PEEL LANGUAGE DEVELOPMENT SCHOOL

23 October 2019 Issue 16



Welcome to the first newsletter for term four. We hope you all had an enjoyable holiday and managed to spend some time outside even though we still had some wintry weather. Our students have enjoyed seeing their friends again and have settled back into routines and activities. Term four will be a busy term with Induction, Transition, swimming, the school picnic and various other events. Further information will come out in the following weeks.

Students across all campuses have had an exciting start to term four. The students in room 11 at Mandurah have moved back into their newly refurbished room and are enjoying writing letters to their Pen Pals from East Metropolitan Language Development Centre. Bungaree students celebrated their good behaviour choices at the end of term 4 and students at the Pinjarra campus are busy practising for their assembly in week 4. Students at our RLPS campus are looking forward to the Musica Viva incursion in week 4 and joining with RLPS students to recycle bottle tops to use for prosthetic limbs and STEM projects.

Friday 1st November will be the exciting Box Challenge Day where students are using cardboard boxes to create a project and Friday 8th November is Outdoor Classroom Day where all students will be taking part in learning in the natural environment.

In this newsletter you will find important information about the School Bus Service and the last date to apply. We have also included information about healthy food choices and tips to help your child with reading.

The P & C group across all campuses do an amazing job working in the canteen, voluntary roles and fund raising. If any parents of students at the RLPS campus have some time available to volunteer, please let the P & C or our front office know.

The Placement Panel have met this week to review the applications for a place at one of our PLDS sites. Successful applicants will be notified shortly and be invited to attend our Induction Days at Port Kennedy, Rockingham, Pinjarra and Mandurah campuses.

I would like to remind all parents to update your details at our front office if there is a change of address or phone number. It is vital that we are able to contact you in the event of an emergency. If you have or are changing addresses please give our front office a copy of your proof of address document such as a utility bill to keep our records current.

World Teacher's Day is celebrated this Friday, the 26th of October. It is a day that we can celebrate and show our appreciation for the hard work, commitment and dedication shown every day by the Teachers, Educational Assistants and Support Staff.

Enjoy the fine weather and have a productive term!

Shelley Collins Principal

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

Diary Dates

Rockingham Lakes

Mon 21 October - Wed 23 October- Sci-Tech

Fri 25 October - World Teacher Day

Wed 30 October - Music Aviva

Fri 1 November - Box Challenge

Mon 25 November-Fri 6 December - Swimming Lessons

Mandurah

Fri 25 October - World Teacher Day

Fri 1 November - Box Challenge

Wed 20 November - Community Breakfast

Bungaree

Fri 25 October - World Teacher Day

Tues 29 October- School Photos

Fri 1 November- Box Challenge

Tues 5 November-Rm 1 & 2 Assembly

Fri 8 November - 50th Celebrations

Tues 19 November - Rm 3 & 4 Assembly

Friday 22 November - Colour Run

Pinjarra

Wed 23 October- Interschool Athletics (yr3-6)

Fri 25 October - World Teacher Day & K/ PP Sport's Day

Mon 4 November - Swimming Lessons

Fri 22 November- Pupil Free Day

Mandurah Campus

Welcome to Term 4

Everyone at the Mandurah Campus hope that you have had a wonderful and safe holidays. We have had a fabulous start to the term and we are looking forward to a great term ahead.

Over the holidays, Room 11 and Room 10 were completed and now Room 11 are back into their room. It was lovely to see how excited the children were to see their new room and we are settling back in beautifully. We thank all the students and their families for being so patient and flexible in the move.

Pen Pals

The students in Room 11 have been continuing to write to their pen pals from the South East Metro Language Development Centre this term and especially love getting their mail. The students have been learning about how to write letters and are extremely excited to get to know other students from another school.

