

South Newman Primary School

NEWSLETTER ISSUE 10 | 24 AUGUST 2018



Term

3

August

What's Happening?

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 7	27/8	28/8	29/8 Book Character Dress up!	30/8 Father's Day Stall Interschool Athletics Carnival	31/8 Books, Blanket and Biscuits 12:30 – 1:10pm	1 Sept/ 2 Fusion Festival Father's Day
Week 8	3/9 Board Meeting 7pm Library	4/9	5/9	6/9	7/9 Assembly Room 101	8/9
Week 9	10/9 -----	11/9 -----	12/9 ----- Room 101 STEM Camp - P&C Meeting – 7pm Newman Hotel	13/9 -----	14/9 Newsletter	15/ 16 Bloody Slow Cup
Week 10	17/9 Constable Care Visit	18/9	19/9	20/9	21/9 Students Last Day Footy Fever Friday!	22/ 23

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14 SEPTEMBER 2018

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Gregory Avenue,
Newman, WA 6753



South Newman
Primary School
Iron, spirit & courage



PRINCIPAL'S REPORT

Dear Parents and Carers

I hope this newsletter finds everyone well and happy.

I would like to thank all students, staff and parents for their involvement in our recent athletics carnivals. Last week our Kindy and Preprimary students had their carnival and showed us their skills and talents in the running and team events. A very big thank you must go to Miss Stacey Gardiner and her team of teachers who coordinated the day. It is always lovely to see parents, friends and family members at school cheering on their child and others so thank you to all who attended the carnival.

On Wednesday we had our Years 1-6 athletics carnival followed by our whole school Twilight Carnival. The day and evening were made very enjoyable by the students as their excitement and enthusiasm was contagious. Again a big thank you to all the staff and Mr Luke Tidy who made the day and evening possible.

I did notice many of our students not having a hat or a broad brimmed hat at school for these events. I strongly encourage parents to ensure that their child has a broad brimmed hat at school each day. Sun protection is so important at every age but especially when children are young. Melanoma - Skin cancer is very real and can be life threatening.

NAPLAN ONLINE – School Readiness Test

You may have heard that NAPLAN Online was introduced in 2018, with 274 schools in Western Australian schools participating. Our school will be transitioning to NAPLAN Online in 2019. NAPLAN online will provide better assessment, more precise results and faster turnaround of information. Your child's results will be returned to the school faster, within a few weeks rather than a few months.

This trial, called the School Readiness Test (SRT), will enable us to assess our technical readiness to implement the new online assessments. In addition, it will give us a chance to try out the new national online assessment platform in a real-life classroom environment.

Between August 27th and September 4th, all students in Years 3 and 5 will participate in a trial of the assessment platform, by undertaking two online readiness tests (one test only for Year 3) that include examples of the new NAPLAN online questions. Each test will take about 45 minutes to complete. Our Year 3 students will participate in the test on Monday 27th August and the Year 5 students will take part across Monday 3rd and Tuesday 4th September.

PRINCIPAL'S REPORT CONTINUED

Participating in this trial is important as it will help us ensure we have adequate internet connectivity, and whether students have access to sufficient number of devices for NAPLAN Online testing. During the trial, our teachers will have the opportunity to practice managing the classroom logistics for an online assessment and the new test administration processes.

The readiness test has not been constructed to assess curriculum knowledge, but rather to provide students with an opportunity to experience the types of questions that will be included in the new online assessments. As such, reports will not be provided. Please email me if you would like more information.

Last Friday for our School Development Day staff participated in professional learning about the Cultural Standards Framework and on Working Memory/Executive Functioning. Both sessions were very informative and gave staff practical tips on ways in which to better support and cater for their students. As parents you may like to read about Executive Functioning as when a child has issues in this area the child is often misjudged and seen as lazy, lacking attention, disorganised and unable to keep their emotions in check. Sadly, these children don't always get the right kind of support or are not given the right strategies to help them. So I encourage parents to look into this if you feel you can assist your child at home. If you would like more information about any of it please either contact me or Claire Chalk at school. This website has more information that you may find useful; <https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/executive-functioning-issues/a-day-in-the-life-of-a-child-with-executive-functioning-issues>

Next Thursday our school is hosting the Interschool Athletics Carnival on the Goanna Oval. A selected number of students from Years 3-6 will be competing against Newman Primary School. We wish all competitors a fun filled day. I would like to thank and acknowledge Denise Boreham for her immense contributions and support to both our school athletics carnival and the interschool carnival. Denise has assisted with advice, marking the lines on the oval, loaning equipment through Little Athletics and generally helping in a variety of ways. We sincerely thank Denise for her commitment to the children of Newman.

