through fun, game-based activities
- A sense of belonging to a supportive local community, its brilliant for the player & parents alike!

Register your interest now

at <https://forms.office.com/r/yrFkMiHEFN>