S·P·E·N·C·E·R·S·P·I·R·I·T

Spencer Park Primary School
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We value positive relationships and understanding between students of different cultures and abilities.

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NEWSLETTER No. 14 10 September 2020

PRINCIPAL'S POST

Dear Parents and Friends

School Photos

In week 10 this term the school will be having our school photos taken. Yr 1-6 students will have their photo on Wednesday 23rd September and K-PP students on the Thursday 24th. We would request that students wear their blue uniform to school on their photo day.

Carpark Drop Off & Pick Up

As the weather is improving and our students are becoming older and more independent we would like to encourage parents of Yr 1-6 students to use the Kiss & Drop lane in the ECE entry. This means that parents are dropping students off, not exiting the vehicle.

Parents of kindergarten and pre-primary are still required to drop off and collect students from their classrooms, so should use the parking bays provided and not the Kiss & Drop lane.

The benefits of this will ensure that the traffic in the ECE carpark flows a lot more efficiently and safely.

Albany Spelling Competition

Year 3-6 students have been selected to represent the school for the Albany Spelling Championship on Thursday 10th September. Students will participate in teams of three to correctly spell words and identify word meanings. Congratulations to the students below for being selected to represent SPPS as they take on other schools across the district.

Year 5/6	Year 3/4
Portia Year 5	Sophia Year 3
Amelia Year 5	Vela Year 3
Alexia Year 5	Charlotte Year 4
Heath Year 6	Anima Year 4
Lily-Anne Year 6	Esther Year 4
Ziggy Year 6	Evie Year 4
Venja Year 6	

.../2

FUTURE DATES

Assembly ESC	Fri 11 Sept
Open Night	Wed 16 Sept
Eagles Cup Lightning Carnival	Thurs 17 Sept
School Photos Years 1 - 6	Wed 23 Sept
School Photos K, PP, Coolangarras	Thurs 24 Sept
Last day Term 3 POE Assembly Rm 8	Fri 25 Sept
First Day for students	Tues 13 Oct

Water Bottles

Could parents please continue to send students to school with a water bottle. We are still encouraging students to maintain good hygiene practices, by washing hands regularly, covering mouth when they cough or sneeze and using a water bottle rather than drinking directly from the water fountains. Thank you for supporting this request.

Fathering Project

The school would like to gauge interest in any dads/grandfathers that would be interested in becoming part of a Fathering Project at SPPS. The Fathering Project is a school based group that aims to improve child development outcomes by inspiring and equipping fathers and father figures to effectively engage with their kids. The Fathering Project delivers resources, programs and events specific to the engagement style and needs of dads and father-figures. If you are interested in knowing more, please refer to the Fathering Project website or contact the school.

Open Night

Next Wednesday the 16th 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. During the evening we will have a Parent Survey that we would really appreciate as many parents/guardians completing as possible.

Jeremy Hadlow
Principal

OPEN NIGHT CATERING

The Year 6 students are fundraising for their camp in November and are offering a sausage sizzle ($3), assorted drinks ($1.50) and biscuit/cake plates for sale at the Open Night, Wednesday 16 September. We look forward to seeing you there.

VALUES CERTIFICATES

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

Respect		Care & Compassion	
PP1	Kiara	PP1	Sai Ni Di Boy
Rm 1	Azaria	Rm 1	Mason
Rm 2	Mitchell	Rm 2	Brooke
Rm 3	Tahi	Rm 3	Maddie
Rm 8	Charlotte	Rm 8	Storm
Rm 9	Ethan	Rm 9	Phoenix
Rm 11	Imogen	Rm 11	Chevy
Rm 19	Alfred	Rm 19	Shanayla
Rm 24	Max	Rm 24	Samuel
Rm 25	Jazmyn	Rm 25	Lucas

LEVELLING LINES IN MATHS

Students in Year 1, Room 24 have been learning about identify and discriminate between level and not level as well as horizontal, vertical and sloping lines. During their maths lesson, the students made their own tool using twistable crayons, tape and a marble to help identify level and not level surfaces they explored around the school.

They discovered that, although some surfaces look level, they are in fact slightly sloped and their marbles would not stay in the middle of their home made levels! On return to class, they were able to identify the level and not level surfaces and used their maths books to draw pictures using horizontal, vertical and straight lines. You can see from the photos, the students thoroughly enjoyed their learning time.

PRINCIPAL'S PATTER

PBS Golden Bee Award Winners

Congratulations to our wonderful students who were fabulous at demonstrating our PBS Expectations during the last fortnight. These students were Havana, Robert, Emily, Rhyan and Casey.

