



Well done to everyone – we have arrived at the end of a busy and productive Term Three.

In the past fortnight there have been a number of exciting events at all of our sites including the annual Sports Carnivals, interschool sports, Artacular and Open Night. I would like to say a HUGE thank you to Mr Voges and his tireless team of helpers who have successfully organised the events that were thoroughly enjoyed by students and families.

Students at RLPS wowed their audiences with their Edu Dance performances! The students remembered all the steps and enjoyed every minute of their dance. Mandurah students are enjoying their music lessons and the opportunity to learn about different percussion instruments. Pinjarra students have opened a yummy pizza shop and Bungaree students showed great sportsmanship at their carnival.

Last Tuesday was the annual RLPS and PLDS Open Night and opening of our annual Artacular display. A huge thank you to all the parents and family members who came along to view the amazing art work and student work. Many thanks to Mrs Hirsiger, Mrs Wilkinson and Miss Mollett for making this annual event so spectacular and keeping visual arts alive for our students and community.

Term three is always one of our busiest, so I would like to thank our staff, students and members of the school community who work together to make our school as great as it is. Many thanks to Parents and caregivers for your continued support of your children ensuring they come to school ready to learn; well rested, with healthy lunches, in uniform and home practice completed. Many thanks to our teachers and education assistants for their relentless commitment to the learning programs they deliver, always full of fun and enthusiasm and successful outcomes. Thanks also to the Admin Team and support staff in the office at all our sites, the Speech Pathology Team and the Outreach Team. All these people are masters of multi-tasking, who ensure the smooth running of the school and its processes. Finally, a big thanks to all our students who bring energy and excitement for learning and smiles every day.

I would like to wish everyone a well-deserved safe and happy break and look forward to seeing you all back in Term four. A reminder that students return on Tuesday 15th October for all our sites except Pinjarra students who return Monday 14th October.



Shelley Collins
Principal

For all absences and enquiries please call
Main Campus
PH: 08 9523 7830

Diary Dates

Rockingham Lakes

Fri 27 September- Assembly 3.4

**Tues 15 October -
Students Return to School**

**Mon 25 November-Fri 6
December - Swimming Lessons**

Mandurah

**Fri 27 September- Reach
Rewards Day**

**Tues 15 October -
Students Return to School**

Bungaree

**Tues 15 October -
Students Return to School**

Tues 29 October– School Photos

Pinjarra

**Mon 14 October -
Students Return to School**

RLPS Campus

Inter-School Cross Country

The Interschool Cross Country running race was held at Lark Hill on Friday 13th September. Rockingham Lakes were lucky to have 5 amazing runners from Peel Language Development School join the interschool team. Congratulations to Paige (3.4), Harry (3.4), Jesse (3.4), Aidan (3.4) and Jaxson (3.3) for their efforts on the day. Jaxson had the best result finishing 9th out of 60 competitors in his race.

Not only did these students perform admirably for the school but they were extremely well behaved and showed excellent sportsmanship towards Rockingham Lakes and the competing schools. They helped Rockingham Lakes to finish second overall in the final standings. Well done.



EduDance

Year 1 have had a very busy Term 3 this year and we are in the home stretch now. 1.5 and 1.6 have enjoyed their weekly EduDance sessions this term and were very pleased and enthusiastic to show off all their newly acquired dancing skills at the concert on the 19th September. All the children participated wholeheartedly and had a great time learning to all move and dance as one class.

Open Night/Artacular

We recently had Open Night at school as well, where many of the students returned to school to show their parents around the classrooms and to display all of their hard work over the year so far. Combined with Open Night was the awesome Artacular display in the Library and the Undercover Area. The children were very excited to be able to see their artwork out on display for everyone to see.



Faction Sport's Carnival

Finally, the end of Week 9 saw Years 1-6 have the Faction Sports Carnival. Even a little bit of chilly wind on the day couldn't dampen the spirits of the crowd as they cheered their team mates on throughout the races and many round robin activities. It was a very long, tiring but very exciting day, thoroughly enjoyed by staff and students alike.

The students demonstrated the skills they had learnt throughout this term in their faction groups. All of the students were extremely well behaved and showed good sportsmanship. Thank you to all of the teachers who helped with the smooth running of the day and also to all of the parents and family members who were able to come and support our athletes. It was a tight race in the end to see who the victorious faction was but Beard (blue faction) finished on top and claimed the shield for the second year running. Peel Language was very well represented for the individual awards. Congratulations to **Tamaroa (3.4)** for winning Year 3 Champion Boy, **Kaiden (1.4)** for winning Year 2 Runner Up Champion Boy and **Lennix (1.6)** for winning Year 1 Champion Boy. The school is extremely proud of your achievements.



