



# 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  
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NEWSLETTER No. 3

11 March 2021



## PRINCIPAL'S POST

Dear Parents and Friends

### School Board News

I would like to thank the members of our School Board for continuing in their role for 2021. Mrs Perdita Beebe (Chairperson), Mr Jem Ruggera and Mrs Eileen Wheeler are our parent representatives. The School Board conducted the AGM last meeting and endorsed the 2020 Annual Report. If you are interested in becoming a School Board member, please get in contact with the school to find out more.

### Ride to School Day

On Friday 19 March the school will be having a Ride to School event. We will be encouraging parents and students to Ride to School from their homes or from a designated location. Once at school some activities are planned for those that participate.



### Behaviour Management

As parents would be well aware, managing behaviour is an important part of our role as adults when dealing with students/children. At school we have a number of strategies that we employ to manage behaviour, but these are not the same for every child. Just like your children at home might need a different approach, we are very aware that what works for one student may not work for another. In providing for this, the school will employ the best strategy possible to obtain the desired behaviour. Social justice and remaining fair are also important elements within our behaviour approach and when more than one student is involved in a behaviour, we ensure that these elements are applied.

Our school is a very safe environment with seven staff on duty (including admin) every recess and lunch and a consistent whole school approach to behaviour management. Separate areas are available for students to play, including the library at lunch.

If you have any queries or concerns about behaviour management, please talk to the classroom teacher or someone from administration.



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### FUTURE DATES

Assembly	Fri 12 Mar
Faction Swim Carnival	Wed 17 Mar
Interschool Swim Carnival	Thurs 25 Mar
Pursuit of Excellence	
Assembly	Thurs 1 Apr
Last day of Term 1	Thurs 1 Apr

## Swimming Lessons

Congratulations to Rm 8-11 who have completed their swimming lessons at Emu Point. Although the weather wasn't as warm as we hoped and the blue bottles were around, students were still able to participate and engage most days.



These lessons are good preparation for our Faction swimming carnival, which will be held on Wednesday 17 March at ALAC. We welcome parents to come along and support students as they participate or to assist in running the carnival. Please contact Carl Luscombe if you are able to help.

## NAPLAN

Next term our Yr 3 & 5 students will be participating in NAPLAN testing. If parents do not wish their students to sit these tests, please contact the school ASAP. A form can be sent home and will need to be signed or alternatively can be signed at the front office.

Have a wonderful fortnight!

Jeremy Hadlow  
Principal

## VALUES CERTIFICATES

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



Honesty & Trustworthiness			
PP1	Chloe	Rm 8	Zahra
PP2	Lauren	Rm 9	Laura
Rm 1	Devin	Rm 11	Lillianne
Rm 2	Max	Rm 19	Oskar
Rm 3	Hudson	Rm 24	Laneesha

## JUNIOR-PRIMARY GARDENING PROGRAM

Wow. Wow! WOW! Our junior primary gardening program at Spencer Park Primary School has received a huge boost with two very generous donations from Bunnings Albany and BB Minicrete/Beebe Bulk Haulage. Mrs Fletcher zipped out to the new Bunnings (Chester Pass Road) last Thursday and returned with a FANTASTIC supply of donated gardening tools including:

- buckets,
- watering cans,
- shovels,
- rakes,
- seeds,
- seedlings,
- hoses,
- HEAPS of 'perfect sized GRUB gloves!' and so much more!



It was hard work capturing this photo as our students were SO excited to unpack 717928 the Bunnings gardening supplies and SO eager to get into the garden!

Special thanks also to the Beebe family for their donation of vegie/garden mix soil and pea hay to fill our fabulous new garden beds. Our school loves working together with our community to create dynamic and fun learning spaces and projects that inspire our students.

Thanks to Bunnings Albany and the Beebe Family for jumping on board, we love and appreciate your community spirit!! Stay tuned for updates on our gardening projects and let us know if you want to get involved.

## 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.

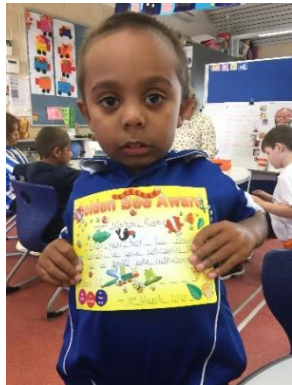


# PRINCIPAL'S PATTERN



## Golden Bees

Congratulations to our recipients of a Golden Bee Award this week. Havana, Michael, Charlie B, Roshaun, Kai, Talon, Quin, Alaki and Xavier have been extra wonderful at using our Positive Behaviour School Expectations, to Be Safe, Be Friendly and Be Your Best. Well done to our amazing students!