Term Planner Dates

Wednesday 23rd October-Interschool Athletics

Friday 25th October - World Teacher Day

Friday 1st November - Box Challenge

Friday 8th November - Assembly and Outdoor Day

Wednesday 20th November - Community Breakfast

Friday 29th November - Assembly

Friday 13th December - Picnic Day

Thursday 19th December - REACH Reward Day and Last Day of Term

Students Return Monday 3rd February 2020





Coming Up

Room 19 and Room 14 have their assembly coming up and we look forward to seeing this soon. A selection of students will be attending the Interschool Carnival on Wednesday the 23rd of October and we wish them all good luck. Just a reminder to parents, please continue to check communication books daily for notes that are being sent home, as we have lots of events happening this term.

Pinjarra Campus

- WELCOME-BACK TO SCHOOL

Welcome Back

On behalf of all the staff at PLDS Pinjarra campus, we would like to welcome all the parents and students back for a busy term 4. This term we have our assembly item, the much anticipated community event, the PLDS annual school picnic, as well as swimming lessons. We

look forward to retelling and sharing photographs of these exciting events with you in the weeks to come.



Term Planner Dates

Wednesday 23rd October-Interschool Athletics Yr3-6

Friday 25th October - World Teacher Day

Friday 1st November - Box Challenge

Monday 4th November to Friday 15th November - Swimming Lessons

Thursday 7th November - Outdoor Classroom Play (K&PP) and Rm 28/29/30 Assembly

Friday 22nd November - Pupil Free Day

Monday 9th December - RAC Road Safe Incursion

Friday 13th December - Picnic Day

Tuesday 17th December - Activity Day

Thursday 19th December - Presentation Assembly and Last Day of Term

Students Return Monday 3rd February 2020

Bungaree Campus

Congratulations

Well done to all these students who were selected to receive a medal at the end of the term. These medals are only given to students who demonstrate that they have consistently chosen Effort, Safety or Respect throughout the term. Congratulations. We are all very proud of your achievements .



Reward Afternoon

At the end of Term 4 all students who had maintained their Good Standing throughout the term were rewarded with a games afternoon. Student brought in their favourite games from home and enjoyed playing with their friends for the afternoon. Congratulations to all those students who participated for choosing Effort, Respect and Safety throughout the term .



Term Planner Dates

Friday 25th October - World Teacher Day

Tuesday 29th October - School Photos

Friday 1st November - Box Challenge

Tuesday 5th November - Rm 1 & 2 Assembly

Friday 8th November - 50th Celebration

Tuesday 19th November - Rm 3 & 4 Assembly

Friday 22nd November - Colour Run

Friday 6th December - Costume Disco

Wednesday 11th December - Good Standing Reward Day

Thursday 12th December - Christmas Concert

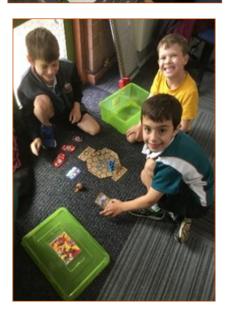
Friday 13th December - Picnic Day

Tuesday 17th December - EOY Book Assembly

Thursday 19th December - Last Day of Term

Students Return Monday 3rd February 2020









Bungaree Campus

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





RLPS Campus



Welcome to Term

What an exciting term we have coming up with lots of learning and creating. We have begun this term by jumping straight back into our reading groups and sharing our favourite part of the story with our groups. We completed a 'Snapshot' of what we did on our holidays by choosing 2 things that we enjoyed the most and writing about them and drawing a 'photo' to help us remember what we did. We have also been using QR codes on our iPads during our History lesson to look at different items from now and comparing them to what we used in the past.











Runner Up Champion Boy

Jaxon received his Runner Up Champion Boy trophy after a recording error at the RLPS Athletics Carnival last term. Jaxon will also now be included in the interschool team to take on three other schools on Wednesday 13th November at Hourglass Reserve in Cooloongup. The other Peel Language students to represent the school are; Tamaroa, Paige, Ally, Kaiden, Kaidyn, Kuziva and Lennix.



Bottle Caps

Did You Know...Bottle caps are one of the top polluters in our oceans. Plastic bottle caps are fully recyclable.

