



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
spencerparkesc.wa.edu.au

NEWSLETTER No. 11

30 July 2020



PRINCIPAL'S POST

Dear Parents and Friends

Welcome Back & Attendance

It is great to see all the students return from holidays and getting straight back into learning and school routines. It is vitally important that all students come to school every day that they are well. With the lost time earlier this year, teaching and learning programs have been disrupted and all staff are working hard to ensure that teaching outcomes are maximized. Parents can assist by sending students to school.

Swimming Lessons

Over the last few weeks PP-Yr 4 students have been participating in swimming lessons at ALAC. It is great that we can get students back to participating in these types of events. Thanks to the many parents who have come along to the pool to encourage and assist students.



COVID Update

In line with Phase 4 easing of restrictions the school is happy to announce that parent attendance at assemblies is once again possible. Seating will be spaced according to the 1.5m rule and hand sanitizer will be available on entering and leaving the hall. We would ask that only parents of the performing class and award winners attend and that any parents that

are unwell do not attend. Our first assembly this term will be hosted by Room 1 on Friday 7 August.

It is great that we can return to some type of normality, but we do ask that everyone takes the necessary precautions to maintain this stage. The school will continue to undertake extra cleaning and encourage students to undertake good hygiene practices.

Netball Carnival

Our Year 6 students will be participating in the Katanning Netball Carnival on Friday 31 July. We wish them well as they participate and compete in this interschool carnival. Thank you to Ms Cheetham for training our team and organizing our school's involvement.

Flannie Day – Food Drive

After the wonderful success of our Flannie Food Drive last year, we would like to encourage all parents and students to once again wear a Flannelette Shirt and bring along a non-perishable food item on Wednesday 5 August. All food donated will be provided to Foodbank to distribute to families in need or those that are homeless.



Jeremy Hadlow
Principal

FUTURE DATES

Flannie Food Day Drive	Wed 5 Aug
Assembly Room 1	Fri 7 Aug
Bookweek	10-14 Aug
Bookweek Assembly Room 25	Fri 14 Aug
Science Week	17-21 Aug

VALUES CERTIFICATES

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



Do Your Best

PP1	Addyson	Rm 9	Robert
Rm 1	Devin	Rm 11	Cody
Rm 2	Kaylah	Rm 19	Jaxon
Rm 3	Alyssa	Rm 24	Ryka
Rm 8	Drake	Rm 25	Ella

AUSLAN SIGNING

It has been fantastic to see all our students so enthusiastic and we hope that parents and carers can participate also. We will include practical demonstrations in the newsletter so that you can, as a family, practice the use of AUSLAN in your everyday conversations. Happy learning!



Our school is participating in the FLANNIE DAY FOOD DRIVE charity event to help raise awareness and take action on homelessness and hunger in our community.

We are asking students to wear their flannies (flannelette shirt) to school on FLANNIE DAY, Wednesday August 5, and to donate non-perishable food items for the FLANNIE DAY Food Drive. Students can bring their food donations in to school any time from now up until FLANNIE DAY.

Our food donations will go to Foodbank, who are the local organization who strive to help locals who have fallen on tough times.

It has been determined that:

Every 500 grams donated = 1 standard meal

Our school goal is to donate 300 meals / 150 kg.

Important Details:

Wednesday 5 August is FLANNIE DAY

Students (and parents too) wear your flannie to school (you may prefer for your child to wear their flannie over their usual school clothes).

Bring in non-perishable food donations.

Place your food donations in your child's classroom or Room 6.

Only non-perishable foods can be donated. Here are a few suggestions: CANS of soup, baked beans, tuna, veggies, peaches, juices; JARS of peanut butter, vegemite, honey or other spreads, baby food, pasta sauces, curry sauces; PACKETS of pasta, rice, noodles or packet meals; BOXES of breakfast cereal, long life milk. Cans must be sealed, cannot be dented or the labels of the can damaged or scratched off.

We know that FLANNIE DAY will be a fun day for students as well as an opportunity to learn about the important role that each one of us can play in supporting those experiencing hardship in our community. We hope you are as keen as we are to team up to help make a difference in the lives of disadvantaged Aussies.

