



SPENCER PARK PRIMARY SCHOOL

26 Hardie Road, Albany WA 6330

Ph: (08) 9841 2488 Fax: (08) 9842 1493

Website:
spencerparkps.wa.edu.au

We value an approach that seeks to understand and care for each individual student in a way that enables them to achieve to their full potential.

Principal: **Jeremy Hadlow**

Deputy Principal: **Dianne Ruffell**

Deputy Principal: **Carl Luscombe**

NEWSLETTER No. 3

16 February 2016

PRINCIPAL'S CORNER

Dear Parents and Friends

Classroom Activity

Students have been busily working away in their classes over the first few weeks of the year. One group of students who were particularly enthusiastic to share their work has been Miss Dodd's Room 5. The work in this case was coloured stress balls made from simple materials but with expert production techniques. Aside from the skills learnt in production, the stress balls also serve as a tool in teaching students there are simple things you can do to relieve stress. Physical therapy techniques are well documented in effectively helping regulate stress and it's very important for children to continue using and developing these into teenage years and then adulthood.

Swimming Trials

Well done to the year 4 to 6 students for the effort they put into their swimming last Friday. It was great to see we had nearly 100% of students participate and is a very positive sign for our Faction Carnival on 3 March. Thank you very much to the parent helpers and teachers who ensured the morning ran smoothly. In particular, thank you **Mrs Binning** who is also overseeing the morning swimming squad.

Faction Captains

Congratulations to our faction captains for 2017:

Green- Brielle and Peter

Red- Taya and Rania

Gold- Silver and Sylvie

The newly elected captains have already started operating the sport shed and will help organise senior sport activities this term.

Morning Arrival

A reminder that students are expected to go into their classrooms if they arrive after 8.30am. This allows students to get organised for the day. Ideally students should not arrive before 8.30am. Our first siren sounds at 8.53am and the second siren at 8.55am signals the start of morning notices.

Attendance

If your child is absent from school please provide a written or verbal explanation. As most of you know,

this can be done through SMS if more convenient. Absences are marked as unexplained on the roll until an explanation is provided. Last year, 34% of absences were unexplained, down from 39% in 2015 and 50% in 2014. While the downward trend is good, we are aiming to make dramatic inroads into the percentage this year with your support.

First Assembly

Our first assembly will be this Friday. Apart from merit certificates, the main focus will be on introducing our student leaders for 2017. The councillors will not only receive their badges but also run the assembly.

Our second assembly on 24 February will see Room 3 present an item.

Carl Luscombe – Acting Principal

P&C Office Bearers 2017

At the SPPS P&C AGM held on 6 February the following positions were decided:

President: Carrie Beech
Vice-President: Gerry Macaulay
Treasurer: Erika Leak
Secretary: Linda Taylor

All are welcome at the next P&C meeting to be held on Monday, 13 March at 7.15pm in the school staffroom.

Forthcoming Events

Early morning Swim Training	Thur 16 Feb
First Assembly	Fri 17 Feb
Faction Swimming Carnival	Fri 3 March
Year 5&6 Swimming Lessons	Tue 7 March

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.



SPENCER PARK EDUCATION SUPPORT CENTRE

Last Friday, swimming at ALAC began. Mr Riemer is the teacher in charge of this activity which helps some of our students gain skills to improve their water safety, teach life skills and enjoy an activity with their classmates. Our expectation of the children is appropriate behaviour in the community.

This year Mr Riemer is also the teacher in charge of hydrotherapy. Hydrotherapy begins Thursday this week. The children and the staff walk to the hospital. This is a chance to teach the students road crossing skills as well as enjoying time in the pool.

In case you didn't see Mrs Talbot's article on Facebook, Room 13 and 14 are doing a Geography unit called "Exploring Familiar Places". They have brainstormed charts on the things in their classroom and Eyre Park.

Mrs Talbot has put out a request for small cardboard boxes, plastic containers and lids. These will be used to construct models of familiar places. Your donations can be dropped into the pink bin in the office or to Room 13.

Be sure to follow us on Facebook to keep up with what is happening at school.

CAMP: Reminder that our whole school camp is only a few weeks away. This year we are going to Camp Kennedy again. Please be sure to return the necessary forms and payments as soon as possible. If you are having difficulty making the payments, be sure to see Mrs Hall to discuss payment options. The camp is an important part of the school year. This is a chance for the students and staff to get to know each other outside the school environment.

Growth Mindset:

The second way to develop a growth mindset is to view challenges as opportunities. Having a growth mindset means relishing opportunities for self-improvement.