Katie Wallace
Principal
South Newman Primary School



MERITS - WEEK 4

Room 1	Mia Bakes	Dakota Hindmarsh
Room 2	Zaiyaan Feldman	Luke Keogh
Room 3	Benjamin Beeby	Harmonie Narkle
Room 4	Joey Choeun	Mason Clinton
Room 5	Pheonix Gill	Ashlyn Taylor
Room 7	Eva Miller	Mila Paewhenua
Room 9	Jack Dhu	Lorenzo Tiraa
Room 11	Levi Cowen	Waylyn Mogridge
Room 12	Hayley Christensen	William Wheat
Room 13	Ahurei Haturini	Jayde Taylor
Room 14	Promise Chibwe	Bear McCartney
Room 17	Demetrious Choeun	Lochlan O'Connor
Room 18	Tinaye Mafuma	Alyssa Ryan
Room 101	Shannan Walker-Johns	Levi Bateman

MERITS - WEEK 6

Room 1	Leah Kunda	Amin Madson
Room 2	Tyzar Cox	Sierra Hancock
Room 3	Taneesha Cain	Emman Espenido
Room 4	Jai Burkenhagen	Dani-Aaleigha Davies
Room 5	Latifah Bung	Kaden Christie
Room 7	Rubi-Rose Reece	Teena Tanham
Room 9	Sophie Beer	Jaelen Whitby-Taylor
Room 11	Hunter Hollingsworth	Holly Woolcock
Room 13	Hunter Langlands	Maddilyn Snowden
Room 14	Callum Vanderburgt	Jaxon Whitby-Taylor
Room 17	Titus Mills	Jessica Rewell
Room 101	Tamzyn Calder	Wesley Hargraves

Lunch Time Yoga



Some of our Years 4, 5 and 6 students practicing their yoga skills at a Wednesday lunch time session with Rowena Purdy.

Team Work!



Lunch Time Chill Outs

Miss Loren loves having students visit the Student Services room on Mondays and Thursdays during Play Lunch to chill out, draw, play games, and listen to music.



P&C Volunteers Needed 🖐️

The school's P&C committee need fresh input and assistance to help continue activities. The committee meets twice a term for about one hour. Unless you are able, there is no expectation or massive amounts of other volunteer hours. The P&C require new executive committee members due to some of the team stepping down and leaving town. Please come along to the next meeting on Wednesday 12 September at 7pm at the meeting room in the Newman Hotel. Coming along and meeting members on the evening is "commitment free". Alternatively, email southnewmanpc@gmail.com.

The school's P&C is a team of volunteers who, amongst many other roles, run the uniform shop and canteen as not-for-profit. In addition to events and fundraising that are leading to the nature playground, the P&C along with the school community were able to fund the resurfacing of both basketball courts, installation of a new playground, and an additional water fountain, and literacy resources for the students.

NATSI Day

National Aboriginal and Torres Strait Islander Children's Day (NATSI Day) is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. The day is an opportunity for all Australians to show their support for Aboriginal children, as well as learn about the crucial impact that community, culture and family play in the life of every Aboriginal and Torres Strait Islander child.



Save the Children

Thank you to Save the Children for donating seedlings to our Early Childhood Centre Garden Beds.



The Boys Shed



The Boys Shed students helping their mentors and Mr Tidy dig out the sand and put the boat they sanded down and prepped for painting into the Kindy/Pre-Primary playground.



Mission accomplished!

2018 Runner Up & Champion

	Runner-Up	Champion
Year 1 Girls	Alana Fifita	Flo Fulton
Year 1 Boys	Brody Manson	Riley Coppin
Year 2 Girls	Emily Robinson	Kaia Moyle
Year 2 Boys	Roman Mills Isaac Nicholson	Cameron Bowie
Year 3 Girls	Jaida Agett	Amarliah Rangi
Year 3 Boys	Jack Bakes	Jaxon Manson
Year 4 Girls	Leandra Chibaya	Zoe Mitchell
Year 4 Boys	Spencer Jones	Izak Jones
Year 5 Girls	Leah Kunda	Harmonie Narkle
Year 5 Boys	Anthony Bowie	Portipher Chibwe
Year 6 Girls	Amelia Willock	Makenzy Russell
Year 6 Boys	Jai Burkenhagen	Toby Woodall

Faction Points

1 st	De-Grey	1305
2 nd	Ashburton	1090
3 rd	Gascoyne	1018
4 th	Fortescue	966



2018 Athletics Carnival







2018 BOOK WEEK

Find your treasure

27-31 AUGUST

Bring in your favourite book from home, a book you treasure!

- Get your photo taken with your book
- Photo goes towards a 'find your treasure' classroom door display

MONDAY / AUGUST 27

Find Your Treasure Hunt

Hidden in the school playground are copies of awesome book covers. Find these covers and head to the library at lunch time to share your treasure



TUESDAY / AUGUST 28

WEDNESDAY / AUGUST 29

Book Character Dress Up Parade

Come dressed as your favourite book character and don't forget your book!