On FLANNIE DAY we will be taking some photos, which may be posted on social media.

Please direct any questions or suggestions about FLANNIE DAY to the Front Office.



PRINCIPAL'S PATTER

PBS Golden Bee Award Winners

Congratulations to the following students who have been extra wonderful at using our PBS expectations and have earned a Golden Bee Award:

Quin, Riley, Ruby, Robert L, Anakin, Elijah and Talon.



Quin, Harry, Isla and Robert received a canteen voucher for their amazing effort to Be Safe and Use equipment safely.



Mr Greaves, Mrs Fleay, Mrs Quartermaine and Mrs Quindong received canteen vouchers for their excellent effort to Be Friendly, Be Safe and Be Their Best.

PBS expectation of the week

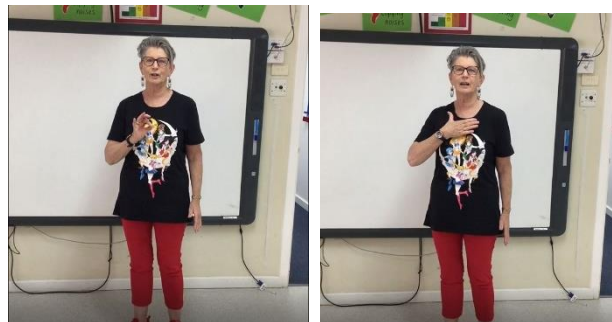
Be your Best and try something new.

Some things you can do at school to "Be your Best and try something new" might be to:

- Have a go at trying something you think looks hard to do
- Not to worry if you make a mistake, try it again
- If you think you can't do it, ask someone to help you have a go
- When the teacher or someone you know asks you to try something new that you haven't done before... try it

Key Word/AUSLAN sign of the fortnight

Don't like is our sign for the fortnight. Don't is thumb and index finger touching, and move hand away from body. Like is hand placed on chest.



Communicating and playing

We have new communication signs in our playground to assist students and staff to communicate with each other and to guide the students to follow the rules for each play area. The signs use the images from the student's PODDs and are a great initiative from staff to improve communication during student breaks.



Local seasons

Our garden is looking brighter and more informative, thanks to local artist Thomas Dimer. Mr Dimer created murals depicting the 6 Noongar seasons and provide an interesting perspective on the various elements that make up the different seasons. Have a look in our garden next time you're passing by.



Bec Wheatley
Principal



RECYCLING AT SPSS

Thank you to all our students and their families. The following photos show some 272891 of the items we have recycled in the first half of 2020. Bread tags. Batteries (any domestic size). Pens, Markers, High Lighters and Textas.

Parents are reminded that any of these items can be sent to school for recycling.



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.

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 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?

Book Week Book Swap Thursday, 13 August



Do you have any preloved but in good condition books at home that you think another student might enjoy reading?

Send them in to the library. Now!

At lunch time on Thursday 22 students who have sent books to the library will be invited back to choose a swapped book to take home and keep.

Bring 1 book – take 1 book home.

Bring 5 books – take 5 books home.

Don't miss out on this great chance to update your bookshelf.

See you there.



**NORTH ALBANY
SENIOR HIGH SCHOOL**

...invites you to the

Year 6 to 7

Information Night

**Tuesday 28 July 2020
& Tuesday 4 August 2020**

Due to COVID-19 regulations we are limited to 100 people on each night. Please RSVP to the NASHS Front Office on 9892 0611 to reserve your seat. Students are not required to attend.

at **5.30pm** For a school tour
(meet in the Performing Arts Theatre)

or **6.00pm** For the meeting
(please be prompt)

**EXTRA ENROLMENT PACKAGES
WILL BE AVAILABLE ON THE NIGHT**

Please return to your enrolment pack to the NASHS front office.

* Term 3: Individual school visits to NASHS
Other dates: Orientation Day, Friday 4 December 2020 *

We look forward to meeting you!



A FUN FILLED WAY TO LEARN HOCKEY!

Goldstix is a 6 week introductory after-school hockey program.

