Dear Parents and Friends

Independent Public School (IPS) Report
As you will know last term the school was involved in the 3 yearly IPS Review. Whilst we were given an indication of the findings of this review at its conclusion, we have now taken delivery of the final report.

As I have already reported in a previous newsletter the findings are positive with recommendations that will require minimal response in terms of our next 3 year Business Plan.

To read the full report please go to the school website and click on the “About Us” tab for access to this document.

Class Requests 2016
Parent requests in relation to class placement in 2016 can now be made. These need to be in writing and addressed to me. The deadline for requests is Monday 9 November. Please be reminded that whilst all requests will be given due consideration there may be a range of factors that may not allow all requests to be granted. Parents also need to be aware that once classes have been set it can be difficult to make changes to the placements that have been made.

Woolworths Earn and Learn Program
Thank you to the many people who participated in this fundraising activity. All of the stickers that were generated as a result of your expenditure at Woolworths were submitted and we ended up with about 28,000 points – probably equates to between $1500 and $2000 in value. We can now use these points to purchase resources and materials from Modern Teaching Aids, a company that has a wide range of products to choose from.

Initially we only had a week to place our order but now have had this time extended allowing slightly more consideration in terms of the products we choose. At this stage our choices will be across a range of materials including art craft supplies, stationery, literacy and numeracy resources and manipulatives.

Having access to the additional funds generated by this program is always very helpful in that it ensures we can maximise the funds available to support our students.

Infernos Basketball Teams Season Launch
Last weekend, I was pleased to be able to attend a function recognising the start of a new basketball season that will see 3 teams of students mostly from our school playing in the Albany Basketball Association’s Junior Competition. Two teams of boys, Year 4 and 5 students, will be joined by a team of Year 4 girls. This is an expansion from the one team of Year 4 Spencer Park boys who started playing last year. A large group of parents gathered to see each player receive their team shirts and be part of an afternoon tea.

It is wonderful that one of our parents, Karl Kirby, who has a passion for this sport, has initiated this sporting opportunity for children at our school. It is great that a number of other parents this year have also rallied around and taken on leadership roles to ensure that the expanded number of students involved this season have the support they need to participate in a highly organised way.

Hopefully this development can be sustained well into the future allowing children from this school an easier pathway into this wonderful summer team sport.

I look forward to seeing how the students involved participate and develop over the course of the season.

Alan Dowsett – Principal
Strategies for Helping Children Communicate in Stressful Situations from www.sandbox-learning.com

Communicating ideas, feelings, and interests can be extremely difficult for children in stressful situations. This article includes five strategies for teaching children how to use appropriate actions and words in difficult situations.

1. Create a Break Phrase and Place – Initial reactions to difficult situations such as not getting what you want, being called names, or doing poorly on a test are often emotional. Create a place where children can go when they are upset and teach them to say, “Excuse me. I need to take a break.” Use a phrase that is short, easy to remember, and useful for a variety of situations.

Practice taking a break in places where there is no quiet area such as a grocery store. Practice stepping away from the situation, counting to ten, or visualizing a calming environment.

2. Avoid Repeating Stressful Situations – Help children learn from the past. Although some situations are unavoidable, strategies can be developed to relieve stress in many situations. For example, if a child is stressed about homework because they regularly leave it at home, create a system to help the child remember their homework. Post visuals (words, drawings, or pictures) in highly visible locations to serve as reminders. Create a list of things that should be in the child’s bag (lunch, homework, pencils) and have them cross off the items before leaving. Develop a system that works for the child, is convenient, and requires little instruction or time so it is followed regularly.

3. Role Play – Stressful situations such as being bullied or hearing, “No” can cause immediate and inappropriate responses. Create a set of cards with difficult situations such as being bullied, not being able to join a group activity, leaving a notebook or bag on the school bus, or hearing a parent is running late to get them from school. Role play or discuss appropriate responses to these situations including what questions to ask and who to go to for help. For situations where taking a break is appropriate, practice asking to be excused. Include situations that have already occurred as role plays so children learn from the past. Show either how a child appropriately responded or role play and discuss what would have been better choices in the situation.

4. Find an Appropriate Stress Reducer – Squeezing a stress ball or bouncing on a trampoline are two examples of how children can exert their energy in a positive way when under stress. Teach children to use these kinds of items rather than reacting physically when upset. These items can serve as calming tools and allow children to focus on gathering their thoughts to communicate feelings and ideas. Small items like stress balls are easy to carry in a pocket and access in any environment.

5. Write Things Down or Talk About Them – If possible, take the time to write about or discuss situations. This is a great way for children to think things through. Have the child state what happened, how they felt, and what actions they could have taken. Discuss or have them write what would have been the most likely consequences for different choices.

NOTE: The above information was taken for Sand Box Learning - www.sandbox-learning.com They have a wealth of information and have premade social stories you can modify and download for a very nominal charge.

The above information ties in with Amy Litton from ILC being at our school this week to support us in using AAC across the centre.

Please feel free to discuss any of your concerns with me. It is best to make an appointment by calling 9841 1537 to be sure I will be available.

