Willetton Primary School
14 Woodpecker Avenue
Willetton WA 6155
Phone: (08) 9354 2088
Email: willetton.ps@education.wa.edu.au
Website: willettonps.wa.edu.au

Issue No 3 **Term 1** **6 March 2019**

Message from the Principal

Dear Parents, Carers and Community Members,

Faction Swimming Carnival

It is with great pleasure and excitement that today we sent home the ***2019 Faction Swimming Carnival Year 5-6 Nomination Forms.***

Willetton PS is very proud to welcome the return of a Faction Swimming Carnival to the school. The last WPS swimming carnival was held in 1999.

All Year 5 and Year 6 students are expected to participate in this day of fun. We are catering for all students by providing 50 metre races for championship points, 25 metre races for faction points and novelty games for everyone!

At Willetton Primary we pride ourselves on whole school participation in the wide range of opportunities the school is dedicated to providing for our students. We commend the fabulous display of good sportsmanship, support of peers and fun, that our students gain from participating in sporting carnivals.

Attendance

It is essential that students attend school every day. Attendance of less than 95% is concerning. Research has proved that there is a direct and linear relationship between student achievement and attendance.

That is, the more a student misses school, the worse their outcomes – EVERY DAY REALLY DOES COUNT.

The staff at Willetton Primary School are passionate about working with all families to ensure attendance is as high as possible. If you wish to discuss your child's attendance, please do not hesitate to contact me.

Head Lice

We request that you check your child's hair once per week and follow the recommended treatment if necessary. Please take the time to read the attached fact sheet on the Community Nurse News page, which gives information on signs, what to look for and treatment options.

Playing with Your Child

School is a great new adventure for most children, and play is one of the keys to working out how to get along with others and how to fit in. It's also central to your child's overall development and wellbeing.

Here are play ideas and games for kids in the early school years.

What to Expect: School age play and games

•Your child will mature and develop a lot at 6-9 years. You can help this process just by playing with your child.

•For example, play and games with simple rules can help your child get used to the more formal learning structures that they'll experience at school. This kind of play also teaches your child about taking turns, which is important for making and keeping friends.

New School Times

8.40am-2.50pm

Important upcoming dates

Friday 15 March
Assembly
Areas 14 & 18

Monday 18 March
P & C Meeting

Friday 22 March
Assembly –
Area 1 & 3

Harmony Day
Incursion Years 2 – 6

Family Harmony
Picnic

Tuesday 26 March
Board Meeting

Message from the Principal continued

•At this age, your child might develop new hobbies and interests in play. For example, your child might start to read more and really enjoy books and magazines about things that interest them –motorbikes, horses, bugs and more. These kinds of activities encourage your child to keep following their own interests and learn for themselves.

•Playing with your child can keep you close, especially as your child gets older and starts to enjoy being independent. By nine years, your child might have formed special friendships with one or two other children, probably of the same gender. These friends might be very important to your school-age child but your child still needs you, your support and love. Playing with your child –like kicking a footy in the backyard or cooking together –can help to strengthen your relationship.

Setting the Scene: Whole School Values Program

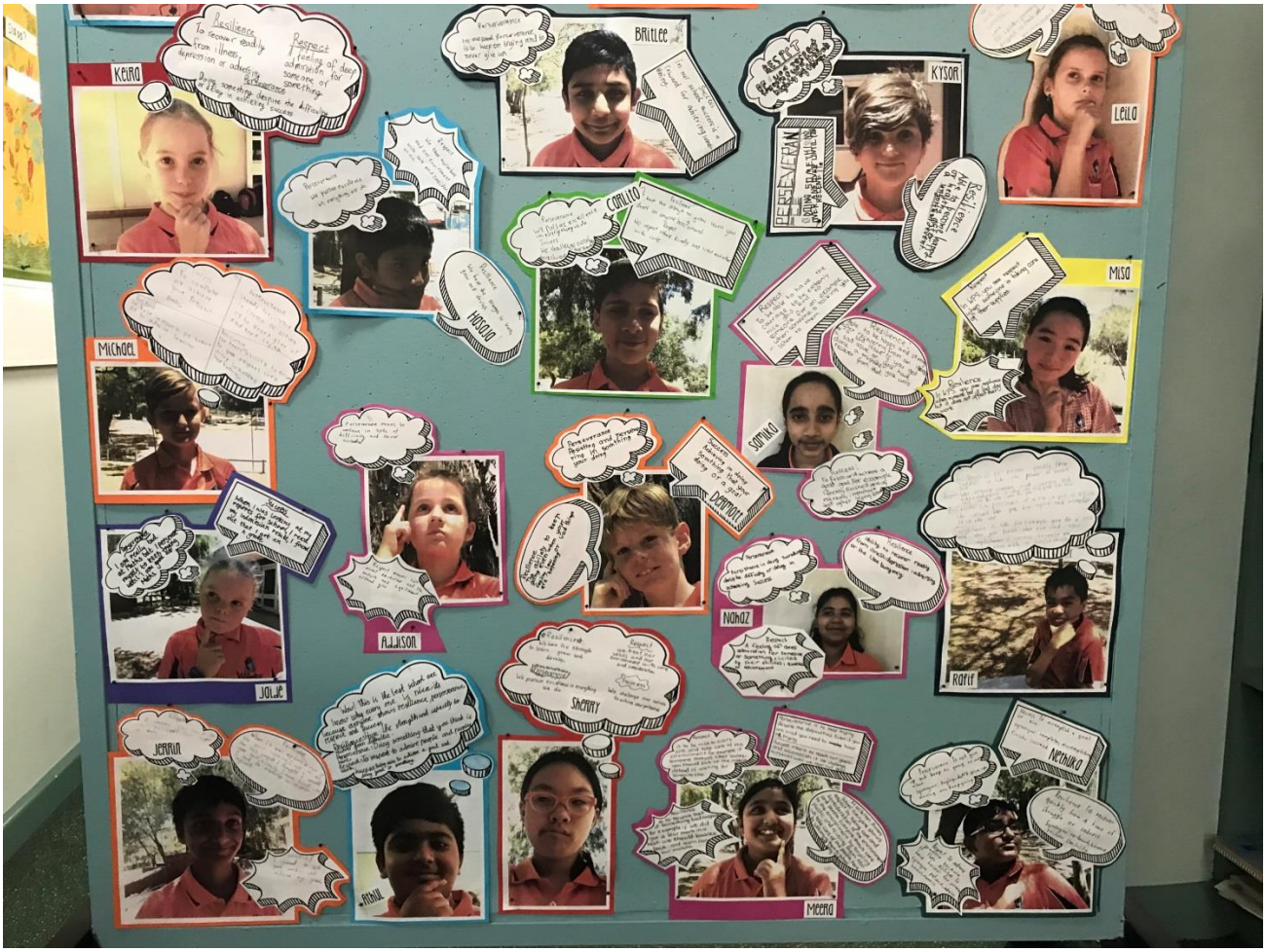
Willetton Primary School's Vision and Values which are clearly articulated in the Willetton Primary School Business Plan 2017-2019. Our Values program begins with the whole school "Setting The Scene" program.