The program helps you learn skills through exciting and inclusive games in a positive team environment.

All games and activities are based on maximum engagement to play and make new friends with the help of our superstar coaches!

You receive a Gryphon Goldstix Pack including a stick, bag, ball and shinpads (worth \$75)* so you're all set to get hooked!

Purchase of Hockey Equipment Pack optional - \$55 without pack

Day: Wednesday **Time:** 3:30-4:15pm

Start Date: Wednesday 5th August

Location: Albany Turf, Barker Road

Contact: Dinah Gordon

Email: do@lgshockey.asn.au **Phone:** 0429 130 953

No hockey experience needed!

ALL THIS FOR \$85!

*Plus booking fee

To register, visit:
<https://www.revolutionise.com.au/wahockey/events/69072>

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.

EVERY DAY COUNTS

Absent average 1 day every 2 weeks
= **1 year** of school missed.

Absent average 1 day per week
= **2 years** of school missed.

Absent average 2 days per week
= **4 years** of school missed.

Don't let your kids miss out.

Department of Education
Southwest Education Region
(08) 9791 0300

 JUSTWHATDESIGN?

FREE ONLINE NUTRITION WORKSHOPS FOR PARENTS



FOUR WEEK PROGRAM FOR PARENTS OF CHILDREN AGED 0-5

FOOD SENSATIONS FOOD BANK WA HEALTHWAY

Are you a parent or carer of a child aged 0-5?

Learn how to feed your family quick, low cost, healthy meals that your whole family will love and put the fun back into mealtimes.

Join Foodbank WA's university qualified nutritionists and dietitians for a fun, interactive healthy eating program from the comfort of your own home.

Food Sensations® for Parents ONLINE is a free nutrition education program designed for parents of 0-5 year olds to provide them with the knowledge and skills to confidently prepare nutritious meals for themselves and their families. Our LIVE online program runs over four weeks and is designed to be interactive in a safe environment where you can ask us nutrition questions and learn from other parents.

Over 4 sessions, you will learn:

- Healthy eating for children aged 0-5 years including introduction to solids
- Tips for taking the stress out of mealtimes
- Lunchboxes and label reading
- Feeding the family on a budget

All you need is an internet connection and a laptop/computer or phone/tablet device and access to **Zoom**.

Each participant who completes the programs will receive recipe booklets with easy, step-by-step, low cost recipes for the whole family, handouts, a portion plate and a Certification of Completion.

To make a booking, please go to our program calendar on the Foodbank WA website:
<https://www.foodbank.org.au/WA/food-sensations-for-parents/?state=wa> or call Michelle on (08) 9463-3230 or email foodsensationsparents@foodbankwa.org.au.



Department of
Education



Register for your free seminar

Triple P - Positive Parenting Program

Get support, information and tips to
give your child the best start in life.

Triple P gives you simple, practical strategies to
help you raise happy and confident children. Attend
a free session near you, or talk to your school about
how they can provide a free seminar for your
school community.

Children thrive when they are raised in a nurturing environment

The early years are so important. Triple P
gives mums and dads ideas on how to
help their child develop the skills and
behaviours they need for a healthy
childhood.

Learn proven strategies from
trained facilitators to:

- raise happy, confident children
- manage misbehaviour so
everyone in the family enjoys life
- set rules and routines that
everyone respects
- encourage behaviour you like
- take care of yourself as a parent.



Find a free session near you

Seminar 1, 'The Power of Positive Parenting', is
provided free of charge to parents of children
across Western Australia, thanks to the support of
the State Government.

Take advantage of this incredible opportunity. Find
a seminar near you at education.wa.edu.au/triplep

Further free seminars and discussion groups are
available for parents of young children and
teenagers. If you prefer, you can register for Triple P
Online (a fee applies).



Attend a session at your school

We support all public schools to host free Triple P
seminars at their school, a Child and Parent
Centre or other community venue, so that
every Western Australian family has the
opportunity to benefit from this positive
parenting program.

Talk to your school about how
they can host a free Triple P
seminar for your community.



Register
now

education.wa.edu.au/triplep