

*Our vision is to provide opportunities that challenge all students to achieve their personal best.*

## ATHLETICS CARNIVAL



Congratulations to all our students for the terrific way in which everyone participated in the Athletics Carnival Days. The Carnival Days were a wonderful success in the enjoyment, participation and personal drive by our students in the events. Congratulations to Mason in being the winning Faction and also to all the individual Champion and Runner-Up winners. It was fantastic to see so many parents, family members, and friends of our students barracking and enjoying the carnival. A big thankyou to our school P&C for coordinating the coffee van; working the sausage sizzle and cake stall; and helping provide and set up shades/equipment for the day; which all greatly added to making the day a success. Also, congratulations to all our school staff in contributing too, organizing, and leading roles in ensuring the Athletics Carnival was so successful. A special acknowledgement to Mr Suriani and Mrs Heffernan for their dedicated work towards the Carnivals and the work of our gardeners Mr Burrow and Mr Panizza is helping prepare the oval for the events.

## DAY 1 TERM 4 PUPIL FREE DAY

Monday 14th October is a pupil free day where staff will be engaged in professional development aligned to our school Business Plan.

Term 3 has been a very busy Term with a large range of excellent programs for our students by our staff. I wish everyone a very relaxing and enjoyable two weeks of school holidays and I look forward to seeing you in Term 4.

## STIRKFEST



Our students were superb in their performances at Stirkfest, with their community song Three Little Birds and concluding with a magnificent Drumming Performance. Congratulations to our students on their successful performing and a big thankyou to Mr Bathols for his teaching and leading of the students up to and in performing at Stirkfest.

## NAPLAN

The Year 3 and Year 5 student reports have arrived and they will be sent home this week along with a parent information sheet on how to read your child's report and other frequently asked questions.



**Glen Duffield - Principal**

## UPCOMING EVENTS

Fri 27 Sep	Last Day of Term 3
Mon 14 Oct	Professional Learning— <b>No Students at school this day</b>
Tue 15 Oct	Students First Day of Term 4
Fri 18 Oct	Student Leader Assembly 8:45am
Tue 22 Oct	Interschool Jumps & Throws
Fri 25 Oct	Interschool Carnival
Mon 28 Oct —Fri 8 Nov	Interm Swimming Program

## FROM THE DEPUTY PRINCIPAL

### Swimming Lessons

Swimming Lessons start on Monday 28<sup>th</sup> October and run for two weeks. Thank you to all those parents who have already paid for the lessons or have set up payment plans. If you have not done so it is important we receive payment by the end of Term.

### Interschool

Interschool letters will go out this week. Interschool this year is at Herne Hill Primary School. Jumps and Throws will be on Tuesday 22<sup>nd</sup> October and the Carnival will be on Friday 25<sup>th</sup> October. Herne Hill are offering lunches for any interested spectators or students on Friday 25<sup>th</sup> October. Information about this will come out with the school selection letters. Please get payment to school by the end of Week 1 Term 4 (18<sup>th</sup> October).

### Footy Colours Day

In recognition of the AFL grand final students are allowed to wear colours representing their favourite AFL team this Friday, 27<sup>th</sup> September 2019. Students are asked to bring a gold coin donation and money collected will go towards the purchase of Sports Carnival Equipment by the P&C.



*Clare Heffernan - Deputy Principal*

### ADVICE AND TIPS

Here are some ideas to help your child get to sleep earlier:

- Encourage your child to go to bed and get up around the same time every day. This can help get his body clock into a regular rhythm. For example, on weekends a sleep-in of an hour is OK, but it's best to avoid longer sleep-ins. These might lead to your child not feeling tired at night.
- Discourage late-night eating, and encourage your child to have breakfast when he gets up in the morning.
- Allow plenty of time – for example, 40 minutes – for your child to have a wind-down before turning off the lights to go to sleep. Encourage quiet activities like reading a book or magazine, drawing, writing, playing card games or doing puzzles.
- Turn off electronic stimulation in your child's bedroom at least one hour before bedtime. This includes all screens – mobile phones, tablets, computer screens and TV.

### SCHOOL CAR PARK SAFETY RULES

- If you have young children please ensure that you keep hold of them when walking to your cars for their own safety and please do not leave young children unattended in the car in the car park.

