

# S-P-E-N-C-E-R-S-P-I-R-I-T

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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. 13**

27 August 2020



Dear Parents and Friends

#### **Reading Every Day**

The importance of children reading everyday cannot be underestimated or undervalued. Some of the benefits apart from greater knowledge and improving vocabulary include:

- Mental Stimulation
- Stress Reduction
- Memory Improvement
- Improved writing skills
- Better focus and concentration
- FREE ENTERTAINMENT

Children should read or be read to for at least 15-20 minutes a day. This provides enough time for the benefits of reading to occur, without becoming over burdensome and too time consuming. Where possible reading should involve a real book to give students practice with turning pages and reducing screen time. The school regularly rewards students for reading with certificates and prizes and would like all students to read every day.



#### Room 25 Assembly & Costume Parade

Congratulations to Room 25 and Mrs Macaulay and Mrs Dowsett for their wonderful assembly item last Friday. The *Monkey See Monkey Do* performance was very entertaining and performed delightfully. Thank you to the parents who came along and supported the students.

A huge WELL DONE to all the staff and students for your involvement in the costume parade. The participation levels were wonderful and the costumes were excellent. Many thanks to parents for your support in helping to create and organize costumes.



#### Containers for Change

Recently the P&C have sent information home regarding Containers for Change, which is an exciting opportunity for the school community to raise funds for the P&C. As explained in the information sent home, each eligible container is worth 10c and can be redeemed at the Spencer Park IGA using the P&C WARRL number. The funds are allocated to the P&C and used for the projects to assist the school. The refund process commences on the 1st October, but families are encouraged to begin collecting containers now.

#### **FUTURE DATES**

Jeans for Genes Day Dockers Cup Football Spellademic Assembly ESC 28 Aug Thurs 3 Sept Thurs 10 Sept Fri 11 Sept

#### Jeans for Genes

This Friday staff and students have been encouraged to wear Jeans to raise awareness and show their support of research into genetic disorders. Any donations are welcome and will be forwarded to Jeans for Genes to support this research. Donations are welcome but not necessary, as awareness and tolerance are as equally important.

#### Open Night

On Wednesday 16<sup>th</sup> September the school will have our Open Night between 5.30-7.00pm. Due to current physical distancing requirements we will not be undertaking choir performances in the undercover area and purchasing items from the canteen will also require spacing. Classrooms will be using extra space around the school to provide for physical distancing needs, so please be flexible and understanding if work cannot be viewed in your classroom. We would also ask parents to keep physical distancing in mind when visiting classes and return at another time in the evening if it looks too crowded. Thank you for your support in helping us all to stay healthy.

Jeremy Hadlow Principal

#### **VALUES CERTIFICATES**

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



### 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.

#### 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	Erik, Mason, Cody
Rm 2	Kaylah, Jayce, Xavier, Doreen
Rm 3	Skye, Neo
Rm 8	Jake, Isabel
Rm 9	Jayden, Robert, Mia
Rm 11	Sher, Chevy
Rm 19	Cody, Shanayla, Destinee
Rm 24	Laylah, Grace
Rm 25	Chloe, Aroha
Science	Tahi Rm 3
Mrs Murray	



#### **PBS Golden Bee Award Winners**

Congratulations to our amazing recipients of a Golden Bee Award this week, for being extra wonderful at using our PBS Expectations: Ruby, Harry, Talon, Charlie and Logan.





Well done to Emily, who made a huge effort to "Be Safe - Use equipment safely outside" and Mrs Tognetti for Being Friendly, Safe and her Best.

#### PBS expectation of the week

Be Friendly: Be friendly with the equipment and wait your turn. Some ways to be friendly with equipment include:

- Only one at a time on the trampoline
- Stop at the red line
- Follow the playground rules
- Keep your items to yourself

#### Key Word/AUSLAN sign of the fortnight

Our sign for this week is 'My turn please'. 'My' - have a closed fist held on chest, 'Turn' - Opened hand in front of body, start with palm down, then turn palm up, 'Please' - Fingers on chin, draw hand down to closed fist in front of body.









#### Raising the flag

In 2019, students Jayden and Roshaun wrote to Peter Watson MP to request a flag pole for the school, to enable the school to fly the Aboriginal Flag. The students were successful in their campaign and a new Aboriginal flag is now flying high alongside the Australian flag in our school grounds. Mr Watson joined our students recently to witness the flag raising and congratulate our students on their efforts to recognise and support their fellow Indigenous students. Pictured is Paul, Jayden and Tairhys with Mr Watson, and Roshaun with the new flag.