Unfortunately, as reported on 'ABC's "War on Waste", they aren't recycled. Most bottle caps fall through machinery and get sent to landfill

You Can Help....Please send your CLEAN plastic bottle caps to school with your child/ren as 1.4 are collecting them and will forward them to the initiative

over the page.
Target 1,000,t
initiative betwee
Joe, Envision
City, Rotary
which is gat

Envision Comment with Comproment Plan

Target 1,000,000 is a joint initiative between Grow with Joe, Envision, Wyndham City, Rotary and Lions, which is gathering bottle tops and transforming them into 3D filament, prosthetic hands, and other usable STEM items.

Musica Viva Incursion

On Wednesday the 6th of November students from Rockingham Lakes Primary School and Peel Language Development School will attend a Musica Viva incursion hosted by 'Adam Hall and the Velvet Players' in the undercover area. There will be no cost to the incursion for PLDS students.

Adam Hall and the Velvet Players are a fivepiece jazz ensemble from Western Australia that specialise in high-energy, entertaining brand of jazz and blues. Students have been studying the characteristics of jazz and blues and practiced performance techniques such as improvisation and drumming loops. This incursion will be a marvellous opportunity to see a professional jazz band perform live, using jazz and blues techniques they have been studying and practicing.

Our students are very much looking forward to this incursion. I am sure it will be an enthralling performance for everyone.



RLPS Campus

Kindy and Pre-Primary Sports CarnivalOn Wednesday the 25th September Rockingham Lakes campus held their Kindy and Pre Primary Sports Carnival. The students arrived wearing their faction colours creating a sea of red, blue, green and gold. Firstly they had their running races which were over 50m. They then stayed in their classes and rotated around the activities they had been practicing throughout term 3. The parent turn out was phenomenal. It was so great to see all of the parents, guardians, grandparents, aunties, uncles and siblings coming down to cheer on the participants. The students thoroughly enjoyed the day and the support from their families. A big thank you to the teachers for their hard work and co-operation to make the carnival such a success.













Term Planner Dates

Monday 21st October to Wednesday 23rd October - Sci-Téch

Friday 25th October - World Teacher Day

Wednesday 30th October - Musica Viva

Friday 1st November - Box Challenge

Friday 8th November - Outdoor Classroom Day

Monday 25th November to Friday 6 December -Swimming Lessons

Friday 13th December - Picnic Day

Thursday 19th December - Last Day of Term

Students Return Monday 3rd February 2020 and Swimming Lessons will be in Term 1 2020



All Campuses



FAMILIES DO NOT NEED TO REAPPLY IF THERE ARE NO CHANGES TO THEIR CURRENT CIRCUMSTANCES AND THEY ARE CURRENTLY RECEIVING TRANSPORT ASSISTANCE BY THE WAY OF BUS OR CONVEYANCE ALLOWANCE.

For ALL NEW 2020 Applications for Transport Assistance

All transport assistance applications for 2020 must be submitted to School Bus Services (SBS) via the School Bus Services website

www.schoolbuses.wa.gov.au

by the 15th November 2019

SBS cannot guarantee any applications submitted after this date will be processed in time for transport in Term 1 2020

Enquiries Contact - Claire Martin 9326 2528

How to Crunch&Sip®: a guide for parents



Crunch&Sip® is an easy and practical way of getting kids to eat more vegetables and fruit

To Crunch&Sip® every day, send your child to school with:

- A clean, clear bottle filled with water
- An extra serve of easy to eat vegetables or fruit



- Cut fruit and veg into easy-to-eat pieces
- Store fruit and veg in a sealed container
- Chill in an insulated lunch bag for extra crunchiness
- Include a spoon or fork for juicy fruit and veg like mango, avocado and meion. This will stop sticky fingers in the classroom.
- Time saving tips
 - Prepare vegie sticks in advance! They will stay fresh in the fridge for several days if kept in an airtight container with a wet paper towel.
 - A whole carrot, apple or celery stick is perfect for older kids no chopping required! Sugar snap peas, cherry tomatoes and grapes are good for little ones.

