



S.P.E.N.C.E.R.S.P.I.R.I.T

Spencer Park Primary School
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We value providing a learning environment that is safe and positive.

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NEWSLETTER No.3

14 March 2019



PRINCIPAL'S POST

Dear Parents and Community Members

Spencer Park Urban Renewal

The Department of Communities in conjunction with the Albany Shire are sharing information with the broader community about the Spencer Park Urban Renewal projects. An information session was held at the school last Thursday, with plans and displays on show. In this newsletter we have some links to the intended projects and a survey that we would love all our parents to view and provide feedback on. The feedback will be instrumental in helping to shape what happens within Spencer Park area into the future. Please have your say at <https://www.surveymonkey.com/r/growingsp>.



Option 1



Values Posters



We have placed some new value posters in the canteen undercover area recently. These posters explain the values that we focus on each week with our students. These values include:

1. RESPECT: Think about others and be kind to them.
2. CARE & COMPASSION: Care for yourself and others.
3. DO YOUR BEST: Do your best and challenge yourself.
4. HONESTY & TRUSTWORTHINESS: Be honest and seek the truth.
5. CARE FOR OUR WORLD: Treat our plants, land and animals nicely and keep our school clean.
6. RESPONSIBILITY: Do what is right and expected.
7. TOLERANCE & INCLUSION: Smile, join in, get to know others and include them.

.../2

FUTURE DATES

Run4Fun Colour Explosion	Fri 15 Mar
Rooms 8,9,11 Swim Lessons	18-29 Mar
Interschool Swim Carnival	Fri 28 Mar
Y5/6 Interschool Multi Sport Day	Tue 9 Apr
ANZAC & POE Assembly	Fri 12 Apr

Canteen Helpers

The school canteen is desperate for any help that parents can offer. Please call in and see Nicole in the canteen if you are able to provide a few hours here and there.

Environmental Assembly



Congratulations to Room 3 and Mrs Kowald who shared an important message with the school community about the importance of composting our food waste instead of throwing in the bin. As part of the assembly each room received a compost bin that can be filled with food scraps and sent to our school garden, where it is turned into lovely compost by our worms. We are encouraging students to bring lots of healthy fruit and vegetables in their lunch boxes and to also reduce plastics that cannot be recycled.



Swimming Carnival & Lessons

On the 15th March our Y4-6 students will be participating in our faction swimming carnival. This will occur between 9.30-12.45pm at ALAC. Parents should have received a nomination form for their students to participate in either the novelty or traditional stroke events.

Year 5/6 classes will commence their swimming lessons at Emu Point on Monday 18th March and go for two weeks. It is important that students participate in this program (particularly given the coastline that we live along) and I encourage all parents to engage their children in these lessons.

Colour Explosion



We will be holding our very popular Colour Explosion this Friday commencing at 2.30pm in the undercover area. Students will need to bring a white shirt (not their school uniform) as they will be covered with a range of bright colours and also get very wet. A towel and bathers may also be useful!

The Year Six students will be fundraising during the event with a sausage sizzle and cool drinks on sale – so bring some spare coins for the kids to get some food and refreshment!

School Board AGM

On Thursday 21st March the School Board will hold its AGM, where a summary of the 2018 year will be presented. Members of the school community are welcome to come along to the AGM which will commence at 3.30pm in the staffroom.

Have a wonderful fortnight!

Jeremy Hadlow
Principal

SECRET CODE

Somewhere within the text of this newsletter we have buried a six-digit code. When you have found the code, SMS 0437 619 154 and include your family name and the code. The first correct answer will win a \$10 canteen credit. Winners will be announced on our Facebook page and receive notification by SMS. With regret, prizes are only available to families enrolled at our school.

HONOUR CERTIFICATES

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

Rm 1	Yao, Isabel
Rm 2	Esther, Amelia
Rm 3	Rose, Nia, Caleb, Drake
Rm 8	Jayden, Winter
Rm 9	Ethan, Alyssa
Rm 11	Toni-Marie, Ron
Rm 18	Kayden, Savannah
Rm 19	Ava, Kaylah
Rm 25	Ronan, Justin



PRINCIPAL'S PATTERN

Spencer Park Education Support Centre is a Positive Behaviour Support (PBS) school. We support student learning appropriate behaviours for interacting with their friends, adults and when out in the community with constant positive reinforcement for their behaviour through the learning of self-regulation of social and emotional skills. In conjunction with strategies for "Zones of Regulation" students are explicitly taught about their emotions and responses in appropriate ways. This is reinforced through scaffolded opportunities that promotes our PBS expectations of "Being Safe, Being Friendly and Being Your Best" underpinned by behaviours of being able to positively interact with each other and adults in the school and throughout the wider school community. Each week we have a PBS focus for the whole school these behaviours include expectations about:

- moving safely
- using equipment safely
- using your manners
- being caring
- making friends
- being organised
- following instructions
- being resilient

Those students who have worked extra hard to meet expectations also have the opportunity to receive a Golden Bee Award and receive an extra special prize from the principal's office.



