



# 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. 12

13 August 2020



## PRINCIPAL'S POST

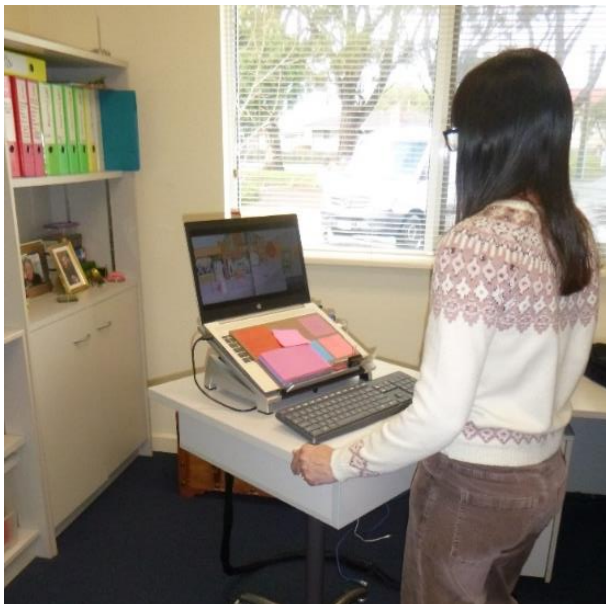
Dear Parents and Friends

### Flannie Food Drive

It was wonderful to see staff and students dressed in their flannelette shirts and providing food for the food drive. A huge thank you to families for your wonderful support of Flannie Day! Foodbank were overwhelmed with the amount of food donated and wanted to let the SPPS community know how appreciative they were.

### Book Week

Throughout this week staff and students have been enjoying a variety of activities for Book Week. This has included some book reads by staff, an author visit, a book swap and of course the dress up parade tomorrow. A big thank you to all the different staff who have assisted in organizing this event, particularly to Mrs MacKenzie and Mrs Ruffell for their coordination. Our goal for running this week is to celebrate books and to encourage all students to read, read, read!



### Interschool Cross-Country

Congratulations to the students that participated in the Interschool Cross-Country earlier this week. Year 3-6 students travelled to Mt Barker to compete against six other schools. A few of our students finished in the top 10, which is a wonderful effort considering that there were approximately 35 students in each race. Congratulations to the students for the good sportsmanship and effort displayed.

### Grounds & Works

Over the last few weeks the school has been undertaking some revamping of garden areas. This has included the front office garden and a new garden area near the bus shed on Reidy Drive. Rejuvenating these areas and making them look inviting is an important step in positively promoting our school.



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## FUTURE DATES

Bookweek	10-14 Aug
Bookweek Assembly Room 25	Fri 14 Aug
Science Week	17-21 Aug
Year 6 NASHS visit	25 Aug
Jeans for Genes Day	28 Aug

### Room 1 Assembly

Congratulations to Room 1 and Ms Lemann on their wonderful assembly item last Friday. Although the preparation was a little disrupted, the final product was very entertaining and well performed. Thank you to the parents that attended and supported the students.



Jeremy Hadlow  
Principal

### VALUES CERTIFICATES

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



Honesty & Trustworthiness		Care for Our World	
PP1	Ruby	PP1	Darcy
Rm 1	Lincoln	Rm 1	Cody
Rm 2	Bryce	Rm 2	Bella
Rm 3	Vela	Rm 3	Cory-Jnr
Rm 8	Lachlan	Rm 8	Tristan
Rm 9	Heath	Rm 9	Laura
Rm 19	Lukayla	Rm 11	Sher
Rm 24	Layla	Rm 19	Dustyn
Rm 25	Willow	Rm 24	Joesph
		Rm 25	Scarlett

### CROSS COUNTRY

Congratulations to our year 3 Interschool Cross Country team who competed in the GSPSSA event at Mount Barker Community College on Monday. SPPS came fourth in the handicap 715727 shield and had the following students finish in the top ten placings: Cody 6<sup>th</sup>, Phoenix 7<sup>th</sup> and Sophie 8<sup>th</sup>. It was great to see the students being able to compete in an interschool event again.