Diane E Edwards, Principal

Moving Schools/Locations in 2016
As we move towards the end of the year it is important that we have an accurate picture of school numbers for the new school year. It is crucial that you inform the school of any intention to move from Spencer Park in 2016. Our funding and the way we organise classes is dependent on a clear understanding of student numbers in each year level across the school. From here on in and for the remainder of the year, notifying us if your child will not be here in 2016 will assist greatly when it comes to planning for the new school year.

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<th>Future Dates</th>
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<tr>
<td>First Assembly PP1</td>
<td>Fri 23 Oct</td>
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<td>Year 6 Camp</td>
<td>Mon 2– Fri 6 Nov</td>
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<td>Faction Athletics</td>
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<td>Carnival (Jumps)</td>
<td>Tues 10 Nov</td>
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<td>Faction Athletics</td>
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<td>Carnival (Track)</td>
<td>Thurs 12 Nov</td>
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<td>Albany Show Day</td>
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<td>Holiday</td>
<td>Fri 13 Nov</td>
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<td>Carnival (Track)</td>
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<td>Back Up Day</td>
<td>Mon 16 Nov</td>
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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.

Recycling Club
Congratulations to Janika Packard on being Term 4 Recycling Captain. Well done also to Tylor Palm on being Captain Cardboard. Please help Room 2 by only putting PAPER in the recycling bins. Thank you to all students who have brought their batteries to school to be recycled.

Ms Burges Science Room 7

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.

Book Launch
The Mice & the Shoemaker
A whimsical mouse take on the classic Christmas story

Join author & illustrator Gabriel Evans to celebrate the release of his new book
Albany Public Library
221 York Street
Thursday October 29th
5:30 – 6:30pm
RSVP to the Albany Library
EMAIL: library@albany.wa.gov.au
PH: 98419390

Scholarships

Applications are closing soon for the inaugural year of the YAL JJ Boss Simons charitable endowment trust scholarships. Please act now to ensure students in need do not miss out on this unique opportunity. Scholarships of up to $12,500 are available to successful applicants aged 12 to 25 years.

Remember that unlike traditional scholarship opportunities which can be highly specific in their focus, with the new YAL scholarships, students can apply for funds for all manner of items including tuition fees, specialist courses, home tutoring, books, equipment, and even travel & living allowance.

We encourage you to raise awareness of this fantastic opportunity.

For a swift and easy online application process please direct your students to
www.yalscholarships.org.au
17 September 2015

To Whom It May Concern

Albany Women’s Centre (AWC) is a local Women’s Refuge and Support service that is run by AnglicareWA. AnglicareWA has been providing a service at AWC since 1996. The Albany Women’s Centre has a long and proud history of providing professionally managed and operated services to women and children affected by family and domestic violence. Our work has been directed by a commitment to social justice and well-developed understanding of the issues faced by women and children affected by Family and Domestic Violence (FDV).

AWC provided a range of programs in the Great Southern Region to respond to FDV. The Centre is located in Albany, and in addition to the Refuge service includes the Domestic Violence Outreach service, the Domestic Violence Advocacy service (Katanning), Coordinated Response Service and the Domestic Violence Child Support program. The Centre has a regional focus.

AnglicareWA is an incorporated not-for-profit organisation delivering a range of services to communities in more than 40 locations throughout Western Australia. AnglicareWA works together with people, their families and their communities to enhance their abilities to cope with the challenges of life and relationships.

Being a not-for-profit organisation, the Albany Women’s Centre heavily relies on donated items to provide for the day to day needs of our clients. For this year’s Essentials for Women of Albany Donation drive some of the items that we have identified as being highly valuable are:

- Vouchers from Department stores such as Target, Kmart, Coles, Woolworths are always gratefully received to provide items such as clothing, underwear, footwear, toiletries, etc. These vouchers could also be used to assist women in setting up a new home when escaping Domestic Violence.
- Children’s clothing, underwear and sleepwear in various sizes for both boys and girls, in brand new condition (not used).
- Children’s bags, lunch boxes and drink bottles for school in brand new condition (not used).
- Full sizes toiletry items such as shampoo, conditioner, toothpaste, deodorant, shower gel, razors etc. (Please no travel size or tester size products). We are well stocked with items such as perfumes, hand creams, face lotions, powders, soap bars etc.

The Essentials for Women of Albany donation drive will run for the month of November, to coincide with White Ribbon Day and 16 days of Activism Against Gender violence.

The Donation Drive is a joint venture between AnglicareWA / Albany Women’s Centre, and the Albany Soroptimists. There will be a Facebook page “Essentials for Women of Albany” with information on the donation drive and other useful information.

The community are welcomed to collect items and drop them off at the following placed around Albany including:
- Leading Edge Computers – U3 / 89 Cockburn Road, Centennial Park
- Summit Fertilizers / Gina Fullerton – Princess Royal Drive, Albany (located at the Wood Chip terminal, past CBH)
- AnglicareWA office – 44 Collie Street, Albany

We thank you in advance for your kind donation and support of Women and children in Albany and surrounding areas who are experiencing Family and Domestic Violence. Your generosity is greatly appreciated.

Kind regards

Joanna Fictoor
Coordinator
Albany Women’s Centre