PBS expectation of the week

Be your Best and raise your hand when you have something to say. This week at SPESC we are continuing to practice waiting by raising our hands when we want to talk in a group and also by saying excuse me when we have to interrupt a conversation. Saying 'excuse me' is also a polite way to get another person's attention. One way to practice/model this skill at home is by saying 'excuse me' when initiating a conversation or asking your child for a request.

Keyword/AUSLAN sign of the fortnight

Our students have been learning to sign Australia's National Anthem, 'Advance Australia Fair'. *Advance* - hands flat in front with thumbs up, pushing away from body, *Australia* - thumb and middle finger touching and mimicking picking up something, then dropping it off, *Fair* - fingers on chin, moving hand sideways away, ending with a closed fist.

Room 22 Out and About

Room 22 have been very fortunate to be heading out on excursions in recent weeks to visit landmarks around Albany, as a part of their HASS learning area. Pictured are visits to the Police Station, Strawberry Hill Farm, Albany Visitor Centre and Albany Surf Life Saving Club. In the coming weeks Room 22 will also visit the Desert Mounted Corps Memorial, Fish Traps and Albany Peace Park.

School Photos

Our School Photos will be held on Monday 21st and Thursday 24th September. Order forms will be coming home soon.

Bec Wheatley
Principal

JEANS FOR GENES DAY

Thank you to all who participated in the Jeans for Genes day fundraiser. We were able to raise $339.80 for medical research to find treatments and cures for previously incurable genetic diseases. Well done!

DOCKERS CUP

Congratulations to the Yr 4-6 girls that attended the Docker's Cup competition today. It is great to see our students 313584 participating against other larger schools across Albany. By all reports, they had a great time. Player of the Day was awarded to Lara. Special mentions to Winter, Ellie, Amelia, Portia and Anima for playing with heart.

Thank you to Mr Luscombe for his organisation and coaching of the team.

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 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/

SPARE SCHOOL UNIFORM

If you have any good condition school uniform that your child has outgrown, please consider donating it to the office for our emergency uniform box.

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?

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.

ABA
ALBANY BASKETBALL ASSOCIATION

WANT TO PLAY BASKETBALL?
NOW IS THE TIME TO GET A TEAM TOGETHER.

The ABA (Albany Basketball Association) 2020-21 Basketball season is fast approaching. The season will commence (with first games) on Monday the 12th of October.

Please see the ABA website for further information for the upcoming season and registration process for teams. Registrations will be live in the next few weeks. The Year 3 competition will be run on the Saturday alongside our Year 4 and Year 5 competition. All other games will be played on a weekday (Monday – Wednesday). Days of playing for each age cannot be confirmed until all teams are registered.

ALBANY BASKETBALL AUSSIE HOOPS IS ON AGAIN.

AUSSIE HOOPS

Registrations will soon be live for the ABA Aussie Hoops program to be held at the Albany Leisure and Aquatic Centre (ALAC).

The Aussie Hoops registration will be available for ages 5 years and upwards. This year we will be offering a year 3 competition. Please view the ABA website for further information.

The ABA plan for the 14-week session to start from Saturday the 17th of October.

Registrations will be live in the next week.. Please view the ABA website for further information closer to this time.

A FREE WORKSHOP FOR PARENTS, CARERS AND PROFESSIONALS
PRESENTED BY THERAPY FOCUS PEBBLES PROGRAM, LOCAL ALLIED HEALTH THERAPY AND WA COUNTY HEALTH SERVICE-CHILD HEALTH
WOULD YOU LIKE SUPPORT WITH?

- Understanding your child's needs around toileting
- Urinary incontinence
- Constipation
- Toilet training
- Behavioural concerns developed as a result of incontinence issues

PROVIDING PRACTICAL SUPPORTS FOR THE WIDER COMMUNITY AROUND CONTINENCE ISSUES AND DEVELOPING

- A toileting and support program
- Strategies to support your child's emotional wellbeing
- Management options for incontinence

Where: Mount Lockyer Child Parent Centre Humphreys Street, Albany, WA
When: Tuesday 6th October 2020
Time: 5pm to 7pm -Facilitator: Muirna Hamill, Continence Physiotherapist, Therapy Focus (PEBBLES), Georgina Greaves Clinical Nurse Manager Child Health and Katie Stan-Bishop APA Titled Continence and Women's Health Physiotherapist
Bookings: Chantelle Jamieson - Phone: 98430077
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