#### CAR PARK

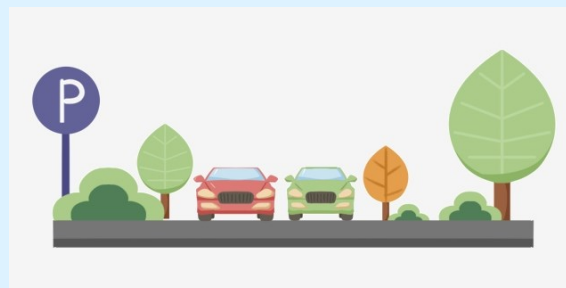
- Drive slowly it's an 8km an hour zone
- Reverse parking only.
- Don't walk through car park, walk around the outside.

#### KISS & DRIVE

- Drop Off and Pick up ONLY

#### BOYLE LANE SCHOOL ZONE

- All of Boyle Lane is now a school zone. From 7:30am to 9:00am and from 2:30pm to 4:00pm on school days you must obey the 40km/hour speed limit.



## Certificate Recipients

Congratulations to the following students who recently received certificates



### Wonderful Writers

Mason S.	Jayden W.
Peta A.	Braden B.
Zachary B.	Brianna W.
Seth D.	Cassie D.
Shane Q.	

## FROM THE SCHOOL NURSE

### Parenting support

As parents, you are the most important person in your child's life.

Many parents find life with a child a joyful but challenging experience. Children's needs change as they grow and each stage brings new challenges. You may find the following resources helpful from time to time as you navigate some of these challenges as a parent:

- Raising Children Network  
[www.raisingchildren.com.au](http://www.raisingchildren.com.au)
- Healthy WA  
<http://healthywa.wa.gov.au/Healthy-living/Parenting>
- Triple P - Positive Parenting Program  
[www.healthywa.wa.gov.au/Triple\\_P](http://www.healthywa.wa.gov.au/Triple_P)
- Ngala  
[www.ngala.com.au/](http://www.ngala.com.au/)
- Child and Parent Centres  
<http://childandparentcentres.wa.edu.au/>

*Ms Clare Pargeter - School Nurse*

## Faction Athletics Champions and Runner-Ups



	Champion	Runner-Up
Junior Girl	Jaliyah A.	Inara S.
Junior Boy	Zachary B.	Nathan J.
Intermediate Girl	Kiara S.	Emma P.
	Peyton B.	
Intermediate Boy	Mitchell B.	Liam W.
Senior Girl	Summa S.	Leilani P.
Senior Boy	Nicholas B.	Ryder D.
		Lachlan E.

## COMMUNICARE PARENTING WORKSHOPS

Communicare runs a variety of free parenting workshops. These are available for anyone to attend. Please follow the links below to find out about the upcoming workshops available for Term 4:

- [Family and Relationship Services Program Term 4](#)
- [South East Metro Parenting Support Services Program Term 4](#)

**COMMUNICARE**  
CREATING FUTURES





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KALAMUNDA & DISTRICTS BASKETBALL ASSOCIATION

# HOLIDAY CAMP 7-11 OCTOBER 2019

Our camps are a great opportunity to learn new skills, play games and have some fun led by some of our current Eastern Suns players and coaches.

**Where:** Ray Owen Sports Centre, 96 Gladys Rd, Lesmurdie

**Who:** Boys & Girls of all skill levels aged 5 - 16

**Time:** 9am - 3pm

**Cost:** \$35 / day or \$120 / week

Register & pay online: <http://bit.ly/KDBACamp>



For further information please email:  
[holidaycamp@kalamundabasketball.com.au](mailto:holidaycamp@kalamundabasketball.com.au)



## SPRING HOCKEY @ HARTFIELD

Want to keep playing hockey???

Friday nights are family nights at Kalahockey

Open to all ages, abilities and fitness levels

Equipment available to borrow

Free coaching available

Bring a friend

\*Sausage Sizzle for registered players



Registration Date: Friday 25th October

End Date: Friday 6th December

Number of playing sessions: 6

Cost: \$30 only (includes insurance)

Location: Kalahockey Clubrooms

Harfield Park

Morrison Road, Forrestfield

More information: Richard 0429 914 364

or just come along and  
have a go!



[kalahockey.org.au](http://kalahockey.org.au)



# HOCKEY

hello  
Spring

