Dear Parents and Friends

P&C AGM
Our P&C held their AGM last Monday night and it was great to see some new faces and people prepared to take on executive positions in our group. All of our key positions were filled:
President  Carrie Beeck
Vice President  Gerry Macaullay
Treasurer  Erika Leak
Secretary  Linda Taylor
Canteen Committee  Diane Edwards, Debbie Hull, Diane Sinclair-Thomas
Uniform  Lori Quayle, Krystal Marwick
Executive Committee  Carrie Beeck, Linda Taylor, Erika Leak

A huge thank you goes to those who served in P&C leadership positions this year. In particular our thanks go to Ivane Cremasco who has been our Treasurer for the last 3 years. This is an important role in ensuring that the group’s considerable turnover, via the canteen, uniform sales and fundraising, throughout the year is monitored and managed well. We have been fortunate to have a person of Ivane’s skills and abilities in this role, she has done a wonderful job in managing the P&C’s finances over her period of tenure – we wish her well as her last child at Spencer Park moves on to ASHS in 2016.

We welcome Erika Leak into this role, I am sure she will also be a highly capable person in this position.

It is great that the remainder of the P&C leadership roles will be filled by people who are continuing, I thank them for their ongoing commitment to our school and I look forward to another positive year working with this group.

The P&C donated over $20,000 to the school this year with much of this funding going towards work related to the changes brought about by the opening of the new building. This included landscaping, new playground equipment and fencing. Having access to these kinds of funds at these times means we can maximise the impact of this kind of development.

Interschool Carnival
I was pleased to hear that those students who competed at the interschool athletics carnival last week, gave their best, behaved well and represented the school in a very positive manner throughout the day.

Whilst we didn’t place well enough to return with the outright or handicap shield, given the size of the schools we compete against our performance was quite credible.

My congratulations go to Kanisha Bennell who was Runner-up Champion Year 6 Girl, a wonderful achievement in such a talented field of athletes.

This brings our Athletics program to an end for another year. Many thanks again go to Mrs Binning who has a considerable task in preparing and organising our students for their involvement in this program.

Should your child enjoy this kind of physical activity, I hope that you can encourage their further involvement outside of what normally occurs at school.

City of Albany Christmas Festival and Pageant
This annual event is next Saturday 5 December. Our school is again involved this year with the choir invited to perform prior to the Christmas Pageant in the city square near the City of Albany Library. It is wonderful that our students skill as a choir is recognised in such a way as to be asked to perform at this popular community event. They will be on stage from about 3.00pm onwards as part of a pre-Christmas Festival leading up to the Pageant starting at 6.00pm.

I hope you can be there to support our students.

Child and Parent Centre - App now Available
Many of you should be aware of the Child and Parent Centre at Mt Lockyer. It is just about to move into a brand new building after being in temporary accommodation for nearly 2 years. This Centre is aimed at supporting families with young children and offers a range of services to ensure these youngsters have parents who know how best to support their needs and as such are able to enter school ready to learn.

To keep parents informed about the programs and activities occurring at this centre a smartphone app...
has been developed that will allow you to receive alerts and access the latest information in relation to what is being offered via this community resource.

Simply go to your app store, type in “Child and Parent Centre – Mount Lockyer” and click install.

Alan Dowsett – Principal

Voluntary Contributions and Charges 2016

Our School Board met recently and approved the following voluntary contributions and charges for 2016. **Charges stated are the maximum amount expected but not necessarily the amount charged.

<table>
<thead>
<tr>
<th>Voluntary Contributions</th>
<th>Cost</th>
<th>Year applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voluntary Contributions</td>
<td>$25.00</td>
<td>K - 6</td>
</tr>
<tr>
<td>P&amp;C Contributions</td>
<td>$20.00</td>
<td>Per family, K - 6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Charges</th>
<th>Cost</th>
<th>Year applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Book lists</td>
<td>$120.00</td>
<td>Estimated max cost, K - 6</td>
</tr>
<tr>
<td>Scripture Book</td>
<td>$3.00</td>
<td>1 - 6</td>
</tr>
<tr>
<td>Incursions</td>
<td>$7.50</td>
<td>Average per term, K - 6</td>
</tr>
<tr>
<td>Excursions</td>
<td>$15.00</td>
<td>Maximum per term, K - 6</td>
</tr>
<tr>
<td>Recorder Bond</td>
<td>$10.00</td>
<td>4 &amp; 5</td>
</tr>
<tr>
<td><strong>Interm swimming</strong></td>
<td>$70.00</td>
<td>Estimated cost, P - 6</td>
</tr>
<tr>
<td>** Year 6 Camp**</td>
<td>$350.00</td>
<td>Estimated max cost, 6</td>
</tr>
<tr>
<td><strong>Instrumental Music-Own Instrument</strong></td>
<td>$40.00</td>
<td>Instrumental music students only</td>
</tr>
<tr>
<td><strong>Instrumental Music-Hire Instrument</strong></td>
<td>$140.00</td>
<td>Instrumental music students only</td>
</tr>
</tbody>
</table>