Our PBS Golden Bee Award Winner for the previous fortnight were:



Jayden
Emily



Prahnee



Students earn positive rewards collecting Bee Vouchers for meeting the school's PBS expectations. Each week these vouchers are counted and the student from each class who has earned the most vouchers received a reward from the red box. Every student's vouchers contribute towards a school total. This is counted and student add the Bee Voucher Points to our whole school Bee Hive. When we have earned 3 000 Bee Voucher Points across the school, students participate in a whole school reward.

Aussie of the Month



Something new to our school is the monthly recognition of a student who shows respect and care for their friends, our school environment and the school community. At the end of February Xavier Rivett was the recipient of our first Aussie of the Month Award.

Bec Wheatley
Principal

WHAT TO DO ABOUT WORRYING

We all have ups and downs in our wellbeing and feelings but sometimes both adults and children can have feelings, thoughts and behaviours that get in the way of everyday activities and enjoying life.

Worry or anxiety is one feeling that everyone has – a certain amount of it can make us do better at things such as sports and exams but too much can make us do less than our best or prevent us joining in at all.

Some things we can do to help our children stay calm and brave and reduce worries are

- Practise ways to calm with your child such as taking a long slow breath, taking a breath and holding for a count of three or thinking of something pleasant for a minute. Practise these several times a day.
- When your child is beginning to feel worried encourage them to use their ways to calm and also name the feeling.
- Make time to talk about worries in a calm way, writing the worry down can work for some.
- Instead of avoiding activities encourage your child to break them down into steps and start with the easiest step. When they are confident with that, move onto the next. For example, if scared of talking at assembly they could practice at home in front of a mirror, then in front of family, a small group of friends, the class and then finally the school.
- Emphasise having a go and doing your best -not being perfect- as trying to be perfect can be very discouraging.
- Let your child see you “being brave”. Talk about little everyday things such as going to talk to a new neighbour “I feel a bit nervous when I meet someone new but 701259 I’m going to say hello anyway!”
- It’s important to avoid allowing children to get out of things they are worried about (providing it is suitable for their age and not dangerous!) as this can make worrying worse.
- Make sure you pay lots of attention and remember to praise when children are brave and trying things they are worried about.

If worrying feelings happen often and stop children from joining in everyday activities or they are experiencing lots of distress they may be developing an anxiety related disorder. Getting help early is important and school staff, your GP or School Psychologist are good places to start.

There are good sources of information online and we have provided some extra information at the front office.

Information

<https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety>

Online course

<https://brave4you.psy.uq.edu.au/>

HARMONY WEEK



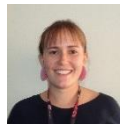
Next week is Harmony Week in Australia which celebrates cultural diversity in our country. I have planned some events for the week to celebrate diversity within our school.

On Thursday (March 21) it is Harmony Day, which coincides with the United Nations Day for the Elimination of Racial Discrimination. **Orange** is the official colour supporting harmony day so staff and students are encouraged to wear all things orange on that day. This can be orange clothing, ribbons, scarfs etc.

I am in the process of organising guest speakers to speak to students about their culture during Harmony Week.

On Tuesday, Wednesday and Thursday there will be one quiz question (on the theme of multiculturalism) read out in the daily notices for students to answer.

Claudia Lehmann
HASS Teacher



VALUES CERTIFICATES

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



Honesty & Trustworthiness		Care for our World	
Rm 1	Oliver	Rm 1	Elliot
Rm 2	Auraya	Rm 2	Mikayla
Rm 3	Violet	Rm 3	Tristan
Rm 8	Oscar	Rm 8	Arsh
Rm 9	Tenille	Rm 9	Max
Rm 11	Tashara	Rm 11	Lily-Anne
Rm 18	Imogen	Rm 18	Phoenix
Rm 19	Braxon	Rm 19	Isaiah
Rm 25	Ronan	Rm 25	Byron

AUSLAN SIGNING

Our school community is learning AUSLAN Sign Language and we are introducing it into our everyday conversations. In future newsletters we will present one sign per week for you to practice with your child.

SERVER REPLACEMENT

A new server is due to be installed at the end of week 8. During the installation and data migration certain functions will be unavailable. From 3pm Friday, 29 March until Tuesday 2 April SMS absentee and text messaging will be affected so any unexplained absences will not be transmitted and any inbound messages will not be received until the new server is operational. The office will also have 1 read only computer operating to access student contact details only and the receipting of any payments will need to be done manually. Classes will operate as normal with minor adjustments.

YEAR 5 & 6 INTERM SWIMMING

In-term swimming for Rooms 8, 9 and 11 will commence on Monday 18 March. Room 8 will leave school at 9.00am and Rooms 9 and 11 will leave at 9.50.

