



Welcome to week six and at last we are having a taste of spring weather! Our schools celebrated Book Week last week and I'm sure you will enjoy reading about the exciting activities in this newsletter.. Thank you to parents and caregivers for supporting this school community event and assisting your children to dress as a book character.

I would like to say a big thank you Miss Murray and her wonderful Science Team for the exciting activities across all campuses in week four. The students thoroughly enjoyed being budding scientists and we hope you enjoy reading about the activities in this newsletter.

I would also like to congratulate the worthy recipients of the Warnbro Cell Excellence in Education Awards. The recipients were nominated by their colleagues for their exemplary education skills and improving outcomes for their students. Mrs Dominique Colcott was selected for the Support Staff award and Mrs Lori Katheappa and Miss Lucy Daly were selected for the Teaching Staff awards.

We hope you are all enjoying Topsy Turvy week and sharing your child's learning experience in the classrooms. We have had an excellent response to this community event and would like to thank family members for attending. Parents were given the opportunity to complete our annual Parent Survey during the morning and joined in a workshop with our Speech Pathology Team along with a Transition Workshop for exiting year three students in 2019.

Bungaree students have been busy learning during NAIDOC celebrations and exploring light and sound during Science Week. Mandurah students enjoyed making bubble rainbows during Science Week and looked amazing in their Book Week costumes. We have included photos of our Pinjarra students enjoying Book Week, Science Week and joining in the reward day. Mr Voges enjoyed the day in his PJ's! Rockingham Lakes students are enjoying the Edu Dance incursion in term three and will show their skills in a concert at the end of term.

We have some very useful nutrition and food label information in this newsletter to help our students stay healthy and active.

Could parents and caregivers please check that emergency contact numbers on file at PLDS are current and updated. It is vital that in the event of an emergency, we are able to contact a family member or delegate.

Please make sure that all items of clothing are named. As the weather begins to warm up in the coming weeks students will take off jumpers and jackets. The Sports Carnivals will be held this term, so please make sure footwear is appropriate to join in active sports lessons.

Stay warm and enjoy the rest of this exciting and productive term.

Shelley Collins
Principal



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

Diary Dates

Rockingham Lakes

Thurs 29 August Topsy Turvy
Thurs 29- Fri 30 August -
Father's Day Stall / Assembly
Fri 13 September - Assembly 3.3
& D3 / 5 c
Tues 17 September - Open Night
Fri 20 September - Year 1-6
Faction Carnival
Wed 25 September - Kindy & PP
Carnival
Fri 27 September- Assembly 3.4

Mandurah

Wed 28 August - Community
Breakfast
Fri 6 September - Sports Carnival

Bungaree

Wed 28 August - Topsy Turvy /
Year 3 Transition Meeting / Year
1-6 Cross Country
Fri 20 September- Faction
Carnival
Mon 23 September - EDU Dance
Concert
Wed 25 September- Rewards
Day

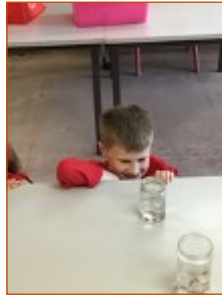
Pinjarra

Tues 3 September - Open Night
Wed 18 September - K & PP Mud
Play

Bungaree Campus

Science Week

On Wednesday students at Bungaree got the opportunity to celebrate science week. The theme this year was 'Light, Sound and Movement'. Students were very excited to celebrate by participating in some interesting and fun activities. We explored how a balloon can be used to produce static electricity. Then we experimented with different amounts of Bi carbonate of soda and vinegar to work out which combination blew the balloon up quickest. There was lots of laughter as we watched sultanas dancing in soda water and we learnt about buoyant forces. Everyone got an opportunity to work out how water in jars make a sound (vibration) and how that sound changes as you alter the amount of water in the jar. Congratulations to everyone, your positive attitude and engagement with all the activities made the day fun and informative.



NAIDOC Celebrations

In week 4 Bungaree Primary School celebrated NAIDOC week. Students learnt about the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. As part of the celebrations students enjoyed a variety of activities including rock painting, dot painting, cooking and making wrist bands in traditional Aboriginal colours. Students also learnt about the history of the Aboriginal flag and were very excited to see the Aboriginal flag now flying outside Bungaree Primary School.