Each class in the school has created and displayed their own Mission Statement based on our School Values and understandings that have been agreed on. Please enjoy this week's posters created by students from Area 4, Area 8, Area 13 and Area 16.

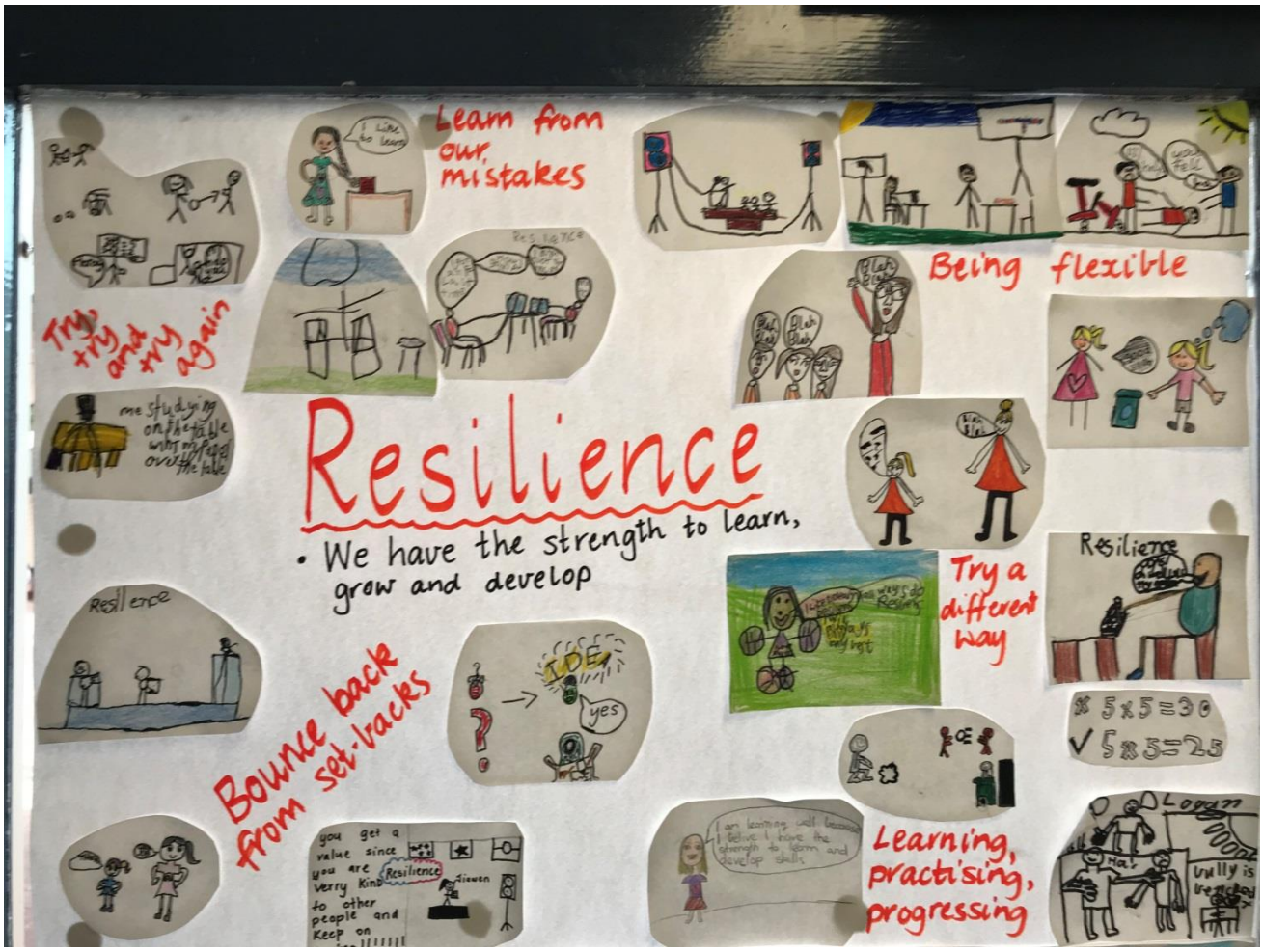
Best Wishes,

Heather McNeil

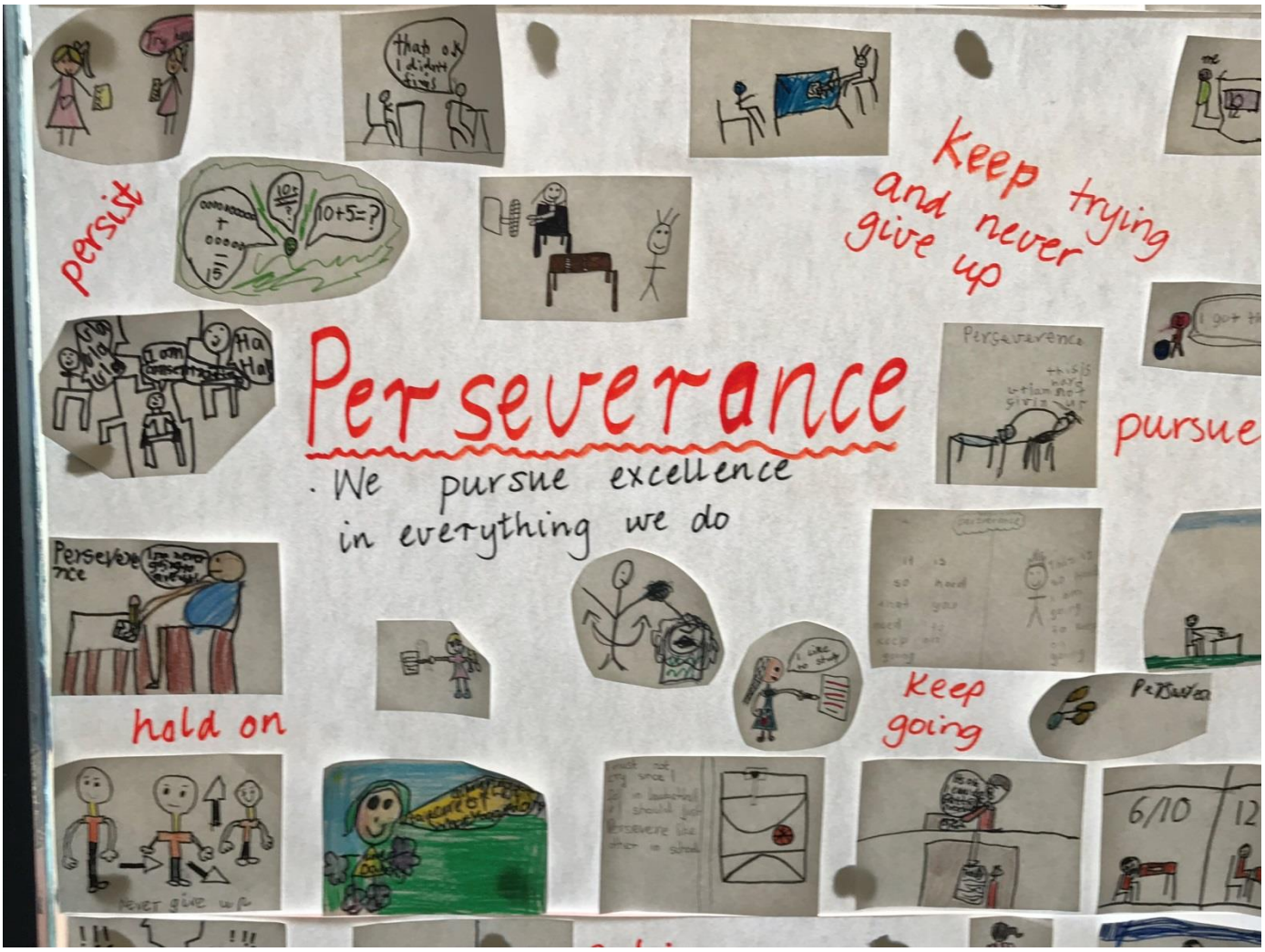
WE ALL FIT
A4
TOGETHER

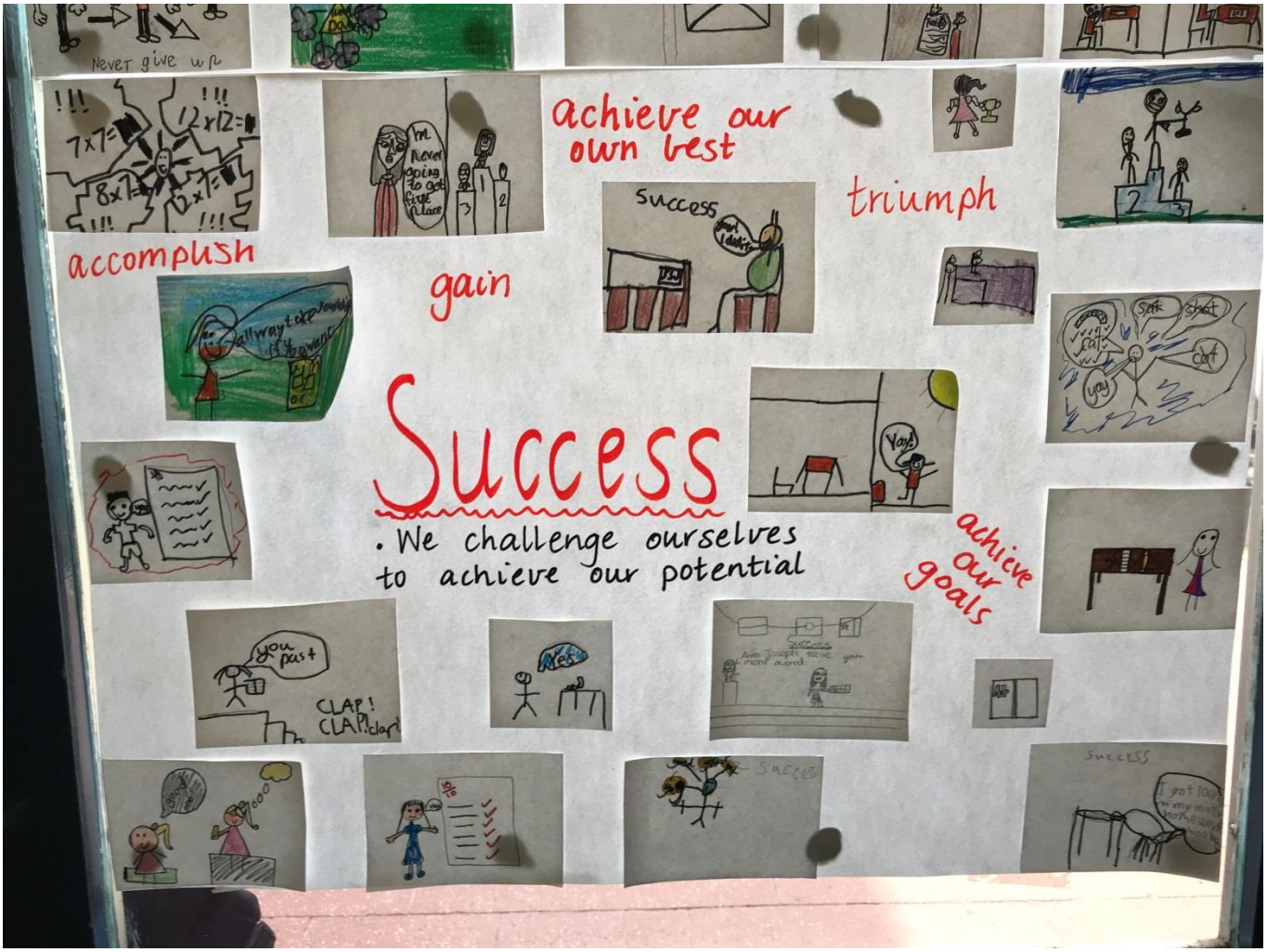

KEIRA
BRITLEE
KYSOR
LEILA
CARLLO
MICHAEL
MISA
SAMIKA
DARNOT
ALJAISON
NAHAZ
ROFIF
JOLIE
SHERRY
JERRIN
NETHIKA
MEERA

We value the "Willetton way"
because...
Year 5
Area 16
Dulkith
Alexis
Mitchell
Jade
Angus
Cassie
Leo
Sophie
Success
Resilience
Shanella
Keiro
Brittee
Kysor
Leila
Respect
Perseverance


Resilience
• We have the strength to learn, grow and develop
Learn from our mistakes
Try, try and try again
Being flexible
Try a different way
Bounce back from set-backs
Learning, practising, progressing
Resilience
yes
5x5=30
5x5=25

recognise
care
Respect
We treat our environment and ourselves with care and consideration
appreciation
consideration


persist
Keep trying and never give up
Perseverance
We pursue excellence in everything we do
pursue
hold on
Keep going


Never give up
achieve our own best
accomplish
gain
triumph
Success
achieve our goals
. We challenge ourselves to achieve our potential
CLAP! CLAP!
Success

Message from the Deputies

NAPLAN Online

This year all Year 3 and 5 students at our school will sit NAPLAN online. Year 3 complete their writing test on paper. **NAPLAN test dates are 15 to 25 May**. To understand more about how NAPLAN online works, I encourage all parents in Year 3 & 5 to watch the video at **https://youtu.be/q3A12wxvoJU**

Your child will take home this week a pamphlet re Information for parents and carers. Please take the time to read this.