### 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!



### HONOUR CERTIFICATES

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



Rm 1	Lilah, Braxton, Cody
Rm 2	Lachlan, Bella
Rm 3	Phoenix, Cory Jnr
Rm 8	Pippa, Evie, Jayce
Rm 9	Zac, Ethan
Rm 11	Agyarko, Lily-Anne, Lara
Rm 19	Patrick, Ronan, Emilia
Rm 24	Lucas, Samuel
Rm 25	Thomas, Kailee



# PRINCIPAL'S PATTERN

## PBS Golden Bee Award Winners

Congratulations to all the students who were extra wonderful at using our PBS Expectation and have earned a Golden Bee Award.

## PBS expectation of the week

BE SAFE - Use equipment safely outside



## Flannie Day

Our students enjoyed dressing in their favourite flannelette outfit recently to participate in Flannie Day. Thank you to everyone that donated an item of food for the Foodbank food drive.

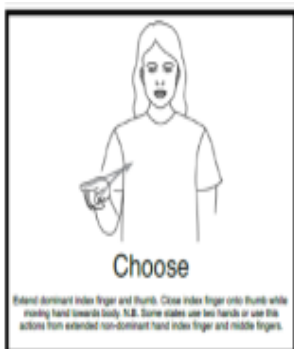


## Upcoming events

- 30 August 2019, 9am : ESC Assembly, combined Spencer Park Primary School and Education Support Centre, followed by Grand Opening of the new SPESC Sensory Room and Learning Journeys
- 18-19 September 2019: School Photos

## Key Words/AUSLAN sign of the fortnight

Our phrase for the fortnight is 'Choose which'. *Choose* - extend index finger and thumb, close index finger onto thumb while moving hand towards body. *Which* - close middle three fingers, leaving thumb and little finger out, move hand sideways across body.



## Relief Staff Information Session

We are holding an information session for those interested in seeking relief work with our Centre. The session will be 21 August at 1.15 to 3pm. Anyone interested is encouraged to contact us on 6821 3050 to register for the session.



## Opportunities for Relief Staff INFORMATION SESSION

Friday 21st August 2020

1:15 - 3:00pm

Spencer Park Education Support Centre  
26 Hardie Road, Albany

*We are looking for compassionate Education Assistants and Teachers interested in joining our team for casual relief work. Suitable for anyone with qualifications in teaching, community services, disability, education support or have an interest in working with students with special needs.*

*The session will increase your knowledge and understanding of working with students with special needs and you will find out more about working with our great team.*

**To register your interest  
please call 6821 3050**



Bec Wheatley  
Principal

## SOCCER

Here's our U9 Spencer Park Soccer Team. They displayed fantastic sportsmanship in a cracking game against Albany United on Saturday morning. Everyone turned up to training (even had a new player sign up!) and we're ready for more fun on the field this Saturday

🐾 GO SPENCER PARK! 🐾



## 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 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.
- Emphasize 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 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/>

## FLANNIE DAY



## VAC SWIM 2020

Enrolments are now open for VacSwim swimming lessons during the October and December/January school holidays.

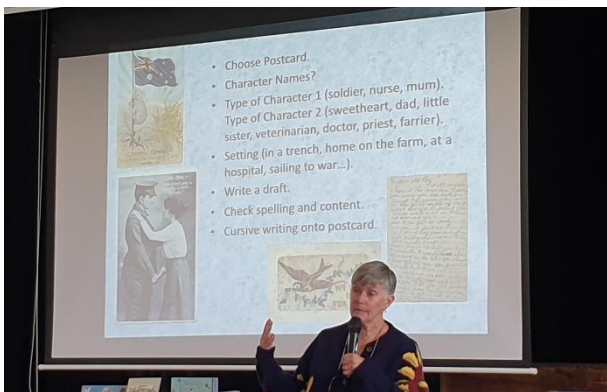
October is a great time to get your children ready for summer and January offers fun lessons at beach or pool locations during the long break.

Your children can start as young as five years old.

Enrol your children in VacSwim now at [education.wa.edu.au/vacswim](http://education.wa.edu.au/vacswim)



## BOOK WEEK HIGHLIGHTS



## 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](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?



## 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?



# Junior Cricket

## Yrs 4 to 11

Online Registrations Now Open for U10s, U12s, U14s and U17s

# Cricket Blast

Junior Blasters for 5 to 7 year olds to learn fundamental skills / Master Blasters for 7 to 10 year olds to develop game skills.

