Dear Parents and Friends

Spencer Park Shines at Music Festival
In a program of very high quality items from the schools represented it was terrific to see our students present 2 wonderful performances. The musical skills of the students from Room 9 with their marimba item was of the highest quality. One cannot underestimate the practice and concentration to produce this kind of work. I was also greatly impressed with the performance of our dance students. They presented the piece of work they performed at YoH Fest. This relatively long piece required the dancers to remember many different movements and to work in a highly synchronised way with everyone in the group. Judging by the reaction of the audience and feedback I received afterwards, their performance was greatly admired. A number of our choir students also joined in with the finale, a combined choir of all the schools represented, an excellent end to a wonderful night of entertainment.

Many thanks once again to Mrs Wilson for her commitment to involving our students in this excellent opportunity to showcase their considerable skills and abilities. Many thanks once again to Sym Parr, our dance group’s teacher, who has been able to extract the very best when it comes to the performance of these students. There is still a chance that this group may be selected for the final of YoH Fest to be held later in the year. From what I saw at the Music Festival this would be a just reward for the effort they have expended.

Thanks also go to Mrs Binning, Mrs Cameron and Mrs Swainston for assisting Mrs Wilson with the students on the night.

Staff Changes in Term 4
A number of staff will be taking their long service leave during next term:
- Mrs Fletcher will be absent in term 4 and Mrs Dowsett will be her replacement for this period.
- Mrs Dowsett’s role in Room 24 will be filled by Mrs Harvey-Gimm working full time and in Room 25 by Mrs Collins.

Parent Survey
If you were one of those who took a bit of time to complete our annual parent survey during Open Night, this is greatly appreciated. If you wanted to take a copy away to complete, we are asking that these are returned by the end of term. For those of you, who couldn’t get to Open Night, copies of our survey are at the front office, drop in to get a copy or contact our office and we will send a copy home with your child.

As I indicated in an earlier newsletter, the data from this survey is important information for us as a school when it comes to planning for the following year and beyond. Even if the feedback you give would be positive this is important in that is an affirmation for the School Board and the staff that the direction of the school is meeting your child’s needs.

I am hoping that we can maximise the numbers of returned surveys this year.

What is Screen Time doing to children?
I recently read an interesting article that summarised the work of internationally respected psychologist Dr Aric Sigman, author of “Remotely Controlled – How Television is Damaging Our Lives” He has also produced a scholarly article “Time for a View on Screen Time”

Here are some snippets from his work:
- Currently in Britain, children by age 10 have regular access to an average of 5 different screens at home, TV's, smartphones, game consoles, computers etc. Many young children have access to these devices in their bedrooms. Children routinely engage in 2 or more forms of screen viewing at the same time eg TV and Laptop.
- Across the industrialised world when including TV, computer games, internet, DVD’s by age 7 a child will have spent a whole year of 24 hour days watching screen media. By age 18 this has grown to 3 years of 24 hour days watching screen media.
- Nearly 1 in 3 American infants has a TV in their bedroom and almost half of all infants watch TV or DVD’s for nearly 2 hours per day.
In terms of health impacts, Dr Sigman has found the following:

- There is a strong correlation between screen time (ST) and type 2 diabetes, cardiovascular disease, and all-cause mortality among adults.
- Video game playing was found to significantly increase food intake in adolescents immediately after playing and was not compensated for by activity during the rest of the day.
- Pre-school children who watch more TV are more obese and less active. Increased TV watching has been consistently shown to be linked to increased body mass index (BMI) in both children and adults. This association appears stronger in young children.
- A randomised controlled clinical intervention trial divided 4 to 7 years olds into 2 groups; one had its TV and computer viewing reduced by half; the other did not. After 3 years, there had been a significant reduction in the (BMI) of those who had halved their screen viewing, and relatively little in those who did not.

Parents should be particularly aware of the role modelling their own viewing habits may have on their own children. You may also want to do a quick analysis. How many hours a day is your child involved in viewing a screen? In light of the pretty alarming information above could this, should this be reduced?

Given the rapid advancement of screen technology I can only see this as becoming a more influential factor in our children’s lives and not a lessening factor.

Alan Dowsett – Principal

Forthcoming Events

Next Assembly Room 25 Fri 16 September
P&C Meeting Mon 19 September
End of Term Fri 23 September
Start of Term 4 Tues 11 October
First Assembly Term 4 Fri 21 October
P&C Meeting Mon 17 October

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.

Marimba concert

When: Wednesday 21 September at 1.10pm
Where: In the School Hall
Who: Rooms 1, 2, 3, 4, 5, 9 & 11
Why: For students to perform their Marimba songs and show what they have been doing this term.

LOST PROPERTY

Lost property will be displayed outside Room 6 on Monday 19 September. All uncollected items will be donated to charity or uniform seconds. Thank you.