Bungaree Campus



Book Week

Thanks to all those parents who took the time to organise such great costumes for their children this week. In room 1 we celebrated book week by asking students to bring in their favourite books and share them with the class. It was fantastic to see the range of books being read at home and the enthusiasm shown towards sharing their passion for books with other students. On Friday everyone dressed up as their favourite book character. A parade was held so everyone in the school could share in the excitement.



Friday 8th November 2019
1.30pm – 5.00pm



Bungaree
Primary School

Upcoming Events

Friday 20th September is our Sports Faction Carnival.



Monday 23rd September
the EDU Dance Concert.



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Wednesday 25th September will be
our Reward Day.

Bungaree Campus will be turning 50. Celebrations will
be Friday 8th November 1:30pm - 5:00pm.

Mandurah Campus

Science Week

In week 4 all classes celebrated Science week. We had lots of fun rotating through some wonderful activities including making bubble rainbows, sinking boats, sound jars, coat hanger gongs and cup telephones. As you can see from our photos we all had loads of fun. A huge thank you to Mrs Regler for making the day happen.



Mandurah Campus

Book Week

On Wednesday the 21st of August we celebrated book week. We had lots of fun at the parade showing off our wonderful costumes. Here are some photos .



Up Coming Events

Our Faction Sport's Carnival will be held on Friday 6th September.



We also have a school Disco next month. The date will be Friday the 20th of September, from 4pm - 5.30pm. Please keep an eye out for notes that will be coming home.

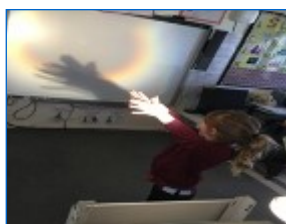
Pinjarra Campus

Science Week

Throughout week four our PLDS students had the opportunity to be involved in a number of Science activities with both our wonderful PLDS Science specialist Nina Murray as well as our host school here at Pinjarra Primary. Ms Murray entertained and excited our students by immersing them in three different enquiry based experiments that saw rockets shooting across the room, pieces of music being created from coloured water, and shadows being explored inside and outside of the classroom. All students thoroughly enjoyed the experiments, and on behalf of all teaching staff and students we would like to once again thank Ms Murray for the organisation and preparation of another successful Science Week.

PLDS students were also invited to attend a special incursion with our host school in order to celebrate Science Week. '3 Experiments That Changed the World,' led the children on a totally engaging, hands-on presentation that explained experiments that are acknowledged as being defining moments in the study of chemistry, biology and physics in a fun, interactive and humorous way. Certain students from PLDS were invited up onto the stage to participate during the experiments and all staff and students involved had a fabulous and memorable incursion.

The fun doesn't stop there for PLDS students because on the 2nd of September we will again be joining with our host school for a fun Science day as part of the 2019 National Science Week. We will be participating in several stations that are aimed at encouraging the children to explore experiment, ask questions and just have fun with science. There will be sensory and water play, magic sand, a light tent, magnetic toys, car ramps, skeletons, human body models and much more .



Book Week

Throughout week five our PLDS students celebrated Book Week. Students started the week by exploring a number of the books chosen to align with this year's theme of 'Reading is my Super Power,' before dressing as their favourite book character and participating in parades for parents, staff and students. Aura from room 28 who dressed as "The Hungry Caterpillar," and Kaden from room 29 who dressed as "Zog," were lucky enough to take home prizes for their wonderfully inventive and colourful costumes. All students looked amazing, and we thank parents for their ongoing support with this fun annual celebration of literature and reading.



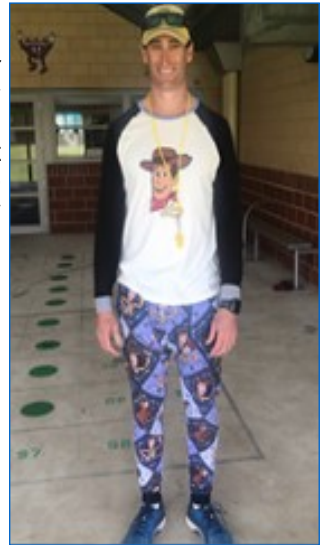
Pinjarra Campus



Reward Day

On the 23rd of August PLDS students joined with our host school to celebrate their exceptional behaviour this term as part of the PBS "Be Safe, Be Respectful, Be Successful" reward incentive program. It was a wet and rainy day down in Pinja's, so having the opportunity to come to school in our winter jim jams and share our favourite story books was indeed a treat enjoyed by all.