Future Dates

ASHS/NASHS Orientation for Year 6 Students Fri 4 Dec
Year 6 Transition Disco at Albany PS Wed 9 Dec
Next Assembly Fri 11 Dec
Year 6 Graduation Wed 16 Dec
Year 6 Graduation Excursion Thurs 17 Dec
Distribution of Reports Thurs 17 Dec
Last Day of the School Year Thurs 17 Dec

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.

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.

LOST PROPERTY

All lost property will be displayed outside Room 6 on 11 December. Please come and have a look for your children’s lost items. At the end of the day unclaimed uniform items will be put into the second hand uniform stock and non uniform items will be donated to charity stores.

Congratulations to Neve Gray for being awarded the Star Workers award at the Albany Academy of Dance on the weekend.

Bus Transport

If your child is going to be using public transport by bus in the new year it would be advisable to apply for a SmartRider Card. Having this card effectively cuts the cost of the bus trip by half which could save you up to $250 each year in savings. Application forms are available at the school office.

BUSHFIRE READY

Are you bushfire ready? We are coming into the season when this hazard is at its most dangerous. Visit the website to find information on how you can ensure you are ready.

http://det.wa.edu.au/intranet/ccm/detcms/navigation/schools/parent-communications/?page=5#toc5

ARE YOU BUSHFIRE READY?

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.
Disability Awareness Week

On Monday, 30 November a group of our students performed at the opening of the Disability Awareness Week at the City of Albany. It was supposed to be at 11:00 but they moved it forward to 10:30. Sorry we did not get this information out to the families.

Both Mrs Eyles and I were very proud of our students. They sat patiently while the introduction to the day and the first item of poetry reading followed by a song were performed.

Hayley Jane did a wonderful job of introducing the students. They sang and signed *What I Am, The Happy Song* and *We Wish You a Merry Christmas*. They were rewarded with a wonderful spread of delicious food.

Waiting Patiently

Look at that Yummy Food

Thank you, Mrs Eyles, for working so diligently to prepare our students for this event. It looks like we are booked again for next year.

Clarence Estate: Next week the students will be showing how great they are again at their annual Christmas performance at Clarence Estate on Tuesday, 8 December at about 10:00. This is our chance to be generous to others who have served our community over the years.

PBS Focus: For the rest of the year we will be focusing on Helpfulness in relationship to Being Safe, Being Friendly and Being your Best. Please acknowledge your child when they are being helpful.

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
Due South Surfing Academy

Calendar for Surfing & Ocean Awareness Lessons

Middleton Beach Surf Club
2nd, 3rd & 4th January
9 - 11am & 12.30-2.30pm
Mutton Bird Beach
5th, 6th & 7th January
9 - 11am & 12.30-2.30pm
Hopetoun
8th & 10th & 11th January
9 - 11am & 12.30-2.30pm

Bremer Bay
13th, 14th & 15th January
9 - 11am & 12.30-2.30pm
Middleton Beach Surf Club
17th, 18th & 19th January
9 - 11am & 12.30-2.30pm

Cheynes Beach
22nd, 23rd & 24th January
9 - 11am

Nararaup
26th, 27th & 28th January
9am – 11am

Stand-Up Paddle Board Lessons (SUPs)

Lessons run for 2 hours each day - all equipment supplied
Bookings recommended - phone Tony Harrison on 98444263
Mobile Paul 0475092040 or Tony 0411269433 - Cost $125 per person.
Family discounts - Ages 6 upwards. Accredited course, certificate and notes supplied. Check us out on "albanygateway.com.au"
The Lion King
Autism Friendly Performance
Thursday 11 February 2016, 4pm Crown Theatre, Perth

Thank you to everyone who has purchased tickets to this performance. There are still plenty of great seats left, so please forward this email to anyone who may want to attend!

The Autism Association of Western Australia in association with Disney is proud to bring you a very special Autism friendly performance of The Lion King.

This specially adapted performance will be suitable for people with Autism, and their families, to enjoy this award-winning production in a friendly and supportive environment.

Slight adjustments to the production include removal of strobe lighting, reduction of any jarring sounds and lights focused into the audience, house lights being dimmed and flexibility to bring your own snacks.