HONOUR CERTIFICATES

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

<table>
<thead>
<tr>
<th>All Students</th>
<th>Neve</th>
<th>Owen</th>
<th>Kléo</th>
<th>Will</th>
<th>Amelie</th>
<th>Aaron</th>
<th>Phoenix</th>
<th>Terraley</th>
<th>Khiarah</th>
<th>Jonathon</th>
<th>Zeppelin</th>
<th>Breanna</th>
<th>Byron</th>
<th>Rm 9 Rm 11 Rm 18 Latia Rm 25</th>
</tr>
</thead>
</table>

‘Happiness is a Dry Bed’

Bedwetting is a common childhood problem that can be usually stopped.

Nocturnal Enuresis is the medical term used to describe lack of bladder control at night in a person who has reached an age at which control is to be expected.

Bedwetting can cause stress for both children and parents. It is recommended to seek treatment rather than thinking they will grow out of it as some never do.

School Community nurses offer the Enuresis (Bedwetting) Program as recommended by PMH for children and young people from 6 years of age to 14 years. This involves the use of a mat and alarm to help the person to wake when needing to go to the toilet at night. The treatment is most likely to be successful if it is part of a supervised self-management program using reliable machines. The program takes between 6-8 weeks and involves weekly contact with the School Community Nurse. There is no cost.

Is your child:
- Wetting the bed more than twice per week
- Dry during the day
- Between 6 and 14 years of age
- Motivated and wants to be dry at night.

For further details please contact your School Community Nurse, Lesley Glorie 98427565 or Great Southern Population Health on 9842 7500
This week we are hearing from Mrs Redmond about Horse riding.

On alternate Wednesdays some students go to King River Pony Club for horse riding with the Riding for the Disable Association (RDA). This year we are only taking selected students up to Year 4. We usually ride in 3 groups. Before riding, we put on riding boots and helmets. Whilst the other groups are riding, those who are waiting go for a walk. Riding helps us to increase core strength, it teaches us to care for the horses, to follow instructions from the RDA staff and we have lots of fun. Unfortunately, we have had lots of days rained out this year, but really enjoy it when we can go.

Cade and Jonty looking poised and ready to ride.

Rhyann getting on the Ruby, ready in her helmet and boots.

Voting for People’s Choice Award as part of the WA Education Awards 2016 is open. All school staff who receive a vote will be acknowledged in The West Australian on World Teacher’s Day on 28 October 2016. Parents and students can vote now at thewest.com.au/competitions. Voting closes at 5:00pm on 23 September. We want to recognise a record number of staff this year. Vote for your choice today!

Earlier this year we sold tickets in the Disabled Children’s Foundation Inc. raffle. The foundation donates all of the money we raise back to us. We raised $717 through this raffle. We would like to thank the Foundation for their generosity. We have purchased iPads for the classrooms with this money.

Mrs Edwards will be away for the rest of the term. Mrs Eyles and I will be taking it in turns to sit in her seat.

Shelley Redmond for Diane E Edwards, Principal

Parent-Teen Connection

We have all come through adolescence – do we remember? It has always been a challenging, sometimes frustrating period of life’s journey. Thankfully, today’s parents are usually more inclined to listen. Living with teenagers can be confusing and even worrying, but also rewarding. This course reduces stress and teaches parents to communicate, negotiate and minimise conflict.

This workshop will discuss:
- behaviours and tasks of adolescence
- developing a helpful perspective on adolescence
- communication adolescents understand
- handling conflict
- how to minimise discipline

Sessions to be held at the office of Relationships Australia
29 Albany Highway, Albany WA 6330
4 WEEKS Wednesdays 6.00pm-8.30pm
October 19th, 26th November 2nd, 9th 2016

Fee: $50 per person / $75 per couple

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

Positive self-esteem is the key to good health, both physical and emotional. It also helps strengthen relationships and promotes a consistently good emotional state in which people feel good about themselves.

This seminar discusses -
- what constitutes positive self esteem
- factors that can increase and decrease self esteem
- links between self-esteem and the success of relationships and our work environment
- strategies to increase and maintain positive self-esteem.

We also examine links between current levels of self-esteem and our family of origin, meaning the effect of past relationships on how we feel about ourselves today.

Green Skills Inc
Working for a sustainable future

Are you interested in:
- Working outdoors?
- Learning about your environment?
- Making a difference?
- Learning new skills?

Join the Green Army program at Green Skills - ALBANY.

Get paid while you learn useful skills and get experience improving our natural surroundings as part of a team. This team will undertake activities in the Great Southern Region.

Training and clothing will be supplied.

Our next team commences 10th October, Tuesday through to Friday. The program will run for 30 hrs per week for 23 weeks with an allowance up to $18.61/hr. The program is open to people aged 17-24. Excellent opportunity for school leavers and gap year students.

To register your interest, visit our website at www.greenskills.org.au, phone 9842 1334, email albany@greenskills.org.au, or text Anne 0498 194 222 to request a registration form.

Then complete the form and return by 9am Monday 3rd October 2016.