Students Return Term 4

All students return to school on Tuesday 15th October 2019.

Mandurah Campus

Music Lessons

This term the students have started their music lessons. They love playing all the different instruments and the drums are a definite favourite. They have also been moving to different music which incorporates high and low and fast and slow sounds. There are always lots of smiles and enthusiasm.



Assembly

In week 8 Room 18 and Room 11 presented their assembly item.

They performed a story and song on patterns. The Year 3's did a fantastic job of looking after the kindy and pre-primary children and helping them with their moves.



The Q and U Wedding

On Friday the 20th of September the PP/1 class held a wedding ceremony to commemorate the word matrimony of Mr Q and Ms U. They have been learning about the qu sound and had lots of fun celebrating this sound with a wedding. Like all good weddings, it was followed by a reception with a receiving line, cake and dancing. The students promised to support the happy couple by always remembering that Q is always joined by U to make words like quick, queen and quilt. We were joined by several of our families - some of whom even dressed up in their wedding finery .



Students Return Term 4

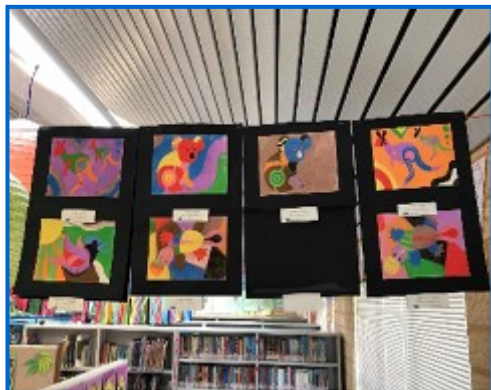
All students return to school on Tuesday 15th



Pinjarra Campus

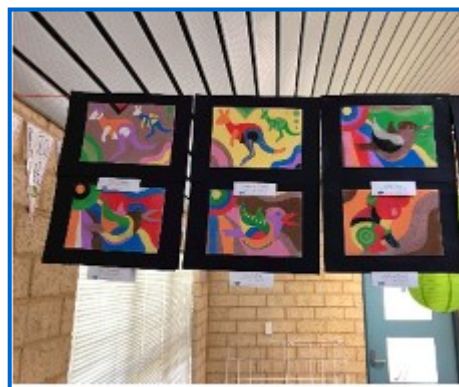
Soccer Clinic

On behalf of all the staff and students at PLDS Pinjarra, we would like to thank Coach Fernando for all of his effort and patience with rooms 29 and 30's participation in his Thursday morning soccer clinic. The students have had an absolute blast with Coach Fernando's comprehensive coaching packed with weekly introductions to techniques and specialist skills, before concluding with friendly tournaments inclusive of all students. We wish him all the best and hope to see him again in 2020.



Artacular

It was lovely to see the students from Pinjarra PLDS's art work recently showcased in 'Artacular,' located at our main campus in Port Kennedy. The theme of this year's 'Artacular' was Australia, so students from Pinjarra created some beautiful sand art representing various Australian animals. The Artacular display was as always a huge success and we are always excited to be a part of such a fantastic event.



Pizza Shop

The Kindy and Pre-Primary's have opened a pizza shop and are using scripted roles to encourage students to adapt to different roles in play. We are using money, making simple transactions to pay for our pizzas and drinks. We are counting toppings and cooking times, and solving problems in groups. The class has had a wonderful time extending on the scripts by creating different scripts and new toppings.



Sports Carnival

On Friday the 20th of September we joined together with Pinjarra Primary for the annual sports carnival. Students participated in a range of events including off load ball, baton relay, flag races and individual track events, as well as novelty events including egg and spoon, sack races and tug of war. A big thank you to Zoe Woods the Pinjarra Physical Education specialist for all her hard work in the preparation of such a wonderful day. Congratulations to all students for their confidence, resilience and team work on the day, and some special congratulations to Levi (Rm 29) and Tyler (Rm 30) for receiving runner up boy for year 1 and year 2.



Students Return Term 4

All students return to school on Monday 14th October 2019.