Parents wishing to withdraw their son/daughter from this testing, please see your classroom teacher or make contact with me at the office.

Thank you,

Desley Spencer-James

Deputy Principal

Rainbows Program

In support of the emotional and social development of the children in our care, Willetton Primary has made a commitment to continue the Rainbows Program in 2019. Rainbows is a helpful, supportive program, designed especially for children who are living in single parent families, step-families, fly in /fly out families or families going through painful transitions.

In cases of serious illness or death, separation or divorce, both adults and children grieve. Other situations that can cause feelings of loss and grief are moving schools or residence, moving away from homeland and extended family, or even losing a family pet. Because of their age and short life experience, children find it extremely difficult to verbalise their feelings.

Rainbows offers a confidential peer support program, not counselling, where children learn to deal with their feelings, regain self-esteem, accept what has happened, and get on with being a child who enjoys school and life.

Letters of interest will be sent out shortly through your child's classroom. Should you wish your child/children to participate in this program, please fill out the details for each child, mark confidential and return it to Mrs Tonkin-Case who is in Area 7 near Cluster 2. If you have any further questions please feel free to see me on Monday, Tuesday or Friday.

Mrs Jo Tonkin-Case

P&C News

So we've started the new school year with a bang… a new early start time, upper school swimming lessons, and a great turn out of families for our annual P&C Picnic held at Parklands Friday 22nd Feb. The weather was perfect and the kids absolutely LOVED playing in the Nature Playground. Thank you for all those families who managed to make it, it was so lovely to see you all, with some parents even arriving on their way home from work. It was also very lovely that our Principal Heather McNeil popped by to say "hello" to everyone too.

So with our first event of the year done, suggestions are welcome as to what else you as our Parent community would like to see us organise in 2019? The P&C is YOUR voice, so if there is something that you think we could benefit from doing, please contact us and share your thoughts.

As mentioned in our last Newsletter, our next P&C meeting is Monday18th March, in the School Staff Room so if anyone would like something discussed at the meeting please let us know via email on willettonprimarypandc@gmail.com by 11th March so it can go onto the agenda and come along to talk it over,

You can also become a member for just $1 by completing the form, by clicking on the link below:

https://drive.google.com/file/d/1fIYDm6Sn1d2Ez4Ug7nxxZcJBAWE_dRo8/view?usp=sharing

Membership forms with the $1 membership fee can be dropped into the P&C box in the Front Office to passed on at School Banking on Friday mornings.

In relation to our P&C Committee, we would like to thank all those people who contacted us regarding the position of Secretary, and we have had someone officially nominate, so stay tuned, or come to the next meeting on the 18th where they will be accepted and named officially.

We still do have roles that require to be filled such as A Fundraising Coordinator, Sustainability Committee members and Convenor, Your Move coordinator (working with the School to drive our Happy Legs initiative that encourages families to walk or ride to school), so again, if you think you could assist in ANY of these roles, no matter how big or small, please contact us.

Crunch and Munch Café
Willetton Primary School
Canteen Menu

Salads, Sushi, Sandwiches and Burgers

Super Salad Bowl (GF) (V) - add Ham/Cheese/Tuna (add 50c) -	$3.00/$3.50
Salad Sandwich/Roll - add Ham/Cheese/Tuna (add 50c) -	$3.50/$4.00
Vegemite Sandwich/Roll- add cheese (add 50c) -	$2.00/$2.50
Toasted Sandwich- Cheese/Ham/Ham and Cheese Cheese and Tomato/Ham Cheese Tomato -	$4.00
Burger - Chicken/Beef/Vegetarian (lettuce, tomato, carrot, mayo or tomato sauce) -	$4.50
Sausage in a Roll - Chicken/Beef/Vegetarian -	$2.50
Cheesy Beanie Boat (V) -	$3.50
Sushi - Chicken Teriyaki, Tuna or Vegetarian (small/large)	$5.00/$7.00

Pastries

Sausage Roll Small -	$2.50
Sausage Roll Large -	$3.00
Meat Pie -	$3.50
Spinach and Ricotta Roll (V) -	$3.00

Hot Meals

Mexican Nachos -	$4.00
Pasta Bolognese -	$4.00
Satay Chicken and Rice -	$4.00
Beef Stir Fry Noodle -	$4.00
Honey Soy Chicken -	$4.00
Mac and Cheese (GF) (V) -	$4.00
Fried Rice (GF) (V) -	$4.00
Nachos Bolognese (GF) (V) -	$5.00
Pizza - Hawaiian, Meat Lovers, Vegetarian and Margarita	$4.00

We are open **Wednesdays** and **Fridays**. Orders are to be placed through: quickclig.com.au any time before and up to 8.30am on the day. Thank you!