Parade 1:
8:20am

Parade 2:
1:20pm



Find Your Treasure Hunt

Hidden in the school playground are copies of the 2018 shortlisted book covers. Find these covers and head to the library at lunch time to share your treasure

THURSDAY / AUGUST 30



FRIDAY / AUGUST 30

Books, Blankets and Bikkies

During recess and lunch play time, bring along a book, blanket and bikkies to share!

Illustrator visit

Wendy Binks is having an illustrating session with PP-3 students in the library



NEWMAN NEIGHBOURHOOD CENTRE

New to town?

Want to meet new friends?

Want to get some work done while your kids are
being cared for in creche?

Or do you just want a break?



Come on down to the Newman Neighbourhood Centre and see what we have to offer you. Including time out creche sessions, craft, workshops, and a toy library!

Creche open Monday - Thursday 8:30am - 11:30am

2 MACKAY ST, NEWMAN 6753

NEWMANNEIGHBOURHOOD@OUTLOOK.COM

(08) 9175 1516

Fathers' Day

FATHER'S DAY STALL

Thursday 30 August

Students will be taken by class to purchase gifts, if they wish.

Kindy A and B - **Tuesday 28 August**

Most gifts are \$5. If you wish your child to participate, please put *up to* \$10 in an envelope with their name on it.

We are also recruiting **volunteers** (particularly fathers) to help set-up, serve the children, and help pack-away. You don't need to be there the whole time unless you are able.
southnewmanpc@gmail.com

insights



Four critical tools for kids' anxiety management

by Michael Grose

Anxiety disorders are currently taking a heavy toll on Australian children and young people.

It's been estimated that there will be at least four children in every Australian classroom who are experiencing an anxiety disorder at some stage during a year.

Anxiety is not restricted to secondary schools either, with children as young as four now presenting with symptoms of anxiety, manifested in headaches, tantrums and refusal to go to school.

Anecdotal evidence suggests that there is still a stigma attached to anxiety as people still seem to associate it with weakness and don't understand the difference between normal feelings of stress and crippling anxiety.

Anxiety is normal

Anxiety is the body's response to fear, real or perceived. It's our body's way of protecting us when we're in danger. It's completely normal to feel anxious from time to time. A child might feel anxious about speaking in front of their class or a teen might feel anxious about an exam. Those anxious feelings can act as a motivator to do more revision or be better prepared. With 'normal' anxiety, when the stressful event has passed, the anxious feelings pass too.

We can liken our anxiety response to a smoke alarm. The alarm is designed to alert us to fire, a danger that can threaten our lives. Anxiety becomes a problem when the mind's alarm system is extremely sensitive and responds when there's no genuine danger present.

Anxiety needs to be addressed when it starts interfering with daily life. Kids and teens with anxiety experience the symptoms when they're actually quite safe; the danger is only imagined. And sometimes anxiety shows up for no reason at all.

Parents are well positioned to provide kids with the tools and skills to regulate their anxiousness. Here are four critical skills to teach kids to help them self-manage feelings of anxiousness:

1. Breathing to calm down the anxiety

When it comes to calming down anxiety, the brain 'listens' to the body. Kids and teens can show their brain they're safe using deep, slow breathing. This type of breathing helps bring the brain down from high alert and signals the nervous system to begin to return to normal. Encouraging kids to practise deep breathing in between times of high anxiety is essential. By practising, they're preparing their body to also be able to calm down using breathing when the fight or flight response is in full swing.

2. Mindfulness to bring kids into the present

Generally kids become anxious about future events such as giving a talk, starting secondary school or going into an unfamiliar situations. They can be perfectly safe yet their bodies can respond as if they are in danger because they are thinking about what may happen. Mindfulness is a great tool to bring kids into the present and relieve them of their feelings of anxiousness.

3. Exercise to dissipate anxiety

Exercise plays a huge role in anxiety management, yet children's lifestyles are increasingly sedentary. Exercise and movement help kids regulate their moods and reduce the symptoms of anxiety. Play and exercise help to ease muscle tension, regulate breathing and induce the release of 'feel-good' neurotransmitters.

4. Thought-noticing to shift thinking

Thought-noticing is a wonderful skill set that helps kids to better manage their mental health. When kids tune into their thinking, they can immediately distance themselves from it. Rather than being lost in the thoughts that are making them feel anxious, they can mentally step back and see the thought for what it is - a thought which comes and goes, and not a fact.

Breathing, mindfulness, exercise and thought-noticing are best taught and practised when kids are not under stress. They are most effective when they become an entrenched part of kids' lifestyles rather than an activity to be called upon from time to time.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.