Bungaree Campus

Sports Carnival

Students at Bungaree were excited to participate in their Annual Sports Carnival on Friday. They went all out to dress in their faction colours and cheer their teams as they walked onto the oval. Congratulations to all students who participated in the races and games. You were fantastic and we loved your winning spirit. We are proud of your achievements and the good sportsmanship you have displayed throughout the day. Big thank you to our lovely parents for coming out and supporting our students.



Respect Awards

Well done to all our winners for achieving the 'Respect award' and big congratulations to all the students that attended the 'Brilliant Kids Morning Tea'.



Students Return Term 4

All students return to school on Tuesday 15th October 2019.



School Photo Information

Peel Language Development School - (Bungaree Site)

SCHOOL PHOTOS INFORMATION

Our School Photos will be taken on:

Monday 28th - Bungaree PS Only, Tuesday 29th of October 2019 (Peel LDC + Bungaree Specials & Catchup),

Class Photos/Portraits:

- Every Student will have their photo taken, whether they are purchasing photos or not.
- The school has chosen to use the online ordering system. Your child will be given an online ordering instruction slip and a unique student shootkey. Log onto www.msp.com.au and follow the prompts to place your order.
- If you lose your shootkey the school reception will have a copy to quote back to you.
- The expiry date for online ordering is the **04.11.2019**. Any orders received after this date will incur a \$30.00 archive fee. You can email your order request through to reorders.perth@msp.com.au or call our office on 08 9240 8000

Family Photos:

- Envelopes can be obtained from Administration.
- Family photos are taken each morning before school.
- Please ensure that your family envelope and payment are handed to the Photographers on photo day.
- If you do not have the correct money we will provide any change needed when photos are delivered to school.
- Family photos cannot be ordered online.

Special/Sports Group Photos:

- If your child is in a Special/Sports photo you will receive a link and password to the online gallery after photo day. You can then view and order if required. Photos will be delivered with the school's bulk order.

Please Note: Class Groups, Individuals and Family Photos are not available to view online

Bungaree Campus

Fire and Rescue

Year 3's at Bungaree attended an incursion with the Fire and Rescue Team Rockingham. This term students have been studying about fire and rescue services and their role in our community. The Fire and Rescue Team helped students understand:

- The role of a fire-fighter
- How to prevent or stop a fire emergency from happening
- How to respond to a beeping smoke alarm
- Calling emergency services
- Crawling low under smoke
- Having a home fire escape plan

Afterwards students got to see what the fire truck looked like on the inside and the equipment Fire-fighters carried. Students then go to explore with the fire hose and squirt water which was the highlight for most students. Students also got to understand the importance of an escape plan and as part of their homework they were required to look at their home and draw an escape plan.



FUN WITH LANGUAGE

When you go shopping with your child:

discuss and label categories

fruit, vegetables, wet, dry, meat, dairy, things for the kitchen, etc.

talk about what you are doing

'let's pull out a trolley'; 'I am putting the carrot in the basket', etc.

expose them to unusual words such as,

checkout, aisles, eftpos, prices, etc.

Explaining these words helps your child to store information.



All Campuses

Crunch on vegetables



Most WA school kids meet the recommended intake for fruit, but only 1 in 6 eat enough vegetables. Primary school children need 4½ - 5 serves of vegetables each day. Encourage kids to eat both raw and cooked veges, and include many different colours. One serve is...



5 ways to eat more veges

1. Send vegetables for Crunch&Sip®

If this is new, try starting with sweeter vegetables (like red capsicum) or vegetables your child is more familiar with. Children's food preferences are shaped by the habits of those around them – show them how much you enjoy eating vegetables!

2. Plant a veggie garden with your kids

Research shows that children are more likely to eat vegetables they have grown themselves. Start with quick and easy to grow vegetables like radishes or salad greens. If you don't have much space, plant pots are a great option.

3. Get children involved in meal preparation

Children of all ages can get involved! Younger children can wash vegetables or tear up lettuce, while older children can cut up ingredients, or serve up the final meal. They'll learn to cook, and are more likely to try food that they've helped create.

4. Make vegetables an easy snack choice at home

Have ready-to-go snacks in the fridge or pantry like healthy leftovers, cut up vegetables and dip or mini tins of baked beans or corn kernels. If junk foods aren't available at home, children won't be able to choose them as a snack!

5. Take the pressure off

Make mealtimes a relaxed and sociable occasion and model healthy eating rather than forcing children to eat certain foods. If children feel pressure they may reject foods being encouraged.