## Expectation of the Week



### Be Your Best

Keep on trying - be resilient  
Being resilient is a valuable life skill - to be able to withstand or recover quickly from difficult conditions. But we know that being resilient isn't always easy, so we need to learn and practise the skill of 'keep on trying'. This week at SPESC we will focus on trying, and not giving up

when something gets hard. Playing board games is one idea to develop coping skills in children at home. Tairhys and EA Ms Allen are pictured here practising coping skills, along with numbers and colours through a simple game of Uno. Do you have other ways you help your child learn how to be resilient?



## Key Word Sign

### Ready

Form an 'O' with dominant middle finger and thumb, palm up, at chest height. At the same time, drop hand and flick finger off thumb. Can be done with both hands.

### Do/did

Move dominant fist in small circles towards body, hitting twice on non-dominant fist.



Ready



Do

## Room 21 on the Move

Room 21 students have enjoyed creativity in their learning programs with shapes, counting, lego, hermit crabs, dominoes, cooking, scooting and playing in the playground. Students also really enjoyed helping to move their things last week to a new classroom, to Room 12, and are enjoying being in their new learning space.



## SCIENCE NEWS OUTDOOR CLASSROOM

Students from Room 1 and 8 are busy designing a frog friendly habitat in the Outdoor Classroom. Over the past few weeks, students have been cleaning up the designated space and measuring the perimeter of the garden bed which will be transformed into a frog haven. Research based around the topic of frog friendly habitats has been conducted in the lab. This stage of the project has provided students with the ability to have a rich classroom discussion about the specific requirements of a frog friendly garden. Many great ideas were bounced around the room this week. Next week students will complete labelled sketches of their proposed frog garden. We are looking forward to sharing these design ideas with you. We've discovered that there is a lot of 'behind the scenes' work before we embark on the really fun part of this project; making the actual garden and watching our frog friends move in!

Here are some photos below showing the journey of our learning so far.



## 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.*

**GREEN FAIR ON THE SQUARE**

SATURDAY, 13 MARCH 2021  
9AM - 12PM  
TOWN SQUARE

Featuring Scitech Science Shows, a hub of sustainability inspired stalls such as Green Skills, Rainbow Coast Toy Library, Keep Australia Beautiful WA and the Youth Advisory Council, paper planes and rockets with the Museum of the Great Southern, a performance by the City of Albany Band, recycling 101 with Cleanaway's Education Officer and everything you need to know about the new FOGO waste service coming to Albany soon.

**SCITECH SCIENCE SHOWS**

**9.30AM: Burning, Melting, Saving**  
The Burning, Melting, Saving Show uses curiosity and experimentation to find out how science, technology, engineering and maths can help us solve some of the biggest world's problems. Explore the fascinating science behind plastic recycling, water conservation and fuels as we melt, burn and explode our way through a series of spectacular experiments.\*

**11.15AM: I've Got A Problem**  
"Oh man...I've got a problem..." Have you ever had this thought? We all face many different problems every day, but with the power of science you could solve them in ways you didn't even realise! Using experiments and a bit of research let's investigate how to solve some everyday problems that affect you!

Albany scitech

# 4families

## Family Mental Health Support Service

### Do you need support for your child and family?

All families go through life's ups and downs. The downs can create worry, stress and tension within the family. You might be concerned about your children's mental, emotional and social wellbeing. You are not alone. Often families need support to get through the tough times.

### How can we help?

A free family support service that provides -

- Counselling and emotional support
- Information and referrals
- Home-based family support
- Workshops, seminars and groups
- Community development activities

### Who is this service for?

Children, from birth to 18 years and their families and carers who are living in Albany, Plantagenet and Denmark catchment areas.

If you would like to know more, please contact us

**ALBANY**  
Relationships Australia WA  
29 Albany Highway  
Albany WA 6330

Tel: 6164 0600  
Email: [4families@relationshipsaustralia.org.au](mailto:4families@relationshipsaustralia.org.au)  
Web: [www.relationshipsaustralia.org.au](http://www.relationshipsaustralia.org.au)

### Our Aim

To focus on prevention and early intervention by addressing issues that affect the mental and emotional wellbeing of children and young people. We provide whatever support children and young people need, linking them to a variety of services to reduce family stress and to enable them to reach their full potential.

Where children, young people and their families and carers need more assistance, we will actively work with other services including schools, community organisations, Centrelink and mental health services.

### How do I get help?

This is a free service. Individuals and families can self-refer, or referrals may be made through community organisations, both government and non-government.

To make an appointment or to speak to a Child and Family Practitioner either:

call 6164 0600  
email [4families@relationshipsaustralia.org.au](mailto:4families@relationshipsaustralia.org.au) or  
visit Relationships Australia WA  
29 Albany Hwy, Albany



Relationships Australia 4Parents Program together with CPFS & Amity Health presents;

## Free Monthly Wednesday Workshop Series

A series of 6 FREE workshops promoting parenting skills for parents and caregivers of the service in the Great Southern.

