**PRINCIPAL’S CORNER**

Dear Parents and Friends

**Faction Cross Country**
As you will have seen on the term planner this is due to be held tomorrow. Throughout the term all students in Year 3 to 6 have been preparing for this event in the Phys Ed classes with Mrs Binning. Whilst like all of these events there is a competitive element with medals awarded to the best placegetters, in the main we are asking children to improve the times that they take to complete the set course. Over the term a record of each child’s individual times are taken and these can be used to measure progress and improvement.

This is an event that all children can get involved in at their level with some able to run the whole way to record really competitive times and others who will carry out a mixture of running and walking to do their personal best.

Walking or running regularly can be a simple but highly effective way of maintaining good physical fitness. The cross country program helps to promote the benefits of being physically active. I hope you have been able to use any enthusiasm your child has for this activity to encourage and support their involvement.

A reminder that the cross country is also connected to fundraising for the P&C – I hope that your child has gathered some sponsorship and that this is a motivator to produce their best cross country time.

**My Absence**
I will be away for the last 3 days of next week attending the annual WA Primary Principals Conference. Close to 400 school leaders from around the state meet to hear about the very latest in research and developments in education. It also gives me an opportunity to hear from other colleagues and the ways they are addressing issues facing them in their schools. This is an important forum to be part of each year.

**Emotional Intelligence – A Crucial part of Life Success (Part 1)**
The longer I have an involvement in education (and in life!!) the more I come to understand how important it is for us all to raise emotionally intelligent children. The following information gives you a definition of this kind of intelligence and how you as parents can help your child to develop in this way.

Our emotional intelligence is the ability to understand our own feelings and the feelings of others so we can get along with other people. Experts have found that our emotional intelligence is the biggest predictor of life happiness.

Children with higher emotional intelligence are more likely to be sociable, cooperative, optimistic and able to solve problems. They tend to be better-behaved, less impulsive, and have a higher academic performance. They are happier, have more friends, experience less bullying and are more likely to be successful in life.

So what can we do to help our children develop emotional intelligence?

1. **Accept our children’s emotions and emotional responses**
   ‘That must have been really frustrating’ ‘Wow, you are showing me how angry you feel’ ‘That’s great, I can tell how excited you are’ ‘it can be tough when friends let you down like that.’ ‘You look pretty upset. Something must have happened,’

2. **Help them label their emotions**
   ‘You sound upset’, ‘you look really down’, ‘I’m guessing you’re feeling really sad about that’ ‘You’re looking a bit worried’. I imagine you must be feeling….’ ‘That must have hurt’

3. **Encourage children to talk about their feelings**
   ‘Hey, you sound really fed up about that. Do you want to talk about it?’ ‘How did that make you feel?’

4. **Help them to recognise cues as to how other people may be feeling**
   ‘How do you think that made him feel?’ ‘What do you think was going on for her?’ ‘How would you feel if that happened to you?’

5. **Help children be aware when their tension is building and what creates stress for them.**
   ‘Are you finding this stressful?’ ‘There seems to be a lot going on for you at the moment –are you feeling tense?’ ‘I can see from the way you are clenching your jaw that you are feeling angry’

6. **Teach them how to calm themselves down.**
   ‘Do you think a bit of time to calm down would help?’ ‘Would it help if you took some deep breaths?’ ‘When that happens again could you say to yourself: ‘I can stay calm’ ‘Everyone makes mistakes’ or ‘It was an accident’ ‘Shall we sit down later when you’ve had a chance to cool off and have a chat about it?’
7. Teach children alternative ways of expressing their frustrations

“How could you explain how you feel using your words rather than hitting?” “Can you think of a different way to let him know how angry you are?” ‘I don’t like feeling blamed. If you want something you will need to tell me in another way’. ‘Could tell your friend how that made you feel?” “What do you think you will do next time you feel like that?”

8. Teach them how to problem solve

“Shall we write down a whole list of things that could help, and then you could choose which you want to try first’ ‘What do you think would happen if you did that?” ‘How do you think he’d respond to that?”

The information above comes from the following website, I will include further information in next week’s newsletter.