A big thankyou to Mr Voges who got into the spirit of the day and arrived with his sporting equipment and PJ's.



Room 29

Over the past couple of weeks students from room 29 have been exploring the use of dominoes in their problem solving tasks during Mathematics rotations. The Dominoes problems have aided the students in exploring mathematical possibilities and solutions, looking for and seeking out different patterns, and using their knowledge of mental computation strategies in order to find solutions. The Domino problems also promoted the students to take risks in their learning, which plays a large role in building resilient, confident and persistent lifelong learners. All students had an "I can" attitude and blew me away with their willingness and desire to solve each of the problems they were given.



Pinjarra Sport Award

Congratulations to all PLDS students for receiving the Pinjarra Sport Award for this fortnight at the whole school assembly. All students have been showing active participation and great sportsmanship in weekly faction sport sessions, as well as continuing to build their soccer skills with the weekly clinic with Coach Fernando. Big congratulations to Leighveak for receiving Sportsman of the fortnight, what an awesome effort.

Upcoming Events

We are looking forward to some exciting weeks ahead to see Term 3 through, and can't wait to share some pictures from our annual "Topsy Turvy" morning, Father's Day morning tea, and Faction Carnival in newsletters to come .

Don't forget Tuesday 3rd September is Open Night and Wednesday 18th September is Kindy/ Pre-Primary Mud Play Day.



RLPS Campus

Science Week In 3.3

Team 3.3 have had a lot of things going on across all areas of the curriculum and we've certainly gotten into Term 3 with a bang.

In Week 4, we celebrated Science Week by making S'mores with Miss Murray. We investigated the effects of applying heat to chocolate and marshmallows and discussing the changes to the look, smell and feel of the chocolate and marshmallows. We all agreed that the best part of making S'more was eating them. Miss Murray also surprised us by making 'Elephant Snot' by using yeast, warm water, dishwashing liquid, food colouring and low-grade peroxide. We were amazed with how combining the mixtures made it shoot up out of the bottle and then ooze down the sides. Our favourite part was wearing our safety equipment of gloves and goggles.



Mathematics In 3.3

In mathematics we have been learning problem solving skills using dominoes to assist us. Each week we are given a problem to solve and work as a team to investigate different ways to solve the problem. We are finding that as the weeks progress we are becoming quicker and finding new ways to solve problems and challenging our learning further.



Edu Dance

Another exciting inclusion into our curriculum is Edu Dance. We have been learning lots of different moves and enjoying the music as we head towards putting all that we have learnt together into a dance routine. We look forward to showcasing our dance at the end of the term.



Spider Net Playgrounds– Out Of Bounds

The spider net playgrounds located outside block 3 and block 4 are currently being examined and repaired.

In the interest of your child's safety please ensure they do not play on these playgrounds before or after school.

All Campuses

Parent Survey

Our Parent Survey is live and will close on 20/09/2019.
This can be done via the link on our Skoolbag App.

BEST Classroom Resilience Tip

Being learning confident – means asking questions, saying “I don’t know,” asking for help and speaking up when you do and don’t know the answer. Praise confidence when you see your child showing it in their learning tasks at home. bestprograms4kids.com

Decoding food labels



Learning how to read food labels can help you decide which foods are the healthiest options for you and your family.

Health Star Rating (HSR)

The Health Star Rating is a label on the front of some food packages. It is a quick way of checking whether a packaged food is a healthy choice. Healthier products earn more stars.

The Health Star Rating should be used to compare similar foods, e.g. two breakfast cereals, not foods in different categories, e.g. a breakfast cereal and a yoghurt. Unpackaged foods like fruit and veg, and single ingredient foods like sugar don't use the Health Star Rating. The system is currently voluntary, so manufacturers can choose whether or not to display their star rating.



Read more about the HSR at www.healthstarating.gov.au

Nutrition Information Panel (NIP)

In Australia, most packaged foods must display a nutrition information panel. The panel shows the amount of nutrients 'per serving size' and 'per 100g'. As the serving size on the package may differ for similar products, and may be different from what you actually eat, it is best to use the 'per 100g' column to compare products.