Participants will experience and learn about the following topics through the use of video examples and graphics:

10 March	Managing big Emotions
14 April	Brain development & Parenting
12 May	Cyber safety
9 June	Stress Management and Mindful Parenting
14 July	Communicating with Children
11 August	The Power of Play

Group Facilitators Rishenda Goodwin and Annie Arnold will provide a safe and supportive learning environment one Wednesday per month 12.45pm - 2.45pm at the Relationships Australia WA Albany branch.

Please note that families with children yet to crawl are welcome to bring children into the workshop if no other care arrangements can be made. Limited creche facilities may be available. Please speak to a facilitator to confirm.

Registration is essential and numbers are limited. Please contact Relationships Australia on 6164 0530 to register your interest.

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

Relationships Australia 4Parents Program together with CPFS & Amity Health presents;

## Brain Development & Parenting

Free workshop for parents

In this course we will explore the development of our children's brains. The purpose of this is to help us understand where our children are at developmentally to enable us to:

1. Have realistic expectations of our children
2. Know what is most likely coming next
3. Support their development
4. Parent age appropriately

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

**Date:** Wednesday 14th April 2021

**Time:** 12.45pm-2.45pm

**Cost:** FREE. Please note that families with children yet to crawl are welcome to bring children into the workshop if no other care arrangements can be made. Limited creche facilities may be available. Please speak to a facilitator to confirm.

**RSVP:** Booking is essential as numbers are limited. Please call 6164 0530 to enquire or to book your spot

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

4Parents

Relationships Australia  
WESTERN AUSTRALIA





### JAKE HARVIE

Caps: 70 | Goals: 3  
CAREER HIGHLIGHTS AUSTRALIAN  
2017 Debut  
2017 World League Finals Gold medal  
2018 Commonwealth Games Gold medal  
2018 Champions Trophy Gold medal  
2018 Champions trophy rising star best young player  
2018 World Cup Bronze Medal  
Finalist (top 5) for Junior world player of the year



### KOOKABURRA Junior Clinics

Friday 12<sup>th</sup> March 2021

Never played before?  
"Come & Try" FREE session  
3.45pm - 4.30pm

9-12 y/o 4.45pm - 5.45pm  
Clinic 540  
13-16 y/o 4.45pm - 5.45pm  
Clinic 540





### JAKE WHETTON

Caps: 203 | Goals: 64  
CAREER HIGHLIGHTS AUSTRALIAN  
2011 Debut  
2012 Champions Trophy Gold  
2014 Hockey World Cup Gold  
2018 Commonwealth Games Gold  
2016 Rio Olympic Games  
2018 Commonwealth Games Gold  
2018 Champions Trophy Gold  
2018 Hockey World Cup Bronze  
2018 Finalist (top 5) for Worlds best player  
2019 Pro League Gold



Register for all sessions at [www.lgshahockey.com.au](http://www.lgshahockey.com.au)  
Albany Turf - Barker Road  
0429 130 953 Call Dinah  
do@lgshahockey.com.au

# HOCKEY WANTS YOU!

**8 yrs +**

## NEW HOCKEY PLAYERS NEEDED

**ALL GRADES • ALL AGES • ALL ABILITIES**

To register your interest go to [www.lgshockey.asn.au](http://www.lgshockey.asn.au) and click Contact tab and fill out the form. We will find you a team and club!

Free stick kits for any NEW players in year 3/4 and 5/6 grades. Hockey is a great family sport for all ages!

Contact: Hockey Development Office  
Dinah Gordon 0429 130 953  
[do@lgshockey.asn.au](mailto:do@lgshockey.asn.au)

**LGSHA** 




# BETTER HEALTH PROGRAM

Be fitter, healthier and happier!

The Better Health Program is a free 10-week healthy lifestyle program for 7-13 year old children who are above a healthy weight, and their families. The program is available face-to-face or online in selected areas throughout Australia.

*Get in touch to find out if the program is available near you!*



Online or face to face activity sessions and resources



Free fitness tracker\*, freebie packs and rewards  
\*Online program only



One-on-one phone-based or face to face health coaching

**To register or find out more:**  
1300 822 953  
[betterhealthprogram.org](http://betterhealthprogram.org)

**Follow us on social media**  
Better Health Company  
[@betterhealthcompany](https://www.facebook.com/betterhealthcompany)

The Program is funded by government agencies throughout Australia.  
Call the Better Health team on 1300 822 953 to find out if the program is available in your area.

