



# SPENCER PARK PRIMARY SCHOOL

26 Hardie Road, Albany WA 6330

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Website:  
spencerparkps.wa.edu.au

We value our professional and dedicated staff and volunteers who are committed to a quality school experience for all.

Principal: Jeremy Hadlow

Deputy Principal: Dianne Ruffell

Deputy Principal: Carl Luscombe

## NEWSLETTER No. 2

9 February 2017

### PRINCIPAL'S CORNER

Dear Parents and Friends

#### 2017 Begins

Thank you to all our students, parents and staff for ensuring our start to the year has been smooth. Students have settled well into their new classes and demonstrated a real appetite to learn in the classroom and be involved in constructive play in the playground at break times.

#### Swimming Trials Year 4 - 6

Students have been sent home permission notes to participate in the swimming trials this Friday at ALAC. The trials allow us to place students in the appropriate races for our faction swimming carnival on Friday 3 March. We are aiming for 100% participation in the trials to get the best results possible at the Faction carnival.

#### Early Morning Swimming Training

To support students who have an interest in swimming and want to improve their skills and fitness, we are continuing our successful early morning swimming training program over the **course of this term. In particular this helps lift the level of competitiveness for these students** when it comes to participating in our own Faction Swimming Carnival and our overall competitiveness at the Interschool Carnival held later in the term.

Students need to have received an invitation from Mrs Binning to be part of the programme.

#### Breakfast Club

Our morning breakfast club recommenced this week. The program runs each Tuesday in Room 6 from 8am. It aims to give students a great nutritious start to the day and informs students on which foods are best to start your day with. Our donated food mostly comes through Foodbank WA.

Carl Luscombe – Acting Principal

### 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.

#### Forthcoming Events

Swimming Trials	Fri 10 Feb
Early morning Swim Training	Thur 16 Feb
First Assembly	Fri 17 Feb
Faction Swimming Carnival	Fri 3 March

#### FROM THE SCHOOL NURSE

##### A healthy lunch box

Sandwiches are a great lunchtime food because they are so easy to make. There are many different sandwiches you can put together. Try something different each week and your child will never get bored.

Consider different breads, (eg. wholegrain, wholemeal, white or rye), and slices of pumpkin bread or fruit bread for something different. You can also choose from a range of shapes (eg. sliced bread, round rolls, long rolls, pita breads or French sticks).

The trick to a good sandwich is making sure it does not go soggy.

Don't forget to pack snacks for the morning and the afternoon. Fruits are a great snack to pack either whole, chopped or dried.

Last of all - always remember to pack some water.

#### SWIMMING LESSONS

The Year 5 & 6 students only will be having swimming lessons in week 6 and 7 commencing Tuesday 7 March. We need to know if your child is participating so please return the enrolment form to school immediately so that we can confirm the cost.



## SPENCER PARK EDUCATION SUPPORT CENTRE

This week has been very busy and was our first Early Close for the year. This week we had meetings to get all our committees up and running. The three committees that met this week were Augmentative Alternative Communication (AAC), Garden Committee and Health and Wellbeing.

The Garden Committee will be focusing on the new garden beds around the new boys toilet block, the gardens in the playground and the fenced area at the back of Room 22.

The Health and Wellbeing committees focus on the students as well as the staff. This is a very important part of what we do at our school.

The AAC Committee will continue to develop what is needed for various students and promote communication for all across the campus.

The Positive Behaviour Support (PBS) team will be meeting next week on Thursday at 7:45.

On Wednesday and Thursday, Silver Chain visited the school to facilitate training for some of our staff.

On Wednesday afternoon they ran a refresher for PEG Feed Training. PEG stands for percutaneous endoscopic gastrostomy. A gastrostomy is an opening from the skin directly into the stomach. A small device called a gastrostomy button is placed in the hole to keep it open. The button and connecting tubes carry formula, fluid and medicine directly to your child's stomach.

On Thursday Silver Chain covered PEG Feed Training for people who have not been trained before. They also ran Epilepsy and Midazolam Training and Epipen and Anaphylaxis Training. This training is to ensure that staff that are prepared to take on these responsibilities have the required training/refreshers before the school camp.

**Growth Mindset:** Over part of the year I will be sharing information about Mindset and how to improve a persons Mindset. A growth mindset is a tendency to believe you can grow and improve. One way to develop a growth mindset is to acknowledge and embrace imperfections. "Learn from your mistakes," as they say.

Instead of just saying "I made a mistake" and "mistakes help me improve" try saying "hiding from your weaknesses means you'll never overcome them."

Much of the information on Growth Mindset will be coming from:

<http://www.opencolleges.edu.au/informed/features/develop-a-growth-mindset/>

Warm regards,

Diane E Edwards, Principal

## PARENT HANDBOOK

This booklet is coming home with today's newsletter. Please look for it in your child's school bag.

## Recycling Club

Room 2, Year 3 is the recycling club for 2017. Lara is the Recycling Captain and Robert is the Cardboard Captain (with Connor as his assistant) for Term 1. Remember ONLY PUT PAPER in the recycling bin.

If you have batteries bring them to Room 7.  
Catherine Burges – Science Teacher.

## STUDENT UPDATE FORMS

*These forms were sent home last week. Please check all the details held for your child on the school computer system. Make any corrections needed and return the form to the school office **immediately**.*

## 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.*

## CATHOLIC RELIGIOUS EDUCATION

A programme will be available for children attending government schools from Pre-primary to Year 7 beginning Monday 6 February from 3.45pm – 4.45 at New Camfield, 154 Aberdeen Street.

For further information please phone the parish office between 9am and 12.30pm Tuesday to Friday on 9841 1129.

## KANGAS

The Kangas committee would like to advise everyone that we will be holding our grading on Sunday the 26th of February, at the ASHS outside courts.