Registration forms and season information available at

[adca.wa.cricket.com.au](http://adca.wa.cricket.com.au)



## Positive Parenting

This discussion will introduce five key strategies to assist families with their parenting styles.

This session covers:

- Ensuring a safe, engaging environment
- Creating a positive learning environment
- Use assertive behavioural guidance and routines
- Having realistic expectations
- Self-care, taking care of yourself as a parent

This session is facilitated by Ailsa Earley, Senior School Psychologist.



**Date:** Tuesday 25 August 2020  
**Time:** 6.30pm to 8.30pm  
**Venue:** Child and Parent Centre-Mount Lockyer  
 Humphreys Street, Lockyer  
**Bookings:** Bookings essential 9843 0071

[cpc@wanslea.asn.au](mailto:cpc@wanslea.asn.au) • Child and Parent Centre – Mount Lockyer, Humphreys Street, Lockyer • 0408 806 405



ALBANY LIGHT OPERA and THEATRE COMPANY presents  
**THE NUMBER 1 SHOW OF THE YEAR**

# URINETOWN

*the musical*

MUSIC and LYRICS: Mark Hollmann  
 BOOK and LYRICS: Greg Kotis

Opening weekend special!  
**ALL TICKETS \$20**

*"What kind of musical is this?"*

URINETOWN was produced on Broadway in September, 2001 by the Araca Group and Dodger Theatricals in association with TheatreDreams, Inc., and Lauren Mitchell. Licensed exclusively by Music Theatre International (Australasia). All performance materials supplied by Hal Leonard Australia.

Director: **Airell Hodgkinson** • Musical Director: **James Turner**

SEPTEMBER 2020  
 PORT THEATRE  
 Princess Royal Drive

OPENING WEEKEND SPECIAL - ALL TICKETS \$20  
 7.30pm Friday 4th Sept • 7.30pm Saturday 5th Sept • 2pm Sunday 6th Sept

All other tickets - \$30 standard • \$25 concession:  
 7.30pm: Fri 11th Sept, Sat 12th Sept, Matinee 2pm: Sun 13th Sept • 7.30pm: Fri 18th Sept, Sat 19th Sept

Tickets from Paperbark Merchants, York St • [www.paperbarks.com.au](http://www.paperbarks.com.au)

# Managing Big Emotions

FREE Face-to-Face parenting workshop



Our children's emotions and their resulting behaviours are a wonderful opportunity to seek to understand what is going on for them. When we understand what is going on for our children it allows us the chance to respond in a way that is most helpful for them. In this course, we will explore some important factors to help us manage our emotions and to support us in helping our children manage theirs.

**Where:** Relationships Australia WA  
29 Albany Highway, Albany

**Date:** Tuesday 15th September, 2020

**Time:** 9.30am-11.30am

**Cost:** FREE. Unfortunately due to COVID restrictions refreshments will not be provided, however please feel free to bring them with you.

Free creche available - bookings essential as limited places available.

**RSVP:** Booking is essential, please call 6164 0530 to enquire or to book your spot

4families is funded by the Australian Government Department of Social Services



# Managing Big Emotions

FREE online parenting workshop



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**Where:** This will be delivered to participants online, please book your place and we will send you details regarding how to join the session.

**Date:** Tuesday 15th September, 2020

**Time:** 7pm-8.30pm

**Cost:** FREE

**RSVP:** Please ring 6164 0530 for more information and registration

Free Parenting Programs is funded under the Families and Communities Program by the Australian Government Department of Social Services



# Understanding Behaviour

FREE Face to Face parenting workshop

Children and adults behave in particular ways for particular reasons. As we parent our children, a developing ability to understand them and their behaviour will allow us to parent them in a way that acknowledges and meets their needs. In this session we will:

- Explore behaviour as an expression of feelings and needs
- Look at the importance of parents learning to respond to behaviour rather than react to it
- Discuss some scenarios around behaviour
- Introduce the concept of emotion regulation for parents and children
- Discuss self-care as an important aspect of parenting

**Where:** Relationships Australia WA  
29 Albany Highway, Albany

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Free creche available - bookings essential as limited places available

**RSVP:** Booking is essential, please call 6164 0530 to enquire or to book your spot

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# Understanding Behaviour

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