Alan Dowsett – Principal

TWIST DISPLAY

All classrooms will be putting on their dances created this term. Students are required to wear their “Twist” costume to school – not school uniform please. This will be a free dress day with a gold coin donation going to Save The Children Foundation.

Date: Thursday 23 June
Time: 1.10pm
Where: School hall
Who: Rooms 24, 25, 1, 2, 3, 4, 5, 9, 11,

A certificate will go to the outstanding couple from each class. The TAGS Dance students from Room 9 and 11 will be performing their dances at assembly on Friday 24 June.

All Welcome

DO THE TWIST!

Future Dates

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Faction Cross Country</td>
<td>Fri 10 June</td>
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<tr>
<td>P&amp;C Meeting 7.15pm</td>
<td>Mon 13 June</td>
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<tr>
<td>Eagel Cup v Flinders Park (away)</td>
<td>Tues 14 June</td>
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<tr>
<td>Next Assembly Room 11</td>
<td>Fri 17 June</td>
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<tr>
<td>Interschool Cross Country</td>
<td>Tues 21 June</td>
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<tr>
<td>Lapathon/Cross Country Sponsorship Funds to be Returned</td>
<td>Fri 24 June</td>
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<tr>
<td>Twist Display 1.10pm</td>
<td>Thur 23 June</td>
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<tr>
<td>Free Dress Save the Children Fundraiser (Gold Coin Donation)</td>
<td>Thur 23 June</td>
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<tr>
<td>NAIDOC Week Mon to Fri</td>
<td>27 June to 1 July</td>
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Dental Therapy Centre hours during school holidays

Spencer Park Dental Therapy Centre will be open for most of the July school holidays. We will be closed from Monday 11th July until Wednesday 13th July inclusive. If you child develops an urgent dental problem during this time please contact Mount Barker Dental Van on 0437 486 143 between 8am-4pm. For non-urgent enquiries please contact Spencer Park Dental Therapy Centre when we re-open on Thursday 14th July. If you would prefer an appointment during school holiday times please call us ASAP to make arrangements.

All appointments are sent to your home address. If you have moved in the last few years we may not have your correct address and your child will miss out on their check-up, please contact us to update your details either by phone: 9841 3967 or e-mail: spencerparkdtc@dental.health.wa.gov.au

HONOUR CERTIFICATES

We congratulate the following students who received certificates at the last assembly.

<table>
<thead>
<tr>
<th>Name</th>
<th>Room</th>
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<tbody>
<tr>
<td>Paige</td>
<td>2</td>
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<tr>
<td>Sophia</td>
<td>2</td>
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<tr>
<td>Imogen</td>
<td>3</td>
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<tr>
<td>Zac</td>
<td>3</td>
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<tr>
<td>Xavier</td>
<td>4</td>
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<tr>
<td>Caspar</td>
<td>4</td>
</tr>
<tr>
<td>Rihannen</td>
<td>5</td>
</tr>
<tr>
<td>Jessica</td>
<td>5</td>
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<tr>
<td>Luke</td>
<td>9</td>
</tr>
<tr>
<td>Devon</td>
<td>9</td>
</tr>
<tr>
<td>Lucas</td>
<td>11</td>
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<tr>
<td>Siti</td>
<td>11</td>
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<tr>
<td>Whole Class</td>
<td>18</td>
</tr>
<tr>
<td>Koby</td>
<td>19</td>
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<tr>
<td>Heath</td>
<td>19</td>
</tr>
<tr>
<td>Caleb</td>
<td>24</td>
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<tr>
<td>Tristan</td>
<td>24</td>
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<tr>
<td>Michaylee</td>
<td>25</td>
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<tr>
<td>Health</td>
<td>9</td>
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<tr>
<td>Room 1</td>
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<tr>
<td>Music</td>
<td>Reese</td>
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<tr>
<td>Room 11</td>
<td></td>
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<tr>
<td>Tarryn</td>
<td>11</td>
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LUCKY TICKET DRAW

Recognising effort, excellence and good citizenship. Congratulations to these students who won ice cream tickets at the assembly last Friday.