To decide if a product is a healthy choice, use the following guide:

Compare numbers in the 100g column	Best choice	Okay sometimes	Poor choice
TOTAL FAT	Less than 3g	3 – 10g	More than 10g
SATURATED FAT	Less than 1.5g	1.5 – 3g	More than 3g
SUGAR	Less than 5g	5 – 15g	More than 15g
SODIUM (salt)	Less than 120mg	120 – 400mg	More than 400mg
FIBRE	Choose high fibre. Up to 4g per serve column and choose more than 2g fibre per serve.		

DRINKS: Choose water first

Ingredients list

Ingredient lists can also help you decide if a product is healthy. Ingredients are listed from most to least amounts, so the main ingredients are listed first. Look out for added fat, sugar and salt.

These can appear on the ingredients list under many different names. All types of sugar and salt are similar nutritionally and will be used in the body in a similar way. Don't be fooled by the marketing claims! Choose foods with minimal trans fats and less than 1.5g of saturated fat per 100g.

Other names for sugar, salt and fat:

• brown sugar, coconut sugar/nectar, corn syrup, cane sugar, date syrup, dextrose, disaccharides, fructose, fruit juice concentrate, glucose, golden syrup, honey, invert sugar, lactose, malt, malt extract, molasses, raw sugar, rice malt syrup, sorbitol, sucrose

Sugar



• celery salt, chicken salt, garlic salt, onion salt, pink salt, rock salt, sea salt, sodium

Salt



• beef fat, butter, coconut oil, copha, dripping, hydrogenated oil, lard, oil, palm oil, shortening, triglycerides, vegetable oil

Fat



IN THE KITCHEN (CONTINUED)

Play dough

- See how many shapes and patterns you can make together.
- Add essential oils, glitter and sand to play dough to change the texture and smell.

Kitchen utensils

- Explore how different kitchen utensils work, like a can opener and an ice cream scoop.
- Look at the reflection on both sides of a spoon. Ask *Why is each side different?* and *Which side is like looking in a mirror?*
- Get your child to pick up small, big, light and heavy items with tongs.



TASK

Make a stove with your child. Talk about the parts you need, for example an oven, knobs, switches and grill. Collect items to create the parts such as boxes, bottle tops and corrugated cardboard. When making the stove, talk about where the different parts go and how they can be attached. And then paint the stove!

QUESTIONING SKILLS

Questioning encourages children to expand their thoughts rather than giving yes or no answers.

Ask	For example
What does it...	<p>feel like? Close your eyes and tell me how it feels.</p> <p>look like? Compare the colour, pattern, size, shape and texture.</p> <p>taste like? Have you tasted something like this before?</p> <p>smell like? Does it remind you of something else?</p> <p>sound like? Where have you heard this sound before?</p>
What do you think would happen if...	<p>we add water to this?</p> <p>a playground slide grew bigger?</p>
Why do you think...	the shadow has moved?
How does...	a robot work?
What if we...	change the size of the wheels on different toys?
How can you...	make blocks balance?

School Nurse

Drinks - what should children drink?

Drinking plenty of water is essential for people of all ages. When your child is thirsty, encourage them to drink plain water.

It is recommended that:



children aged 5 – 8 years
drink 1000ml per day (4 big cups)

children aged 9 – 12 years
drink 1500ml per day (6 big cups)

young people aged 13+ years drink 2000ml per day (8 big cups).



Drinking milk is also important, as it provides children with the calcium they need for growing bones and teeth. If your child doesn't drink milk, try yoghurt, cheese or calcium-fortified soy milk.

The drinking of cordials, soft drinks and fruit juices should be limited, as the sugar in these drinks may contribute to tooth decay and unhealthy weight.

Energy drinks and artificially sweetened drinks are not suitable for children.

For more information go to <https://livelighter.com.au/>

Healthy eating - ten tips for parents



Give children a variety of different foods

Offer nutritious snacks, like fruit, yoghurt, crackers and cheese

Encourage your child to eat breakfast

Ensure that the family eats together at least once a day

Pack your child's lunch at home. Let your child help.

If your child refuses a new food, don't make a fuss. Try again several times.