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

WHEELBARROW WANTED

Pre-Primary 2 is looking for the donation of an old wheelbarrow to grow plants in. The wheel still needs to turn! If you can help, please see Mrs Stevens at Pre-Primary 2.



IN TERM SWIMMING YEARS 5 & 6

The Year 5 & 6 students will be having In-term swimming lessons at Emu Point commencing Tuesday, 7 March. Enrolment forms have already been sent home. Please complete and then return to school by Friday, 24 February even if your child will not be taking part.

We pay only for the bus so the cost is still to be determined as it depends on how many students will be travelling on the bus.



Voluntary Contributions / P&C Contribution and Scripture Books

Thank you to all the parents and guardians who have already paid contributions for 2017. Contributions can be made either by cash, card or cheque through the office or you may prefer to phone your card details through. If you would prefer to do a direct credit to the school you can contact the office for banking details. Please ensure, if paying by direct credit, that you include your child's surname and first name as a description. Centrepay is another easy option for you to setup, or if you would like to know more just contact the office.

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.

NetSetGo Netball

NetSetGo is an introductory program for netball that is nationally branded and endorsed. It has been developed to children aged 5 to 7 years, the program incorporates skill activities, minor games and modified matches. The program runs over 8 to 10 weeks of 1 hour sessions at the school. This is the same program run at ALAC.



NetSetGO t-shirt, netball and medallion provided for each participant.

For any information please contact Michelle Gray 0433262970



Department for Child Protection and Family Support

Foster caring...it's not just the child's life that changes!

Do you enjoy looking after kids?
Do you want to make a difference in a child's life?
If so, you may want to consider foster care. The Department for Child Protection and Family Support's Albany Office is looking for foster carers who can provide a loving home to children for occasional weekends and short and long periods of time. Find out more by attending one of the following fostering information sessions.

When: Thursday 16th March
Day Session 10:00 – 12:00
Evening Session 7:00 – 9:00

Where: Department for Child Protection and Family Support, 25 Duke Street, Albany
Contact Stephanie Marsh at the Department's Albany Office on (08) 98410777 to register your interest in attending a session.

**Self Defence and Fitness
Family Karate Classes for all ages**

Come and train at the HCD Martial Arts Academy and you will have fun, get fit and develop some really important life skills.

NEW TERM STARTING NOW

Training Times:

Flinders Park Primary School – Mondays at 5pm and 6pm
Yakamia Primary School – Wednesdays at 5pm and 6pm, and
Albany Primary School – Fridays at 3.30pm
Albany PCYC - Sundays at 4pm
Visit hcdmartialarts.com.au for more Information about training times and locations. Or you can call or SMS 0477 514 505.

Let's stop the bully!!

THE FIRST FARM

Free education program as part of Australian Heritage Festival
Suitable for Years 1-6



Old Farm Strawberry Hill or Barmup (marri tree place) became the first farm in WA.

Experience life as an early settler- visit the house where the Spencer family lived in 1836; work as a garden hand in the vegetable patch and play old time children games.

Duration 2 hours
8-12 May 2017



Bookings essential

Contact: Peter Pritchard, Education Officer, Museum of the Great Southern
Peter.Pritchard@museum.wa.edu.au
9841 4844

The Accidental Counsellor

Do you find others (clients, customer colleagues, friends, children...) often open up to you and share their problems, sometimes distressing situations, and ask yourself what you think you should do?

Would you like to be clearer about what to say or do to really help them?

This one day workshop will –

- Define the role of Accidental Counsellor
- Explore the difference between supporting, helping and rescuing
- Look at the desirable traits required to help
- Explore the significant of self-awareness, emotions and empathy
- Practice appropriate skills to help in a safe way
- Consider referral
- Look at self-care strategies.

Sessions are to be held at the office of Relationships Australia, 29 Albany Highway on Thursday 16 March

Cost: is \$165
Time: 9.30 am to 4.30pm.

Mindfulness – Transform your relationships

What is it and how does it help in a relationship?

It is natural to react to the people we love in ways that are not helpful. Research has shown that mindfulness practice helps people to respond rather than react and enjoy greater satisfaction in relationships, deal with relationship stress more constructively and be able to communicate more effectively, particularly in conflict situations.