D grade will trial from 9-11 am, A & B grade will trial from 1-3pm.

Please email your expression of interest for trials with the grade you wish to trial for (eg-B) and your name, email, phone number and DOB prior to 20th February to [kathryn2302@gmail.com](mailto:kathryn2302@gmail.com).

If your team from 2016 has decided to stay together, there is no need to attend trials. Managers/coaches of these teams please email their team lists to the above email with the player's contact email addresses. Trials are for those in need of being placed into a team.

Please also note in your diary the next Kangas meeting on Wednesday, 15th February at 6pm at the ALAC.

ALBANY CONTEMPORARY DANCE *Sym 0428 639 461  
symmove@gmail.com*



*New Classes 2017  
New Timetable*

*All Ages +  
Adult Classes*

*Contemporary  
Ballet*

*Register with Sym to express your interest  
for new classes in 2017*

**Southern Edge Arts**



Workshop program starts Monday 6<sup>th</sup> Feb



**FOUR NEW WORKSHOPS**

Media - Film Making

**Circus Band**

**Theatre Performance Project**

Toddler Circus - Little Squircus

**PLUS OUR POPULAR CLASSICS**

PUPPETRY Street Acro

**Acting** Aerials Circus

MENTION THIS AD AND  
**TRY A CLASS FOR FREE**

[www.southernedge.org.au](http://www.southernedge.org.au)



**Learn to Swim at  
Albany Leisure and Aquatic Centre**

Babies from 6 months

Through to Adults and Squads

Small Class Sizes

Austswim Accredited Swim Instructors

**Book now for term 1, 2017**

**Contact Nola and Casey**

**ALAC Swim School**

Ph: 68203422

Email: [alacswimschool@albany.wa.gov.au](mailto:alacswimschool@albany.wa.gov.au)



2017 DANCE

Tiny Toes	Kindy 3 y olds	Fri 11-11:30 Am
Ballet	4-6 y olds	Tues 4-4:30 Pm
Jazz Ballet	7-12 y olds	Sat 10:30-11:15 Am
Contemporary	Teens & Adults	Mond 7-8 Pm
Ballet	Adults	Thurs 10-10:45 Am
Hip Hop	5-8 y olds	Thurs 4:15-4:45 Pm
Hip Hop	9-12 y olds	Thurs 4:45-5:30 Pm
Hip Hop	Teens & Adults	Thurs 5:30-6:30 Pm
Salsa	Adults	Wed 7:15-9 Pm
Tango	Adults	Fri 7:40-10 Pm

**Classes start Feb 3<sup>rd</sup> Enrolment on first visit**

**Prices range from \$5 to \$20 per class**

**Contact 0428129672 for further details**

**Or email us on [anyses@twilightdreams.com.au](mailto:anyses@twilightdreams.com.au)**

**NARRIKUP NETBALL CLUB INVITES YOU TO JOIN US FOR SEASON 2017**

**TEAM SELECTION TRIALS:**

Sunday 19th February & Sunday 26th February at ALAC

Thursday 16th February at Flinders Park Primary (new juniors/modified rules)

**\*\* Please contact us (email or facebook) to register your interest.\*\***

**NEW PLAYERS WELCOME.** We look forward to seeing you then!

**CONTACT US:**

Email: [narrikupnetball@outlook.com](mailto:narrikupnetball@outlook.com)

Facebook: Narrikup Netball Club

Phone: 0439 520 183 (Latrice) or 0407 060 208 (Andrea)

**goodstart  
early  
learning**



**GOODSTART ALBANY IS NOW OFFERING  
BEFORE SCHOOL AND AFTER SCHOOL CARE  
DURING SCHOOL TERMS AND**

**VACATION CARE DURING SCHOOL HOLIDAYS.**

**WE ARE A NON FOR PROFIT SERVICE OPENING AT  
6.30AM AND CLOSING AT 6.00PM**

**PROVIDING TRANSPORT TO AND FROM SCHOOL.**

**MEALS ARE INCLUSIVE WHILST AT THE SERVICE AND  
FULL REBATE AVAILABLE FROM CENTRELINK FOR ALL  
PROGRAMS.**

**INCURSIONS AND EXCURSIONS THROUGHOUT VACATION  
PERIODS.**

**TO SECURE PLACEMENT PLEASE CALL US ON 98412044  
AS SPACES ARE BECOMING LIMITED**



# Accepting Difference

No two people  
are the same.

They may look different, sound different, dress differently. They may have different customs, cultural backgrounds, beliefs or religious practices. They may have different abilities. They may live in different houses or in different families.

Children need to learn that being different is OK.

Children will often ask about differences they observe between themselves and others.

“Why is that person in a wheelchair?”

“Why does that person have different skin to me?”

“Why does that person wear those funny clothes?”

Young children tend to accept difference in others without question.

They make friends with children from a range of different backgrounds or abilities or from a range of different types of families.

As children get older they learn to value difference from their parents. Your attitudes towards cultural and other differences will have a big impact on the way your growing children treat others who are different to them.

Reflect on your own acceptance of difference. How tolerant are you of the points of view of other people? How patient and flexible are you in accommodating different customs, beliefs and cultural traditions? How much do you respect and value individuality? How do you talk about and describe others who are different to you?

Accepting difference means understanding how we are alike, how we are different and treating everyone with respect and understanding regardless of the differences.

## Promoting Acceptance

Help your child understand your own family history and background.

Talk with your child about the ways in which people within your own family are different from each other—they each have their own likes and dislikes, interests and things they are good at.

Encourage your child to talk to you about their observations, questions or concerns.

Help your children to see that differences are to be appreciated and celebrated. You can do this by exposing them to other cultures and people through watching television programs or reading books about other people and places and participating in local community cultural events and festivals.