If vegetables have become a battleground, try stepping back and encouraging children to explore vegetables without the expectation that they will eat them. For example create veggie faces or cars with cut up vegetables and toothpicks, use broccoli florets and potato shapes as paintbrushes to create veggie art, or investigate the colour and texture of different vegetables.

BEST Family Wellbeing Tip

Routine – pressure points in family life are helped by creating routines. These are well worn, predictable grooves that family life runs along. Morning, homework & bedtime routines – what are yours? Little brains love routines. bestprograms4kids.com

BEST Playground Resilience Tip

Friendship Flare Ups – Learning to manage friendship conflict is a life skill. It's normal for friendships to be up and down. Teach your child that not all flare ups are catastrophes. Help your child identify whether it's a spark, flame or fire. bestprograms4kids.com

BEST Emotional Resilience Tip

Managing moods – feelings can hang around and grow into moods. Time of day, certain people, hungry, tired – there are lots of mood drivers – what are yours? What are your child's? How can you avoid or manage those mood triggers? bestprograms4kids.com

BEST Classroom Resilience Tip

Getting organised – easy to talk about but not so easy to do. Are you organised? What helps you to get organised and stay organised? Systems, routines and reminders all improve organisational skills – do you need more at home? bestprograms4kids.com

THE GREAT OUTDOORS

- Have your child use old kitchen utensils such as sieves, funnels, dishes and jugs to dig and play with water, sand and mud.
- Talk about where water comes from and where it goes. Test these ideas by getting your child to paint or spray water on a concrete surface and see what happens. Extend this activity by discussing how clothes dry after washing.
- Place torn newspaper into a large jar and soak with water. Push some bean seeds half way down the inside of the jar so they can be seen easily. Put the jar in a warm, light place and keep the paper moist. Watch what happens over a week (the roots grow down from the seed and the shoots grow up from the seed).

Garden play

- Plant vegetable offcuts and seeds, flower seeds and seedlings with your child. Watch how they grow over time. Take photos to record the changes. Talk about the changes together.
- Plant them in some different places to see how they grow differently (shade or sun, soil types, pot or garden bed). Discuss the differences and what works best.

TASK

Investigate a small area of ground with your child using a magnifying glass. Ask questions like *How many insects can you see? Concentrate on one insect and see what it is doing. Follow it to see where it goes.*



School Nurse

Sleep

School-aged children need 10 -11 hours sleep a night. Getting a good night's sleep will help your child to be more settled, happy and ready for school, and will strengthen his/her immune system. Here are some sleep tips:



Have a bedtime routine – this will help your child wind down from the day.

Keep the bedroom dark, cool and quiet - this will help your child drift off easily.

If anxieties or worries are keeping your child from relaxing, acknowledge the feelings and deal with it straight away or plan to sort the issue out in the morning after a good night's sleep.

Remember, medication is not the answer to children's sleep problems.

Community News

Being A Parent

A course led by local parents, for local parents



Thursdays

10:00am - 12:00pm

Darius Wells Library and
Resource Centre

Commencing 17 October 2019

Fridays

9:30am - 11:30am

Child & Parent Centre
Harlow Road, Calista

Commencing 18 October 2019

Phone: 08 9439 1838 or Email: carolyn.mitchell@keyswa.org

Community News



TERM 4 2019 PARENTING WORKSHOPS

KEYS provide workshops to parents/carers with children aged between birth to 18 years living in the Kwinana, Rockingham, Cockburn, Melville and Fremantle regions.

Date	Day	Time	Program	Crèche	Location
15 th Oct	Tues	6:00pm – 8:00pm	Circle of Security Parenting (abbrev) (6 week program every Tuesday)	No	Calista Child & Parent Centre Harlow Rd Calista
25 th Oct	Fri	9:30am – 12 noon	Protective Behaviours Parenting (1 session)	Yes	Frank Konecny Room Upstairs Darius Wells Building Kalamunda
29 th Oct	Tues	9:00am – 11:30am	1,2,3 Magic & Emotion Coaching (3 week program every Tuesday)	Yes	Westerly Family Centre 27 Westerly Way Coolangub
30 th Oct	Wed	6:00pm – 8:00pm	Sensory Kids (1 Session)	No	Goodstart Early Learning 276 Eighty Road Baldivis
6 th Nov	Wed	6:15pm – 7:45pm	Understanding Sexual Behaviours (1 Session)	No	Tiny Tots Child Care Centre 1 Read Street Rockingham
15 th Nov	Fri	9:00am – 11:30am	Protective Behaviours Parenting (1 Session)	No	Mother Theresa Catholic College 731 Eighty Road Baldivis

Contact KEYS on 9439 1838 to register

Term 4 Parenting Workshop Overview 2019

Circle of Security Abbreviated - For parents of children 0-18 years (6 weeks)

Circle of Security is an early intervention workshop for parents and carers, which focuses on the child/parent relationship and how to create a secure attachment.