This seminar will cover:

- Simple mindfulness exercises
- How to manage uncomfortable or painful feelings
- How to manage negative thinking
- Ways to be who you truly want to be in your relationship

Sessions are to be held at the office of Relationships Australia

29 Albany Highway on Thursday 16 February
Cost: is \$20 per person or \$30 per couple
Time: 9.30 am to 12.00noon.

Places are limited so please book now on 6164 0530 or email: [Albany@Relationships WA.org.au](mailto:Albany@RelationshipsWA.org.au)

Spencer Park Netball 2017

If you are interested in playing netball this year please place name on lists in front of classrooms. Teams required to be filled by 3rd March. Year 3/4 students will take part in modified games and activities with a focus on fun and teamwork this takes place on Friday afternoons at ALAC run by Albany Netball Association.

Years 5/6 students will take part in games on Saturday at ALAC run by Albany Netball Association.

KALGAN VOLUNTEER BUSHFIRE BRIGADE



OPEN DAY

Sunday 26th Feb 2017
10am - 4pm
Bridge Park
Nanarup Rd,
Kalgan



- Raffles
- Live Music
- Market Stalls
- Fire Trucks
- Reptile Haven
- Bushy Bear
- Bouncy Castle
- Sausage Sizzle



This event is proudly sponsored by Healthway to promote the SunSmart message

SUNSMART ALBANY KITE FIESTA 2017

FREE EVENT

Sunday 26th March
10am - 4pm
ANZAC Peace Park
Albany Foreshore
Kite Making kits available for \$6



Join Michael and Jan Alvares of Kite Kinetics

<http://www.kitekinetics.com.au>
and Green Skills
for kite making and kite flying fun
Watch the skies for the giant kites!

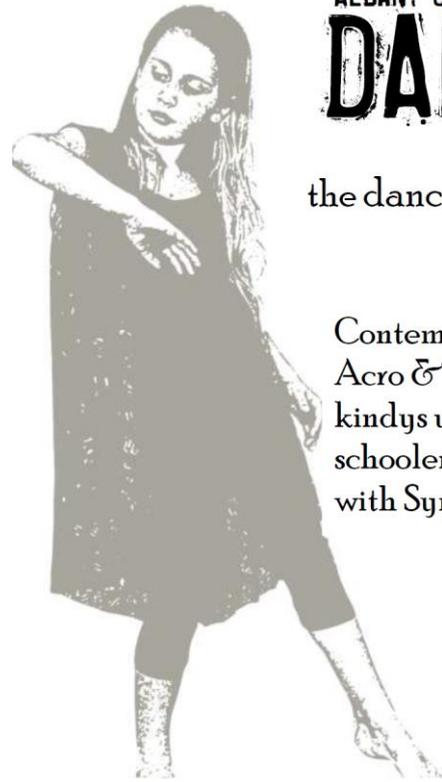
This event is part of the South Coast Festival of Birds
For details and up-to-date Festival info see
www.birdfestival.greenskills.org.au
or phone Green Skills 9848 3310

The South Coast Festival of Birds is supported by Lotterywest, WA Museum - Albany, Healthway, the City of Albany, Green Skills, BirdLife Australia, UWA - Albany, South Coast NRM, WA Department of Parks and Wildlife, Albany Bird Group, Gondwana Link Ltd, Yongergnow Ongerup Malleefowl Centre, Bush Heritage Australia & others



ALBANY CONTEMPORARY DANCE

the dance alternative



Contemporary Dance, Acro & Ballet for kindys up to high schoolers & adults with Sym Parr.

Wednesdays & Saturdays Spencer Park Primary Hall
Contact Sym for details 0428 639 461 [symmove@gmail.com](mailto:symmmove@gmail.com)
[facebook/albanycontemporarydance](https://www.facebook.com/albanycontemporarydance)



Skating on Thin Ice

Is someone in your family using meth?

Do you feel confused, frustrated, or possibly frightened by their behaviour?

You are NOT alone

Palmerston Association is one of WA's largest specialist services for alcohol and substance use education and counselling.

We are offering a **free** three week interactive and informative workshop for families who are impacted by, or struggling to cope with someone else's methamphetamine use.

The group explores topics such as:

- the nature of methamphetamine
- its impact on the brain and behaviour
- techniques to support family members
- ways to respond whilst caring for themselves and remaining safe.

The three 90 minute sessions will take place at the Vancouver Art Centre
85 Vancouver Street, Albany from 5.30pm - 7pm:

- Week one: Monday 20 March 2017
- Week two: Monday 27 March 2017
- Week three: Monday 3 April 2017

Light snacks and refreshments will be provided.

For more information and to book a place please call 9892 2100