Are your kids tired of the same carrot sticks and apple for Crunch&Sip® each day? Choosing different coloured vegetables and fruits keeps it interesting and is good for you tool



Different coloured vegetables and fruit provide different vitamins, minerals and phytonutrients This will help give your children the right balance of nutrients for good health. Eat a rainbowl







BATH TIME PLAY

- Put different objects in the bath with your child. Get your child to see if they float or sink. Ask them to guess what they think might happen before they try. Ask why some objects float and others sink. Talk about ways to make floating objects sink, and sinking objects float.
- Get your child to fill different objects with water and then empty them. Use cleaned shampoo bottles to squirt water. Squeeze the bottle when it is empty and full and talk about how that feels. Squeeze the bottle under water and above water to see what happens.

Ask questions about wha happens when the bath plug ls removed.



All Campuses

Why Can't I Skip My 20 Minutes of Reading Tonight?



Student "A" reads 20 minutes each day Student "B" reads 5 minutes each day Student "C" reads 1 minute each day

3600 minutes in a school year

900 minutes in a school year

180 minutes in a school year

1,800,000 words



282,000 words

8,000 words

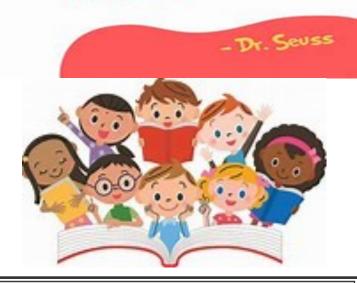
90th percentile

50th percentile

By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

[Nagy & Herman, 1987]

You can find magic wherever you look. Sit back and relax, all you need is a book.



FUN WITH LANGUAGE

Read to your child everyday! Let your child choose the book and before you read, talk about the pictures and describe what you think might happen in the story. You don't always have to read the story in the book, you can make up your own! Ask your child 'wh' questions- who, what, where, when and why. Encourage your child to ask you questions too!



BEST Playground Resilience Tip

Making friends. Easy for some and difficult for others. Teach your child to approach with a smile, use a friendly greeting, to say something nice, to talk about something interesting to all parties and to look and sound confident.

bestprograms4kids.com

BEST Classroom Resilience Tip

Handling homework— after the school day can be a big deal to manage in families. Set time aside, have stationery handy, make it fun. Use 'must do' moments like driving to and from school to knock over rote work like times tables. bestprograms4kids.com

BEST Emotional Resilience Tip

Calming Down – is an essential skill for you and your child. How do you calm down? Stepping out, breathing, going for a walk – all healthy ways to calm down when family life gets difficult. How are you modelling this skill?

bestprograms4kids.com

BEST Family Wellbeing Tip

Getting homework done. This is often a pressure point in families. Set aside an area, have resources ready to go, build the time into your routine and make it fun. Use time in the car to get rote learning tasks done – like times tables.

bestprograms4kids.com

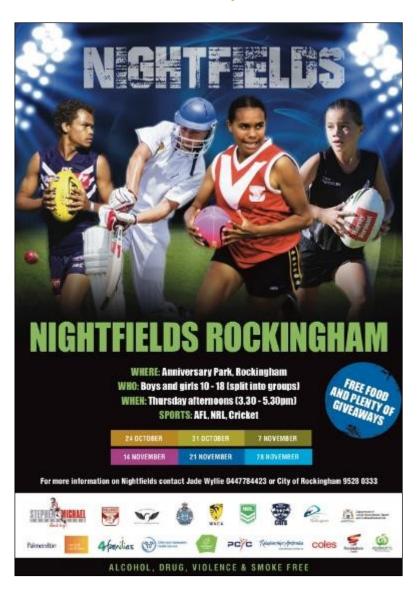
School Nurse

Healthy eating - ten tips for parents



- 1. Give children a variety of different foods
- 2. Offer nutritious snacks, like fruit, yoghurt, crackers and cheese
- 3. Encourage your child to eat breakfast
- 4. Ensure that the family eats together at least once a day
- 5. Pack your child's lunch at home. Let your child help.
- 6. If your child refuses a new food, don't make a fuss. Try again several times.
- 7. Listen when your child tells you they are full
- 8. When your child is thirsty, encourage them to drink water.
- 9. Allow your children to help with planning and preparing healthy meals.
- 10. Plan physical activities for your family