Meal Deals

Burger and a Juice Box - $5.00

Mac and Cheese (GF) (V) and a Juice Box - $4.50

Pizza and a Juice Box - $4.50

Sausage in a Roll with a Juice or Water - $3.00

Toastie with a Juice Box - $4.50

Recess Menu

Pizza/Cheese Mini Sub (V) - 50c

Muffin - 50c

Popcorn (GF) - $1.00

Corntos (GF) - $1.00

Watermelon - 50c

Drinks and Frozen Treats

Chocolate/Honeycomb or Strawberry milk - $2.00

Juice Box - $1.00

Sparkling Juice - $2.00

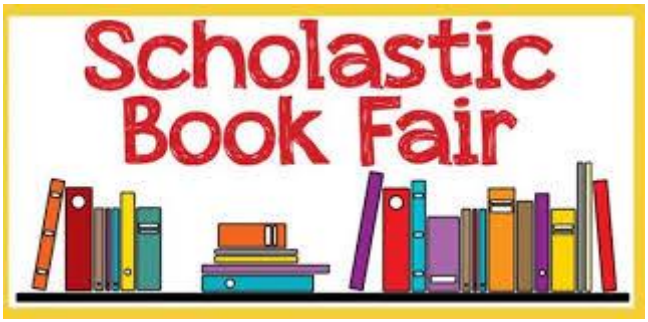
Twisted Yoghurt - $2.00

Paddle Pop/Weis - $2.00

Icy Poles - $1.00

Water - $1.00

Did you remember the changed times for our School Canteen??? So this year it was decided that we would run the canteen on Wednesdays and Fridays – to avoid all these Long weekends that you enjoy… but also as we tend to get a few more volunteers when it's not a Monday… SO again, if you are free Wednesday and/or a Friday morning, the ladies down at the canteen are always looking for assistance… so don't be shy..



Last year our Book Fair never happened due to nobody being available to help organise it. We would love for this to go ahead this year, as it not only is a wonderful opportunity for the kids to get some great books at some awesome prices, but it also assists in funding some of the projects the P&C do around the school…SO if being the Book Fair Coordinator is something that you could manage, please let us know – we have all the information you need to get this up and running again.

Don't forget those Blue bins around for our Second Hand Uniform shop… There are still families out there who use this facility and we are always in need of school tees and faction tops… also with the weather about to change, yes this glorious summer will too soon be over, we will be needing those black jackets to keep the kids warm… So if this is something that your kid/s have outgrown, please pass them on to us.

School banking - with the earlier start to the school day, our school banking tellers would like some extra help to get students banked quicker. If you have 20-30 minutes to spare (between 8:10-8:40am) on a Friday morning we would really appreciate your help in working through the long lines of young depositors so they can get to class on time. If we don't get more volunteers we may need to reconsider how often we can provide this service to the school community.

Hope to see some more new faces on the 18th.

Chaplain's Note

Goodbye from Miss Maryanne

Dear students, teachers and carers at Willetton Primary School,

As many of you already know, this is my last week at Willetton Primary School, as I will soon be moving to Sydney to get married to my fiancé. I would like to take the opportunity to say thank you for the past three and a half years. It has been a true pleasure to be part of your school community and I can genuinely say that being your school chaplain has been one of the best jobs I have ever had.

Willetton Primary students, I am so glad that I have had the privilege of sharing your school journey with you, whether through Creative Space or Morning Mindfulness, going for walks around the school, or simply saying hello in the playground or in class. I wish you all the best for the future and hope you will continue to be the kind, friendly, enthusiastic group of students that you are.

Parents and carers, it is always a pleasure to speak to you at school, and I have gained much inspiration from many of you for when I have my own children. School staff, it has been wonderful to work with you and I really believe that Willetton Primary is so lucky to have each one of you making the school the place it is.

I will still be in Perth for a couple of weeks getting ready to move, so if you see me around the area (e.g. Southlands shops) please come and say hello! Thank you once again and I will take many happy memories of Willetton Primary with me to the east.

Miss Maryanne

Government of Western Australia
Department of Health

Head lice – What parents need to know

Whether your child's hair is long or short, clean or dirty, many families with school aged children and teenagers will have contact with head lice.

Be prepared and know how to treat and control head lice if there is an outbreak at your child's school.

What are head lice?

Head lice are tiny insect parasites that live in people's hair and feed on the skin on their head (scalp). They lay eggs (nits) on the hair closest to the scalp (hair shaft). Some lice can cause itching.

Head lice are not dangerous, do not carry diseases, and are not a sign of poor hygiene (cleanliness).

How do people catch head lice?

Head lice spread by head-to-head contact with another person who has head lice. This kind of contact includes group work at school, playing or hugging.

Head lice can run from one head to another in seconds. They cannot fly, jump or swim, but they can swing from one hair to another.

Brushes and combs are unlikely to spread head lice or their eggs as they are very hard to detach from the hair shaft.

Head lice are not spread through bed linen, clothing or head gear (hats and helmets) because they do not leave the scalp unless they are moving to another person, or when they are dead or dying.

Signs and symptoms

Your scalp may itch as your skin reacts to the saliva of the head lice. This itchiness can take weeks to develop. If you have had head lice before, your skin may become less sensitive and there may be little or no itch.

You may also be able to see head lice crawling in your hair, although they can be difficult to spot as they move quickly.