## ALBANY CALEDONIAN FOOTBALL CLUB



# PLAYERS WANTED

*Celebrating our 45th year, ACFC are looking for new players across all age groups for the upcoming 2021 season, including juniors (under 13s - under 18s) and seniors (ladies and men). Please don't hesitate to get in contact for further details*

**Find us on Facebook or contact us at [caledonianfootballclub1976@gmail.com](mailto:caledonianfootballclub1976@gmail.com)**

## South West Workshops

**NO COST**

Presented by the Autism Association of Western Australia, these workshops aim to provide information and advice on Autism, including details on the National Disability Insurance Scheme within WA.

Due to COVID requirements places are limited, please register/RSVP by emailing [autism\\_advisor@autism.org.au](mailto:autism_advisor@autism.org.au)

Date	Day	Workshop	Time	Location
<b>Narrogin</b>				
10 Mar	Wed	Understanding Autism	10:30am - 12:30pm	Regional Leisure Centre 50 Clayton Road, Narrogin
<b>Katanning</b>				
10 Mar	Wed	Understanding Autism	6:00pm - 8:00pm	Katanning Hub CRC, 42 Austral Tce, Katanning
<b>Albany</b>				
11 Mar	Thur	Getting to Know NDIS	6:00pm - 8:00pm	Albany Business Centre, 222 Chester Pass Road, Albany
12 Mar	Fri	My Child and Autism	12:00pm - 4:00pm	Child and Parent Centre Mount Lockyer, 67 South Coast Hwy, Lockyer
12 Mar	Fri	Understanding Autism	6:00pm - 8:00pm	Albany Business Centre, 222 Chester Pass Road, Albany
<b>Denmark</b>				
13 Mar	Sat	My Child and Autism	9:30am - 2:30pm	Denmark Riverside Club, 3 Morgan Rd, Denmark
13 Mar	Sat	Getting to Know NDIS	6:30pm - 8:30pm	Denmark Riverside Club, 3 Morgan Rd, Denmark
<b>Manjimup</b>				
15 Mar	Mon	Getting to Know NDIS	12:00pm - 2:00pm	Manjimup Family Centre, 13 Mount St, Manjimup
<b>Margaret River</b>				
16 Mar	Tues	My Child and Autism	9:30am - 2:30pm	Margaret River Community Centre, 21-33 Tunbridge St, Margaret River
16 Mar	Tues	Getting to Know NDIS	6:00pm - 8:00pm	Margaret River Community Centre, 21-33 Tunbridge St, Margaret River
17 Mar	Wed	Understanding Autism	10:00am - 12:00pm	Margaret River Council Chambers, 41 Wallcliffe Road, Margaret River <i>Please sign in with Customer Services when you arrive.</i>
<b>Busselton</b>				
17 Mar	Wed	Understanding Autism	6:00pm - 8:00pm	YCAB Multifunction Room, 21 Foreshore Parade, Busselton
<b>Bunbury</b>				
18 Mar	Thur	My Child and Autism	6:30pm - 8:30pm	Child and Parent Centre Carey Park, Frankel Street, Carey Park
19 Mar	Fri	Getting to Know NDIS	9:30am - 11:30am	South West Sports Centre, 1 Rotary Avenue, Hay Park

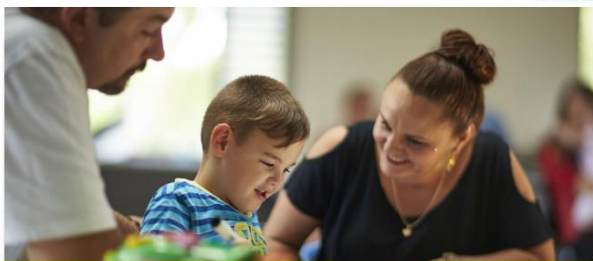
**Intended Participants**

- Families and community members interested in learning about the NDIS.
- Parents and relatives of children with Autism aged 0-6 years.
- Those who currently support people with Autism – families & community organisations.

Please call the Autism Advisor team (08) 9489 8900 for further information.

**Autism**  
WESTERN AUSTRALIA

[www.autism.org.au](http://www.autism.org.au)



## Mindful Parenting

Join us in learning how to bring mindfulness to your parenting.  
This workshop will explore:

- What mindfulness is
- How and when to practice mindfulness
- Strategies to calm and stay calm

**Time:** 9.30am to 11.00am  
**Date:** Friday March 19 2021  
**Venue:** Wanslea Office, 26 Prior Street, Albany

**Bookings Essential:** Contact the CPC on 9843 0071

Supported by: 

In partnership with 



## Separation

This workshop helps parents reduce anxiety and work towards  
successful separations.

Facilitated by Senior School Psychologist Tonia Fahey.

**Time:** 1.00pm to 2.30pm  
**Date:** Thursday 18 March 2021  
**Venue:** Wanslea Office, 26 Prior Street, Albany

**Bookings Essential:** Contact the CPC on 9843 0071

Supported by: 

In partnership with 