Community News



Community News





Relationstrips Australia. Western australia

1300 364 277 www.relationshipswa.org.au



MyTime Group for families with children from birth to 18 years

MyTime is for parents and carers of children with a disability, developmental delay or chronic medical condition.

It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy. It's support for you.

While you attend your group led by a trained facilitator, a play helper will engage your pre-school aged child.

Occasional guest speakers will provide information on NDIS, child behaviour, schooling and other topics. No need to book, just come along!

Date: Wednesdays, from 23 October to 11 December

Time: 12pm to 2pm

Venue: Child and Parent Centre Calista

Enquiry: 9367 0960 or email: calista@ngala.com.au





6 week course in Mandurah for women

Do you ever feel like your family history is heavy baggage, weighing you down?

Many of our adult attitudes and behaviours stem from experiences in our early years. How we communicate, resolve conflict, use anger effectively or not, and how we show affection – can all be traced to family patterns passed down from generation to generation. This six week course helps you to understand how your past is influencing your present.

Tuesdays, 22 Oct – 26 Nov 2019 9.30am – 12 noon

Don't miss out! Book by Thursday 17 Oct

Lotteries House, 7 Anzac Place, Mandurah

\$90 per person (\$45 for concession card holders)

Places are limited so book now on 6164 0588 or Email: Mandurah.Education@relationshipswa.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 healthler foods everyday
 - Bulld 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





Relationships Australia.

Mandurah Workshops

Term 4 - October - December 2019

Anger Management for Men 8 weeks – Mondays 21 Oct – 9 Dec 6.00pm - 8.30pm, \$130 Family Patterns - Self Awareness For Women - 6 weeks - Tuesdays 22 Oct - 26 Nov, 9.30am - 12pm, 590

Recharge Your Relationship Thursdays, 14 & 21 November 6.30pm - 9pm, \$75 couple Teens & Anger
Pinjarra - Monday 18 November
9.30am - 12noon, \$30

Mindfulness Wednesday 20 November 6.30pm - 9pm, \$30 Coaching Kids' Emotions Monday 25 November 9.30am - 12noon

Mens Talk Communication Skills for Men Wednesday 27 Nov 6.30pm - 9pm, \$30 Parenting Teens Monday 2 December 9.30am - 12noon, \$30

Supporting Your Anxious Child Juesday 3 December, 6.30pm - 9pm, \$30

Successful Single Parenting Wednesday 4 December 6.30pm - 9pm, \$30

Like us on Facebook Relationships Australia WA (Mandurah)



GENEROUS DISCOUNTS FOR CONCESSION CARD HOLDERS

For all enquiries phone: 6164 0588 Bookings Essential Email: Mandurah.Education@relationshipswa.org.au

> Office hours: Monday, Tuesday & Thursday, 9am-2pm www.relationshipswa.org.au

Community News

Supporting Your Anxious Child

For men and women

and themselves.

This workshop explores anxiety in an easy to understand format. You will learn to recognize the signs and symptoms of anxiety, find out what causes anxiety and learn strategies to support your child should they become anxious.

Tuesday 3 December, 6.30pm to 9pm \$30 per person (concessions available)

Successful Single Parenting For men and women

Being a parent is often difficult and challenging, and sole parenting brings its own unique issues. This session explores issues relevant to the specific stressors single parents face in caring for their children

Wednesday 4 December, 6.30pm to 9pm \$30 per person (concessions available)

The courses we offer change every school term. Please check our website for current information:

www.relationshipswa.org.au

To find out more visit: www.relationshipswa.org.au

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About Relationships Australia

Relationships Australia (WA) is a community-based, not-for-profit organisation with no religious affiliation. Our services are for people from all walks of life, regardless of age, race, gender or sexual, preference. It does not matter whether you are single, married, divorced, living together or in a same -sex relationship, you can talk to us.