<table>
<thead>
<tr>
<th>Name</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>Jaeda</td>
<td>25</td>
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<tr>
<td>Bella-Joy</td>
<td>5</td>
</tr>
<tr>
<td>Daniel B.</td>
<td>18</td>
</tr>
<tr>
<td>Kiara</td>
<td>2</td>
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<tr>
<td>Portia</td>
<td>24</td>
</tr>
<tr>
<td>Kleo</td>
<td>3</td>
</tr>
<tr>
<td>Imogen</td>
<td>24</td>
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</tbody>
</table>
The students of Room 14 and Mrs Talbot have been investigating bugs in Science this term. So far they have focused on worms, snails and ants. The first part of their exploration was to conduct a schoolyard safari wherein we investigated what kinds of insects we could find in an area of bush near our school oval. Since then we have created a school worm farm and have had a good close-up look at some worms and snails. It was too wet when we wanted to look at ants so we watched a fantastic video clip of ants living in mangroves in the northern part of Australia. We have been sharing our detailed knowledge on the body parts of these insects and how they use them to move, eat and protect themselves.

Checking out the worm farm

Sampling an area during a School Yard Safari

Early close last week had Dianne Ruffell attend to discuss Interactive White Boards with the staff. It was decided that more training is required so we can get the best use from this technology. Also ESC teachers shared some useful websites. We have one of these boards in each classroom. Mrs Eyles will be organising training sessions with Mrs Ruffell. Thank you, Mrs Ruffell for your helpfulness.

If you would like to discuss anything in this item please call 98411537 to make a time to meet with me.

Diane E Edwards, Principal

2017 Applications for Kindergarten and Pre-primary

Applications for your child to be involved in Kindergarten (children turning 4 by 30 June 2017) and Pre-primary (children turning 5 by 30 June 2017) are now being taken at our school office. If your child is entering our school for the first time their birth certificate and immunisation certificate from the Australian Children’s Immunisation Registry will be required.

The closing date for applications is Friday 1 July. Whilst we will continue to take applications for enrolment in these programs for the remainder of the year, getting your application in before the closing date will be important in securing a place with our school in 2017.

If your child is currently enrolled in our Kindergarten program you will need to make contact with the school office to ensure that your child is on our Pre-primary list for 2017.

Spencer Park Primary School
Code of Behaviour

- Respect other people, their rights and their property.
- Be safe.
- Let others learn.
- Treat others as you would like to be treated.

Community News

Please note notices appearing below are not necessarily endorsed by the school. We provide this space for community groups to advertise to the school community. It is up to parents to scrutinise the activity and organisers for their child.

RadioWest Give Me 5 For Kids Quiz Night

Saturday the 11th of June at 7pm at the Stirling Club RSL, Stirling Terrace Albany
Tickets are $20 per person and $120 for a table of 6
Licenced bar, BYO nibbles, great auction prizes, live entertainment
Proceeds to the RadioWest Regional Assistance Fund at PMH.
Dads Raising Teenage Girls
The father-daughter relationships is particularly important during the teenage years to help navigate this difficult time.

Find out how you can build a more rewarding relationship with your teenage daughter.

The workshop will discuss:
- Building a positive relationship with your teenage daughter
- Issues teenage girls face today
- How to cope with the changes in your teenage daughter
- What do teenage daughters need from their dads?
- Practical ways you can help her make better choices.

Conducted at Relationships Australia Office  
29 Albany Highway, Albany WA 6330  
**When:** Wednesday 15 June 2016 from 6.00pm to 8.30pm  
**Cost:** $15.00 per person  
Places are limited so please book now. Phone 6164 0530 or email: albany@relationshipswa.org.au

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**Music & Public Address System Equipment**  
**MANJIMUP SENIOR HIGH SCHOOL**  
Rutherford Street, Manjimup WA 6258  
Tenders are invited for the purchase of the following items:
- 2 x Speakers Electro Voice 18” sub-woofer 400W  
- 2 x Boxes Electro Voice 12” with Horn 200W  
- Power Amp Perreaux 6000B Mosfet 3000W  
- Power Amp Yamaha 3200, 500W  
- Fold Back Wedges Electro Voice with 15” speaker/horn  
Tender docs and photos avail from Reception 97770500 or www.manjimupshs.wa.edu.au  
Equipment specs queries ring John Roberts 97653103  
**Tender closes 4.00pm on Friday 24 June 2016**

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**Albany City Wind Ensemble family concert**  
The Albany City Wind Ensemble takes to the stage at the Albany Baptist Church on Saturday 25th June for its concert ‘Stage, Screen and All That Jazz’. From action movie soundtracks to romance, Broadway hits to jazz favourites, ACWE will celebrate the very best of showbiz. The 40-piece wind ensemble will be joined by the About Face youth choir to present a concert of glitz, glamour and sophistication. With favourites from movies such as James Bond, Star Wars and Hollywood blockbusters, to the smooth sounds of Sinatra and the swing era, this entertaining concert will be fun for all the family.