- Adult lice are usually dark brown and about 2 to 3 mm long.
- Hatchlings (young lice) are often a lighter brown colour and about 1 to 2 mm long.
- Eggs will be attached to the hair shaft. They can be very tiny and hard to see, especially newly-laid eggs close to the scalp. They are grey-white and about the size of a grain of salt.

How to check for head lice

Head lice can be difficult to find.
Start by checking the hair close to the scalp, especially behind the ears and at the back of the neck. Look for lice and eggs.

If you think head lice may be present, follow these four steps:

Step 1: Apply plenty of hair conditioner (generic 'home' brands are fine) to dry hair until all hair is covered. The conditioner slows the head lice down so they can be trapped in the comb. Comb the conditioner through the hair with an ordinary comb or brush.

HealthyWA
healthywa.wa.gov.au

Government of Western Australia
Department of Health

Step 2: Separate the hair into sections. Gently comb each section one at a time with a metal fine-tooth 'nit comb' (available from most chemists) in four directions – forwards, backwards, left and right.

Step 3: After brushing through each section, wipe the conditioner from the comb onto a white paper towel and check towel for dark adult lice and paler hatchlings. You may need to use a magnifying glass and a strong light, such as sunlight, to see the lice, hatchlings and eggs. Continue combing and checking each section until all the hair has been checked.

Step 4: When you have finished, rinse the conditioner out and dry the hair.

It is a good idea to distract children while you check for head lice by offering them a favourite video, game or book.

How do I treat head lice?

To treat head lice you must get rid of all the lice. There are two ways to do this:

1. Try the 10-day hair conditioner and comb method
2. Buy and use head lice lotion or shampoo, and follow the instructions on the packet.

There is no need to treat the whole family unless they also have head lice.

The 10-day hair conditioner and comb method

This method is based on the **four steps** under 'How can I check for head lice?' and is repeated every other day over a 10 day period.

This method focuses on removing adult head lice from hair and breaking the egg-laying cycle.

Eggs hatch 7 to 10 days after being laid.

If you only do this method once and one or two adult head lice are missed, and the cycle of outbreaks will continue. By repeating the method over a 10 day period you increase the chance of removing all head lice until no eggs are left.

Remember – after **Step 3**, you may need to use your fingernails to remove any eggs that were missed during combing.

Head lice lotion or shampoo

If you choose to use head lice lotion or shampoo always read and follow the instructions carefully. The active ingredients in these treatments are insecticides (chemicals used to kill or control insects).

Three types have been shown to be effective and safe for treating head lice. These are permethrin, pyrethrin and malathion.

Some other treatments may not have been properly tested and may be ineffective, expensive or even unsafe.

Check the product label for active ingredients.

Remember – read and follow the instructions that come with the product.

HealthyWA
healthywa.wa.gov.au

Government of Western Australia
Department of Health

Warning

Any head lice product could cause a reaction and should not routinely be used when treating babies under six months, people with asthma, epilepsy, insecticide allergies, scalp conditions or very sensitive skin, and women who are pregnant or breastfeeding.

People who cannot use insecticides should try the 10-day hair conditioner treatment instead.

Key points about insecticides

- No head lice product is guaranteed to kill all eggs. Eggs which are not killed or removed manually will hatch 7 to 10 days after being laid.
- Before using the insecticide, rinse out any hair conditioner as it may stop the insecticide from working.
- If applying the treatment to someone else, cover their eyes to avoid getting the treatment in the person's eyes. A towel is a good way to do this.
- Following treatment, remove as many remaining eggs as possible with your fingernails. You may need to use a magnifying glass and a strong light, such as sunlight, to do this. Concentrate on 'live' eggs, which are found within 1 cm of the scalp.
- Some head lice may be resistant to an insecticide and will still be alive the morning after the treatment. If this happens, thoroughly wash out the first product and re-treat the hair the same day with a product containing a different insecticide. Alternatively, change to the 10-day hair conditioner treatment instead.
- To prevent skin irritation, do not repeat insecticide treatment more than three times, one week apart.

Household cleaning

Head lice and eggs do not survive long away from the scalp as they are human parasites.

Only pillowcases need to be washed and this should be done on the first day of treatment.

Important information for school-aged children

Under the *School Education Act 1999*, if your child has head lice a principal may keep him or her away from school until treatment has started.

Your child may return to school when all live head lice have been removed.

There is no need to stay away from school if there are only a few remaining eggs, but you must continue treatment over the following ten days to ensure that all eggs and hatchlings have been removed.

This document can be made available in alternative formats on request for a person with a disability.

Produced by the Communications Directorate © Department of Health 2015

Copyright to this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the *Copyright Act 1968*, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.

HealthyWA
healthywa.wa.gov.au

Parenting in March at West Leederville

2019

Parent-Teen Connection

Saturday 9 March $50pp/$75pc

We know that adolescence can be a time of turmoil and change – for both children and their parents. This course will provide you with a practical 'how-to' guide to help you understand their behaviour and show you some skills to manage their behaviour effectively.

Bringing Up Great Kids NEW

Mondays 11 Mar to 8 Apr $60pp

This five week course will help you develop strategies to manage your parenting approach despite the mounting pressures on your time and role. This is a reflective parenting program developed by the Australian Childhood Foundation.