To book a workshop, please phone 6164 0588

Mandurah.Education@relationshipswa.org.au

Like us on Facebook Relationships Australia WA (Mandurah)





Relationships Assgralia.

Mandurah

Courses to strengthen relationships

October to December 2019



Rolationships Australia

Suite 5, Lotteries House Anzac Place, Mandurah www.relationshipswa.org.au

Enquiries and Bookings 6164 0588

Mandurah.Education@relationshipswa.org.au

Anger Management for Men For men only – Eight week course

This 8 week course is for men who are concerned their angry actions and words are hurting themselves and others. It doesn't have to be that way. The participants learn what attitudes, thoughts and beliefs take them down the path of anger. Through weekly practice and group interaction, participants develop new skills to help them avoid the harmful effects of anger.

Mondays 21 Oct - 9 Dec, 6.00pm to 8.30pm \$130 per person (concessions available) (course fee can be paid in weekly instalments)

Family Patterns - Self Awareness For women only- Six week course

Do you sometimes feel like your family history is heavy baggage, weighing you down? Many of our adulthood attitudes and behaviours stem from experiences in our early years. This six week course investigates the impact of our early life on current patterns of closeness, stress management, communication, displays of love and other emotions, and conflict management. Join this group to understand how your past is influencing your present.

Tuesdays, 22 Oct – 26 Nov, 9.30am - 12 noon \$90 per person (concessions available) (course fee can be paid in weekly instalments)



Recharge Your Relationship

For couples –Two night course

Couples' relationships today face many challenges and pressures. This course will give you the opportunity to recharge your relationship by taking two nights out together to reflect on and improve your relationship skills. Over two weeks you will be given the opportunity to explore your relationship, work on areas that need improvement, such as communication skills and conflict management, and enhance your areas of strength.

Thursdays, 14 & 21 November, 6.30pm to 9pm \$75 per couple (concessions available)

Teens and Anger

For women

Location - Pinjarra

Does your teenager always seem to be angry? Is it hard for you to control your anger around them? This course gives you an insight into why the teenage years can seem like an anger minefield and will give you new ideas and skills in managing your teens' angry emotions.

Monday 18 November, 9.30am - 12 noon \$30 per person (concessions available)

Mindfulness

For men and women

Research has shown that mindfulness training helps you to deal with stress better, improve your concentration, reduce obsessive thinking, and improve your psychological and physical well-being. Mindfulness helps you to live in the present moment and engage fully with what you are doing. This one night workshop gives you an experiential introduction to Mindfulness.

Wednesday 20 November, 6.30pm to 9pm \$30 per person (concessions available)

Coaching Kids' Emotions

For men and women

After many decades of research it has been found that one of the most useful skills and awareness a parent can give their child is emotional intelligence. This means helping their child to recognize what they are feeling and why. This seminar explores the most helpful ways of responding to a child to help them to learn how to regulate their own emotions.

Monday 25 November, 9.30am to 12noon \$30 per person (concessions available)

Mens Talk

Communication Skills for Men For men only

Would you like to improve your communication skills and develop a greater sense of self confidence when communicating with others? Good communication skills makes negotiating life a whole lot easier, as well as being an important aspect of building strong relationships. This workshop gives you the opportunity to assess and develop your communication skills.

Wednesday 27 November, 6.30pm to 9pm \$30 per person (concessions available)

Parenting Teens

Recommended for parents of children aged 10+

Parenting an adolescent can be a challenging and stressful time. This seminar will help you to gain a greater understanding of what is happening during the teenage years to help improve your relationship with your teenager.

Monday 2 December, 9.30am to 12noon \$30 per person (concessions available)