Listen when your child tells you they are full

When your child is thirsty, encourage them to drink water.

Allow your children to help with planning and preparing healthy meals.

Plan physical activities for your family

FUN WITH LANGUAGE



Recounting everyday events

- After completing an activity, recount the events with your child
- You can recount all sorts of events that happen during the day (e.g. getting dressed, making the bed, baking a cake)
- Talk about the process you went through step-by-step, e.g.,
 - First we fluffed up the pillows
 - Next we put the pillows on the bed
 - And last we put the doona on top of the bed
- Help your child with this by saying the various steps and getting them to copy after you. As they get more confident, they can complete the recount more independently

Community News

PARENTING COURSES

West Leederville

September 2019

Parent-Child Connection x 9 Tue 3 - 24 Sep 6.30-9pm \$50pp/\$75pc

Parenting doesn't come with a guidebook but we do know what helps create a strong parent-child connection: security, warmth and positive attention, and good communication - plus boundaries and fair rules. This practical course will help you understand your child's development and behaviour and give you some tools so you can parent with confidence and enjoy your kids.

Parent-Teen Connection Sat 7 Sep 9.30am-4.30pm \$50pp/\$75pc

Are you going through difficult times with your teenage child? Struggling to understand their moods and behaviour? There are plenty of things you can do to maintain a strong relationship and stay connected with your teen. 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.

Mums Raising Boys (up to 12) Mon 9 Sep 6.30-9pm \$30 p/person

Mothers, who are usually their son's primary female role model, play a vital part 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 & Water Program (8-14) Sat 5 Oct 8.30am-12.30pm \$70 per pair

This program leads the child from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. We encourage fathers, mothers, daughters and sons to spend a Saturday morning together examining their emotional connections with each other whilst learning new skills to strengthen family ties.

Mums Raising Teen Girls Mon 16 Sep 6.30-9pm \$30 p/person

As we know, the relationship between a mother and her daughter is very important. This workshop helps mothers to better understand their daughters and the challenges they go through during puberty and helps to better equip their daughters to be happy and strong individuals.

NEW How to Develop Qualities in our Children

Sat 21 Sep 9.30am-4.30pm \$60 p/person

All parents and those caring for children would like to see children display such qualities as kindness, truthfulness, fairness and respect. This one day workshop gives some strategies as to how you can assist children to develop and practice these qualities, and in turn, help create strong, values-based relationships. This workshop is based on the Virtues Project.

Places are limited - please contact (08) 6164 0239 to register today

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

Emotion Coaching Your Child

Raising our children should be one of life's greatest experiences, but as every parent knows it can often be overwhelming.

Research indicates that developing the emotional competence of your child provides a 'secure' pathway to the development of Emotional Intelligence (E.Q. - believed to be a better predictor of success than Intelligence (I.Q.)).

This workshop is designed to introduce you to the art of Emotion Coaching which helps parents to be supportive of their child's emotional world and to value emotional connection and intimacy.

Participants will learn how to:

- Understand the different styles of parenting
- Communicate with their child more effectively
- Help their child identify and understand their emotions
- Soothe and guide their child through their 'difficult' emotions
- Understand the contribution of their own emotional world to their parenting

Where: MIDLAND - 27 The Crescent
When: Tuesday 10 September
Time: 6.30pm - 9.00pm Cost: \$30

Bookings are required. Please phone 6164 0200 to enrol.

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

Fathering after Separation

Being separated does not mean you are any less important to or needed by your children. This session, held in a male-friendly environment, will help you develop parenting skills that are responsive to your children's needs as they find their way through the family separation and to assist you to find helpful ways to stay in contact with your children.

In this workshop we will discuss:

- What children experience in the separation and what they need from their dads
- Developing a functional and parent-focused relationship with the mother of your children
- Managing conflict with your former partner constructively
- Styles of co-parenting
- Practical ways to maintain a positive and rewarding relationship with your children

"We recommend all Dads going through the separation process attend our course 'Survival Kit for Separating Dads' prior to any other parenting course."

Where: FREMANTLE - 1 Ord Street
When: Wednesday 25 September
Time: 6.30pm - 9.00pm Cost: \$30 per person

Bookings are required. Please phone 6164 0200 to enrol.

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

betterhealthprogram
healthy active happy kids



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