Trained Autism Association staff will be on hand, and dedicated quiet areas and activity areas will be set up, should anyone need to leave their seats.

The Lion King is the first major musical to hold an Autism friendly performance in Australia, having already held successful performances in Brisbane and Sydney with a performance scheduled in Melbourne.

Tickets are on sale NOW via a dedicated event website www.lionkingautismfriendly.com.au

I am pleased to announce that the Summer Reading Club is taking place at Albany Public Library these summer holidays.

Last year the Summer Reading Club was a huge success!
- 41,589 children participated across Australia, and
- an estimated 267,919 books were read.

Celebrating its fifth year as a national program, the Summer Reading Club could be even bigger and better this year, with the help of your school!

The theme for the 2015 iteration of the Australian Summer Reading Club is Lost Worlds inviting young readers to explore lost worlds, alternate universes and mythical creatures depicted across science fiction, historical fiction and fantasy fiction.

In addition to the Reading Club 1st December to 31 January, the Albany Public Library, Summer Reading Club activities will run from January 12th until 28th. We will also be hosting a SRC party on Thursday 28th January (Bookings Essential).

Registration is FREE! When participants register at our library they will receive a Summer Reading Club bookmark. Alternatively, they can also register through the Summer Reading Club website at www.summerreadingclub.org.au and print a Reading Log. Prizes will be available for every 10 hrs/Books read.

National prizes are also up for grabs for those who participate in the online writing activities.

For more information on this year’s Summer Reading Club, or please contact Dora Adeline on 98419331 or by email to doraa@albany.wa.gov.au
Healthy eating - Tips for Parents
Go shopping with your children and allow them to choose the healthy foods that they enjoy eating. For example, ask children to choose some of the fruit and vegetables.
Shop twice a week - fresher fruits, vegetables, breads and meats are more likely to appeal to the whole family.
Buy in season - seasonal fruits and vegetables taste great, are better quality and are better value for money.
Select small pieces of fruit - younger children prefer smaller pieces of fruit as they are easier to handle.
Choose quality - try to avoid bruised fruit or vegetables.
Encourage variety - so that your child does not get bored with their food.

Ten tips for parents
1. Give children a variety of different foods
2. Offer nutritious snacks, like fruit, yoghurt, crackers and cheese
3. Encourage your child to eat breakfast
4. Ensure that the family eats together at least once a day
5. Pack your child’s lunch at home. Let your child help.
6. If your child refuses a new food, don’t make a fuss. Try again several times.
7. Listen when your child tells you they are full
8. When your child is thirsty, encourage them to drink water.
9. Allow your children to help with planning and preparing healthy meals.
10. Plan physical activities for your family

Healthy eating for children
The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly, for health and well-being.

By providing your child with the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, your child will get enough of the nutrients essential for good health, growth and development. A healthy diet reduces the risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers. Your child may also feel better, look better, enjoy life more and live longer!
The amount of food your child will need from the Five Food Groups depends on their age, gender, height, weight and physical activity levels. For example, a 3-year-old boy requires 1 serve of fruit a day, but an 11-year-old boy needs 2 serves of fruit a day. A 9-year-old girl needs 4 serves of grain (cereal) foods a day, and a 14-year-old girl needs 7 serves a day.
Children who are taller, more physically active or in the higher end of their age band, (and not overweight or obese), may be able to have additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices. For further information go to www.eatforhealth.gov.au

What should our children eat?
Try and follow these basic guidelines when deciding what to feed your children:
- Include 2 fruit and 5 vegetable serves into the daily routine.
- Serve lean meats, fish, chicken and dairy. Remember eggs and nuts!
- Choose wholegrain bread and cereal.
- Limit saturated fat intake and reduce total fat intake.
- Limit fast food like chips and pastries.
- Limit sugary drinks and offer water or low fat milk instead.
- Limit lollies and foods with a high sugar content

Following these guidelines will help our children to be healthy children.

Healthy food children will love!
- Blend fruit with milk and a spoonful of low fat yoghurt to make a smoothie.
- Freeze fruit (such as grapes, pear or banana).
- Top toast with ricotta cheese, banana slices and cinnamon.
- Cut vegies into bite-sized pieces.
- Mix chopped tomato and green capsicum with baked beans. Put the mixture on toast, or in a baked potato, and sprinkle with low-fat cheese.
- Add cooked vegetables to lightly beaten eggs. Melt some polyunsaturated margarine in a pan and cook the mixture gently over low heat until eggs are firm.

Remember to use a cool bag or put a bottle of frozen water in the lunch box to keep food cool at school. Keep lunches interesting by including salads, wraps and dips with cut up vegies.