Upcoming events
Combined assembly with Spencer Park Primary
School, hosted by Spencer Park Education Support
Centre: Friday 11<sup>th</sup> September
School photos: Monday 21st and Thursday 24th

September

**Bec Wheatley** Principal

# **BOOKWEEK**

Fantastic photos of our awesome Bookweek celebrations.



Room 24 Door



















#### **GARDENING GURUS:**

Our winter garden is going off! Here are some of our wonderful 821531l gardeners taking produce to Nicole in the canteen.



#### 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 <a href="mailto:spencerpark.ps@education.wa.edu.au">spencerpark.ps@education.wa.edu.au</a> 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?

#### 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







#### **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.





saving, spending and help with your money

Do you have questions about: Job Keeper Afterpay or Zip Pay Saving money Credit Cards and Pay Day loans Tenancy Agreements and Renting

Join us and a panel of experts for an interactive workshop all about money.

Khalia from Albany Community Legal Centre Keiralee and Michelle from Lincolns Accountants Allison from Consumer Credit Legal Service (WA)



Thursday August 20th 4.30pm to 5.30pm

RSVP required please call 9842 9871 or join us online: https://bit.ly/3gyDiae

Shops 9-11 The Link Shopping Centre St Emilie Way, Albany 9842 9871

Lincolns Colswa & Rhany Commands

URINETOWN





# Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

laptops & tablets

lessons & activities



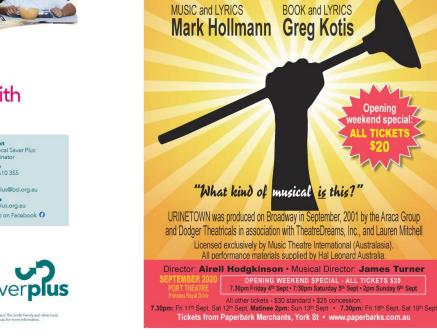
books & supplies

camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your patner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonweith scoil a becumpt benefit, allowance or perment.

Phone 1300 610 355 Online saverplus.org.au Find us on Facebook ()







#### **BODY CONFIDENT CHILDREN & TEENS FREE WEBINARS**

SUPPORTING BODY CONFIDENCE AND HEALTHY RELATIONSHIPS WITH FOOD AND EXERCISE IN YOUNG PEOPLE

31ST AUGUST 2020 11AM - 12.15PM

OR

2ND SEPT 2020

7-8.15PM

With so many confusing messages around weight, food and health and with with so many contusing messages around weight, rood and health and with so many adults struggling with their own body image it can be difficult for parents to know how to support their child as they move through adolescence. Join Butterfly for a relaxed and informative webinar for carers of primary and secondary age children to give knowledge, information and tips to help you better understand and promote positive body image in the ome.

Parents & Community

**SESSION LENGTH** 

FREE - Registration essential

**PLATFORM** 

Zoom

#### BOOK NOW

Need more? You can find lots of resources to help create a body confident home environment by joining Love Your Body Week for Families. Click HERE

#### TOPICS COVERED INCLUDE:

- Overview of body image and the importance of prevention The spectrum of body and eating issues from healthy to unhealthy, to disordered and clinical diagnosis
- Key influences on body image, including social media and the importance of positive following
- Diet culture and weight stigma
- Busting common myths around eating disorders
  Reducing appearance based talk and how to respond when a child expresses
- negativity towards themselves or others

  The power of role modelling positive body image and healthy behaviours

  Understanding early warning signs and the importance of early intervention

  Referral and support information, including Butterfly's National Helpline

"So glad I attended. There is so much pressure on kids these days and it's hard to know what to do. This has given me lots of practical ideas." Parent, WA

Butterfly is Australia's largest charity supporting all those affected by eating disorders and negative body image. These events are offered as part of Butterfly's new initiative, Love Your Body Week for Families to help Australian homes respect, appreciate and celebrate ALL bodies.

E: educattion@butterfly.org.au

T: 0406 993 995 www.butterfly.org.au









# **Book Cake Competition**

- Bake or decorate a cake to a theme, object or character from your favourite book
- · Cakes don't have to be edible
- . If you can't bake a cake, you can construct one in 3D
- · School, Home & Commercial Entries Welcome
- All work, from the original idea to the finished product, must be the child's own and completed this academic year.
- Submit your entry and photo on our library website competition entry page, or enter the link address below: albany.wa.gov.au/forms/childrens-book-week-book-cake-competition/36

1st Prize: Lenovo Tablet

2nd Prize: Super Snazzy Book Voucher and Gift Pack 3rd Prize: Snazzy Book Voucher and Gift Pack