Understanding Stepfamily Relationships

Saturday 16 March $60pp/$75pc

This one day workshop is based on research that highlights some of the more helpful ways of forming and living in this new family. Learn some useful strategies around how to parent and maintain healthy relationships in this context.

Emotion Coaching Your Child

Tuesday, 19 March $30pp

Every parent wants to do the best for their child. This means helping your child to recognise what they are feeling and why. We explore the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

Mums Raising Boys

Tuesday 26 March $30pp

Mums play a vital role in developing their son's identity, including their ability to be nurturing. This session includes building confidence and competence in sons and setting boundaries.

Rock and Water

Saturday 30 March $70 per pair

The 'Rock and Water' Program for the family is facilitated by an accredited Rock and Water trainer. The program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence.

Where: Level 1, 22 Southport Street, West Leederville To enrol: Please call (08) 6164 0200

For more information about our courses and workshops, please click here or visit www.relationshipswa.org.au

Relationships Australia

Community News

Pre-primary, Grade 1 and 2 girls and boys.

Do you love AFL?

Have you never played before?
Want to learn to kick, mark, handball and goal like your favorite players?
Auskick if for everyone and registrations are open.
For more information and how to register go to willettonjfc.com.au or play.afl/auskick

Auskick is great fun and everyone gets to play

Burrendah Reserve Central Oval

Wednesday and Sunday mornings, Season starts Term 2

FREE

THURSDAY AFTER SCHOOL LACROSSE

Year 1 - 3 - Mozzie Lacrosse -
Year 4 - 6 - Thursday Crew Lacrosse
Year 7 upwards - High School Lacrosse

MELVILLE PRIMARY SCHOOL OVAL
4:30PM - 5:30PM - EVERY THURSDAY
5 SESSION - 5 WEEKS - STARTING 21ST FEB 2019

Register prior to attend
eflc.com.au

QUICK STIX LACROSSE
CATCH & THROW, GIVE LACROSSE A GO!

Have Quick Stix at your School!

Lacrosse is booming! And your school can help kids be part of this fantastic sport

What is it?

Quick Stix is a modified lacrosse game for children aged 5–12 years. It is simple to teach and learn, and a perfect sport for primary school children.

The balls are soft, the sticks are plastic, and the rules are flexible. So, everyone can have a safe, fun experience with this fast running, fast thinking game.

Why?

1. Both boys and girls can play.
2. Everyone gets a go when they play. It's a team effort!
3. The kids will work on their agility, fitness and hand/eye coordination.
4. There are pathways to lacrosse at the elite level. Kids can go on to represent their state and country.

How?

Schools can book a Quick Stix program through Sporting Schools.
If you would like help with booking a program visit the Quick Stix website and click on the teacher tab or contact us directly on:
growthcoordinator@lacrosse.com.au

www.quickstixlacrosse.com.au

Term 1 Planner 2019

Willetton Primary School

TERM 1 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	4 Feb STUDENTS COMMENCE	5 Feb Chinese New Year	6 Feb Newsletter	7 Feb	8 Feb 7:30 – 8:30 Welcome to school Breakfast – Admin carpark Welcome assembly – school leaders
WEEK 2	11 Feb A20 Parent information session 3:30 – 4:30	12 Feb A1, A2, A3 Parent information session 3:30 – 4:30 A5 Parent information session 3:30 – 4:30	13 Feb Willetton's Got Talent A10 Parent information session 4:30 – 5:30 A4 & A6 & A7 Parent information session 4:00 – 5:00	14 Feb Staff Meeting	15 Feb
WEEK 3	18 Feb SWIMMING LESSONS Years 3 – 6 P & C Meeting	19 Feb A14, 15, 16, 17, 18, 19 Classes Parent information session 4:00 – 5:00 A8 Parent information session 3:30 – 4:00	20 Feb Newsletter	21 Feb	22 Feb Welcome to school picnic – P & C - Parklands
WEEK 4	25 Feb SWIMMING LESSONS Years 3 – 6	26 Feb BOARD MEETING	27 Feb Willetton's Got Talent iPad workshops 9am & 1:50pm	28 Feb	1 Mar
WEEK 5	4 Mar LABOUR DAY PUBLIC HOLIDAY	5 Mar	6 Mar Newsletter	7 Mar Nyepi (Bali)	8 Mar
WEEK 6	11 Mar	12 Mar	13 Mar Willetton's Got Talent	14 Mar	15 Mar Assembly Areas 14 & 18
WEEK 7	18 Mar P & C Meeting	19 Mar	20 Mar Newsletter Staff Meeting Holi (Hindu)	21 Mar	22 Mar Harmony Day Incursion Years 2 – 6 Family Harmony Picnic Assembly – Area 1 & 3
WEEK 8	25 Mar	26 Mar BOARD MEETING	27 Mar Willetton's Got Talent	28 Mar	29 Mar
WEEK 9	1 Apr	2 Apr	3 Apr Newsletter	4 Apr Staff Meeting	5 Apr Interschool Summer Carnival
WEEK 10	8 Apr	9 Apr	10 Apr Willetton's Got Talent	11 Apr Swimming Carnival Fremantle Leisure Centre Years 5- 6	12 Apr ANZAC Day Ceremony