Tickets $30, Concession $24  
In person: Paperbark Merchants  
For further information please contact Sue Findlay on 0419 098 475 or sfindlay1@iprimus.com.au

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**TERM 3, 2016**  
**SWIMMING LESSONS**

**TERM 3, 2016 TIMETABLES AVAILABLE FROM SATURDAY 18TH JUNE**

**Final Term 2 Lesson Dates:**
- Saturday, 25 June  
- Monday, 27 June  
- Tuesday, 28 June  
- Wednesday, 29 June  
- Thursday, 30 June  
- Friday, 1 July

SWIM, SURVIVE SWIM SCHOOL  
Ph: 08 9844 2273  
alacswimschool@albany.wa.gov.au

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Albany Light Opera and Theatre Company present ‘Mary Poppins’
Expect the winds to change this October as Albany Light Opera brings everyone’s favourite practically perfect nanny to the stage in this Supercalifragilisticexpialidocious musical adventure. Mary Poppins is an enchanting mixture of irresistible story, unforgettable songs and breathtaking dance numbers. A musical based on the stories of P.L. Travers and the Walt Disney film.

**Information Night** - Tuesday 21st June @ 7.00pm  
**Auditions** - Saturday 25th & Sunday 26th June 9.00am till 5.00pm  
**Reading through show script** - Thursday 30th June 7.00pm  
**Rehearsal days** - Tuesday and Thursday starting 7.00pm from 5th July  
**Performances** – 3 weekends (10 shows) October  
Friday 21st 7.30pm, Saturday 22nd 2.00pm, Sunday 23rd 2.00pm, Friday 28th 7.30pm, Saturday 29th 2.00pm, Saturday 29th 7.30pm Sunday 30th 2.00pm  
November  
Friday 4th 7.30pm, Saturday 5th 2.00pm, Sunday 6th 2.00pm  
**Casting info and songs:**  
Also see [www.facebook.com/Albany-Light-Opera-Theatre-Company-106047049442040](http://www.facebook.com/Albany-Light-Opera-Theatre-Company-106047049442040)
The Great White Shark
The Great White Shark is the largest predatory fish in the ocean.
It is a giant grey and white fish, with a large dorsal fin and very sharp teeth. They are
found in the depths in the ocean.
They are deadly meat eating hunters.
They are smart and amazing carnivores.

Ziggy    Room 19 Year 2

The Ugly Alien
At sun rise, out of my little window I saw an apple green alien. When I shook his
hand it was gooey. I said come in side, we had a mid-night feast and he went
home. I couldn't even eat in the morning dad and mum said "Why aren't you eating?" It was just
a dream.

Winter    Room 19 Year 2

The Ugly Aliens 9-5-16
One creepy night, a gooey slimy red alien hovered down to the sky city. The alien had some friends
and they abducted most of the people. The interesting visitors had giant green eyes that blinked very
fast. The crowded city froze like ice when they saw the hideous creature.

Heath    Room 19 Year 2
Kids and Technology

Media technology is here to stay and has become a permanent part of our lives. But there is great concern about how it may be affecting our children. The challenge for parents is to understand the benefits and pitfalls of children’s technology use and to help their children create balance in their lives.

This workshop will:

- Identify the potential good, bad and ugly impacts internet usage can have on children and their families and friends.
- Understand the different issues involved in parenting in today’s technology
- An awareness of the pitfalls and how to access some solutions

Held at Relationships Australia Office
29 Albany Highway
Wednesday 29th June 2016
6.00pm-8.30pm

Time: 6.00pm-8.30pm
Fee: $15 per person

Places are limited so please book now. Phone: 6164 0530
Email: albany@relationshipswa.org.au