Our trained Facilitators work with parents and carers to help them:

- Understand their child's emotional world by learning to read their emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem

1-2-3 Magic & Emotion Coaching - For parents of children 3-12 years (3 weeks)

1-2-3 Magic & Emotion Coaching is a parenting workshop which gives parents and caregivers a simple and effective approach to discipline 2 - 12 year olds. It provides parents with the knowledge and practical skills to set limits confidently and calmly when required and the ability to follow through with reasonable consequences.

Protective Behaviours - For parents of children 0-18 years (2.5 hours)

The Protective Behaviours program is a proactive approach to provide children, teens and vulnerable people with the skills and strategies to recognise when they are feeling unsafe and where to go to for help. Delivered in a safe format, this program is designed to leave parents feeling positive about equipping their children with positive life skills, such as assertiveness, emotional literacy and problem solving. These skills assist children to better cope with anxiety and know when to take risks, where to go for help and how to speak up against peer pressure, bullying and abuse.

Sensory Kids - For Parents of children 0-17 years (90 mins)

While we all have our sensory preferences, some children can experience difficulty in organising and responding to sensory input, which can lead to learning difficulties, developmental delay, anxiety and stress. This session is designed to inform parents as to how they can best support their children to organise sensory input, how it can affect children who have difficulties with organising sensory input, basic strategies and coping mechanisms for parents, when to seek further support and correct referral pathways for support and therapy if required.

Understanding Sexual Behaviour in Children - for Parents of children 2-17 (2 hours)

It can be difficult for parents and caregivers to know how to respond to sexual behaviour in children. This information session will provide an overview of what is considered normal and age appropriate, what needs to be monitored more closely and what is a cause for concern. We will also discuss appropriate responses to each.

Contact KEYS on Ph. 9439 1838 to Register

Rock and Water

For Parent and Child

Physical exercises are constantly linked with mental and social skills. The Rock and Water Program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. The program offers a framework of exercises and ideas to assist boys and girls aged between 8 and 14 years to become aware of the purpose and motivation in their life.

The following topics are discussed:

- Bullying
- Life goals
- Developing a positive self-image
- Communication skills
- Personal boundaries

The course teaches the following:

- Practical anti-bullying strategies
- Self-confidence, self-awareness and self-control
- An introduction to basic self-defence skills
- Communication skills and interpretation of body language cues
- Alternatives to aggressive verbal and physical responses to fear and doubt
- Thinking and being in control through grounding, centeredness and mental focus
- Boundary awareness

Facilitated by Craig Van Waardenburg (credited Rock and Water trainer) this family activity based program builds on the complementary strengths of 'the rock' and 'the water'. One is firm and assertive, while the other is flexible and willing to cooperate.

Note: Due to the nature of the activities, there is only room for one child per adult attending.

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street
When: Saturday 5 October
Saturday 7 December

Time: 8:30am - 12:30pm
Cost: \$70 per pair

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](http://www.rockandwater.org.au) or visit www.rockandwater.org.au

betterhealthprogram



FREE FUN PROGRAM FOR KIDS!

The Better Health Program is a 10 week healthy lifestyle program for kids aged 7-13 who are above a healthy weight.

- Learn simple ways to eat healthier foods everyday
- Build confidence and boost self esteem
- Get fit playing fun games and activities
- Meet new friends and have fun!

PLACES ARE LIMITED REGISTER NOW FOR TERM 4 2019:

Cannington - Bounce Inc, Wednesday or Thursday 4-6pm
Mirrabooka - Herb Graham Recreation Centre, Tuesday 4-6pm
Joondalup - Latitude, Thursday 4-6pm
Port Kennedy - Rebound Arena, Tuesday 4-6pm

Call: 1300 822 953 - SMS: 0409 745 645
Online: betterhealthprogram.org



Government of Western Australia
Department of Health