Green Skills is an Equal Opportunity Employer

The Green Army is an Australian Government initiative that supports local environment and heritage conservation projects across Australia. The program provides opportunities for young Australians aged 17-24 weeks to gain training and experience in environmental and heritage conservation fields, while participating in projects that generate real benefits for the environment.

Time: 9.30am – 12 noon

Fee: $15 per person

Places are limited so book now.
Phone: 9841 9390 Email: library@albany.wa.gov.au

ALBANY
Albany Public Library
221 York Street, Albany WA 6330

Wednesday 21st September 2016
9.30 am - 12 noon
Acrodance
Act-Belong-Commit
School Holiday Workshop
3 days of dance and acro workshops creates Acrodance!
Learn Contemporary Dance skills with dancer, Sym Parr.
Acrobat, Cassy Turner, will teach you Acrobatic moves like handstands, cartwheels, turns, inversions and freezes.
Each day we will explore blending these two skills to create Acrodance, whilst exploring the theme of success not failure and what is success anyway?

Workshops:
Tues, Wed, Thurs. 4th – 6th October
9.30am-12.30pm
Suitable for 8-12 years
Spencer Park Primary School Hall (Reidy Dr)
$120 (or $60 for SP PSA students)

Performance:
12.30-12.45pm
Thursday 6th October

Holiday Fun at ALAC
Albany Leisure Centre: Various days
Join us at the Albany Leisure and Aquatic Centre for school holiday fun with inflatable zorb balls, LaserScape, mini golf, fribbo golf, bike riding, a T20 bash, futbol soccer competition and a mad afternoon of inflatable fun in the pool.

Albany’s Annual Gun Salutes
Albany Heritage Park: 28 September & 5 October
During the school holidays the Princess Royal Fortress will be aocrossing one of Albany’s historic military moments by holding its annual Gun Salutes with their nine pound gun.
The two day events will take place on Wednesday 28th September and Wednesday 5th October at 1:30pm sharp.

City of Albany Art Prize
Albany Town Hall: Open daily. 10am - 4pm
The City of Albany Art Prize, sponsored by the Jack Family Charitable Trust, is a national award for contemporary Australian painting. The exhibition, featuring works from 30 different artists from across Australia, is now open to the public.

OTHER EVENTS*
Week One
Discovery Centre, Science of Sci-Fi
Western Australian Museum, Albany
11am-3pm, 29th September - 10 October
All ages. www.museum.wa.gov.au/history-on-school-holidays

Bendigo Bank Southern Art & Craft Trail
Exhibitions and Open Studios at 15 venues around the Great Southern. Pick up a program from the Southern Arts Centre or the Albany Public Library.
www.artsbendigo.com.au

Aerial Performance & Skills Workshop
Southern Acrobats
www.southernacrobats.org.au

Street Acrobatics & Workshop
Southern Acrobats
www.southernacrobats.org.au

Inflatable Zorb Fun on the Courts
Albany Leisure and Aquatic Centre
Tuesday 27 September
9am-11am, $10 per person, 7-12 year olds

T20 Bash
Albany Leisure and Aquatic Centre
Wednesday 28 September
9am-11am, $10 per person, 7-12 year olds

Crashing Wheels Sessions
Albany Leisure and Aquatic Centre
Thursday 29 September
9am-11am, $10 per person, 7-12 year olds

HAI Aquatic Afternoon
with MUD & Stills
Albany Leisure and Aquatic Centre
Friday 30 September
9am-11am, $10 per person, 7-12 year olds

Week Two
LaserScape
Albany Leisure and Aquatic Centre
Monday 2 October
$10 per person

Frisbee Golf and Mini Golf
Albany Leisure and Aquatic Centre
Tuesday 3 October
$10 per person, 7-12 year olds

Lake Sapper Trail Mountain Bike Ride
Commencing at Eyre Park All Abilities Playground
Wednesday 4 October
$10 per person

Night Time Nature Walk
Mount Victoria
Wednesday 4 October
9.30pm-$10 per person, bookings essential

Football Indoor Soccer Tournament
Albany Leisure and Aquatic Centre
Thursday 6 October
3pm-6pm, $5 per person, 7-12 year olds

*List may not be complete
On a spectacular evening the rodeo rider sat on the black and white horse. The bucking horse went left and right. The horse was really angry. The man excitedly held onto the old saddle. The horse went up and down but the riders hands slipped off.

On a beautiful sunny morning I ate my breakfast and went to read a book in the library. Then I went back into my bedroom and had a spectacular rest after reading an amazing book in the lightest sunlight. Finally the sunset was as beautiful as a butterfly and I fell asleep.

On a hot afternoon as the Sunset slowly turned towards the west, an astonishing event took place in the depths of the blue sea. An amazing humpback whale breached suddenly from the deep blue ocean. The fishermen were amazed by the huge amount of sea spray from the epic leap.

I went to the hot car races and I crashed into the green car but luckily my car didn't break because my car is the strongest car in the World.

I love my car. Cars are cool. Cars are so fast. Sometimes cars crash into each other.

You need to practise racing on the track so that your car can stay shiny and nice.