Please ensure that your child has bathers, towel and a plastic bag to bring wet togs home in.

Payment of \$36.00 or \$3.60 per day is required at the class or the office. If you are experiencing financial difficulty please contact the school office as soon as possible.

BOOKCLUB

SCHOLASTIC  **Book Club**



Book club brochures are being distributed now.

Orders need to be placed online via loop (<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>) or at the school by Tuesday 19 March.



FOR SALE AT THE COLOUR EXPLOSION

Support the year 6 students as they fundraise for their camp to Bridgetown.



Sausage sizzle	\$2
Cool drink	\$2
Juice boxes	\$1

FROM OUR SCHOOL NURSE

Government of Western Australia
WA Country Health Service

The School Entry Health Assessment - explained

- In Kindergarten, you are offered a free health check from a School Health Nurse to assess your child's health & development. This enables the fostering of the best possible opportunities for your child to thrive and prosper during their school journey.
- The assessment and consent form will be sent home from school with your child.
- The form provides you with an opportunity to communicate any current health or development issues and/or concerns or if your child is receiving treatment from other health professionals.
- Once completed and returned to school, your child will be assessed for developmental milestones, vision, hearing, growth, teeth & general health.

What happens next?
The School Entry Health Assessment Results for parents form is used to communicate to you what needs to be done next, the results might be...

For each of the health aspects checked - developmental milestones, vision, hearing, growth or teeth...

- Normal** - you don't need to do anything
- Recheck** - The School Health Nurse will recheck your child again in 6-12 weeks
- Referral** - When we find results that indicate a referral might be necessary, we will work in partnership with your family to address your child's health and wellbeing.

The results of this assessment will be sent back to you and if required the Nurse may call you to discuss referral and support options.

Your School Health Nurse is your child's health care contact.

The Nurse is part of a larger team of health & education professionals and welcomes any feedback or concerns you might have about your child's health & well-being, including parenting support.

The Nurse works in partnership with you to maintain optimum health, development, and well-being for your child and family.

Your School Health Nurse is
Sharon Nicholis

Phone: 98427523 or 0417821504
Email: sharon.nicholis@health.wa.gov.au

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.



Neighbour Day 2019

"The community you want starts at your front door"

Saturday 23 March
Spencer Park Primary School

Popcorn and other food available to purchase!

Family friendly fun afternoon
from 4pm to 7pm

Bouncy Castle! Giant Tumbling Tower! Life-size Chess!

Free Outdoor Movie
7.30pm to 9.45pm

Why not invite your neighbour to come along with you?

Neighbour Day is an initiative of the City of Albany and is supported by Department of Communities. On the day there will be the opportunity to chat with representatives from City of Albany, Dept. of Communities, and local agencies

For more information contact 6820 3023 or visit www.albany.wa.gov.au



Teddy Bears Picnic

Gomm Park, Lower King

Sunday 24th March 10.00am - 2.00pm

10.30am BEAR HUNT

11.00am NOVELTY GAMES

11.30am GRAND PARADE OF TEDDY BEARS (IN CATEGORIES)

Kids, Mums, Dads and Grandparents be sure to bring your teddy bear!

Sausage Sizzle, Morning/Afternoon Teas, Produce, Make your own Bee Hotel, Activities for all ages

ENTRANCE FEE \$10 PER FAMILY

All funds raised will be donated to the Free The Bears fund



GRASSROOTS NETBALL

ALBANY

Grassroots Netball aims to provide Aboriginal and Torres Strait Islander Girls opportunity to learn more about netball and increase their skills.



If you have an interest in playing netball this season we can help you find a team or if you would like to increase your skills we can provide you with some extra coaching. Please come down to ALAC on the-
Sunday 10th March 12pm

If you have any enquiries please contact -

Lisa Dimer:
0408 944794
lisadimer@bigpond.com




Spencer Park Soccer 2019 Season

Love having fun with your friends?

Interested in playing soccer?

We are looking for players in all aged groups from PP to Y6.

Register now on

www.playfootball.com.au or contact

Claire 0472508682 for more information.

Tutoring

Experienced teacher available for private tutoring after school or during the weekend. Please ring Wendy on 9841 6726 for details.

ACWE Cushion Concert for Kids

Dress up as your favourite fairy-tale character and visit King Julian for a fun-filled, energetic and interactive concert designed especially for children aged 3-8 years. Enter the concert through a 'real' castle tunnel and meet a whole range of classical instruments. Sing, dance and play along with the Albany City Wind Ensemble as they perform their favourite children's songs, stories and light classics.

A lucky few will have the chance to conduct the 45 musicians who are trained to follow the pint-sized conductor's every move. At the end of the concert, all children will have the chance to play a trombone.

Spencer Park Primary School
Sunday 7th April, 2.00pm - 3.30pm
Tickets Children 3-8 years \$10
Adults and older siblings \$5
Children under 3 years free entry