



S·P·E·N·C·E·R·S·P·I·R·I·T

Spencer Park Primary School
Jeremy Hadlow, Principal
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Tel 08 9841 2488 Fax 08 9842 1493
spencerparkps.wa.edu.au

We value providing a learning environment that is safe and positive.

Spencer Park Education Support Centre
Rebecca Wheatley, Principal
Hardie Road, Albany WA 6330
Tel 08 9841 1537 Fax 08 9841 6943
spencerparkesc.wa.edu.au

NEWSLETTER No.4

28 March 2019



PRINCIPAL'S POST

Dear Parents and Community Members,

School Board News

I would like to welcome Mr Brendan Oakley onto the School Board as a new member this year. Mr Oakley is both a parent and a local business owner and will be joining Mrs Perdita Beebe, Mr Jem Ruggera (Chairperson) and Mrs Eileen Wheeler as the parent representatives. The School Board conducted the AGM last meeting and endorsed the new School Business Plan and the 2018 Annual Report. Both of these documents will be available shortly on the school and DOE website.

Colour Explosion

Congratulations to the P&C for another very successful Colour Explosion last Friday afternoon. Many thanks also to the many parents, grandparents and community members that supported the event by financially sponsoring students.



Interim Reports

In the last week of school this term, students will be receiving an interim report. This provides parents with a brief overview of how their child(ren) is performing in key areas of school. The report is not designed to provide lots of information, but should provide general information. Please look over this information and touch base with teachers early in term 2 if you have any concerns or surprises.

Swimming Carnivals

Congratulations to all the students that participated in the faction swimming carnival last Friday. The level of participation was impressive with most students being involved in either competitive swims or novelty races. Our champion swimmers will represent the school today during the Interschool Carnival being held at ALAC. Swim well students!



Swimming Carnival Results

Congratulations to our medallion winners:

	Champion	Runner Up
Year 4 Girl	Ellie	Jaeda
Boy	Drake	Caleb
Year 5 Girl	Lexi	Winter
Boy	Koby & Robert	John
Year 6 Girl	Te Paea	Sapphira
Boy	Ethan	Kai

Well done to our Winning Faction

1 st	GREEN	315
2 nd	GOLD	246
3 rd	RED	183

.../2

FUTURE DATES

Y5/6 Interschool Multi Sport Day	Tue 9 Apr
ANZAC & POE Assembly	Fri 12 Apr

Canteen Helpers

The school canteen is desperate for any help that parents can offer. Please call in and see Nicole in the canteen if you are able to provide a few hours here and there. We will be holding a special menu on Monday 1 April – Chicken and Chips Footy Box. Please note that normal canteen lunches will not be available on Monday. Recess will run as normal.

Have a wonderful fortnight!

Jeremy Hadlow
Principal

SECRET CODE

Somewhere within the text of this newsletter we have buried a six-digit code. When you have found the code, SMS 0437 619 154 and include your family name and the code. The first correct answer will win a \$10 canteen credit. Winners will be announced on our Facebook page and receive notification by SMS. With regret, prizes are only available to families enrolled at our school.

VALUES CERTIFICATES

We congratulate the following students who received certificates at Monday's Mini assembly.



Responsibility		Tolerance & Inclusion	
Rm 1	Skye	Rm 1	Maddie
Rm 2	Gracee	Rm 2	Harrison
Rm 3	Agyarko	Rm 3	Pippa
Rm 8	Katie	Rm 8	Ziggy
Rm 9	Dakota	Rm 9	Kiara
Rm 11	Marissa	Rm 11	Tashara
Rm 18	Kade	Rm 18	Kaleb
Rm 19	Izsabella	Rm 19	Agam
Rm 25	Angus	Rm 25	Jesse

HONOUR CERTIFICATES

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

Rm 1	Emerald, Maddie
Rm 2	Evie, Lachlan
Rm 3	Jake, Peyton, Paige, Jesse
Rm 8	Hailey, Imogen
Rm 9	Mia, Abi, Bailey
Rm 11	Tashara, Neve,
Rm 18	Cody, Lily Rose, Cody
Rm 19	Patrick, Doreen
Rm 25	Ronan

PARENTING WITH A MENTAL ILLNESS

For most parents parenting is rewarding and fun, along with taking lots of energy and time. For most of us there can be challenging times, but when a parent is experiencing a mental illness these challenges can seem overwhelming. However, there are many strategies that can help parents build their own and their children's resilience and wellbeing.

Parents can worry that their mental illness will have a negative effect on their family but these are some things to put in place to help everyone thrive.

- Build strong family relationships
- Assist your child to attend activities outside the home
- Encourage a good connection with school and keep attendance high
- Help your child understand about the mental health issue at their level
- Ask for help when it is needed
- Plan ahead for a possible crisis (eg, parent needs to go to hospital)

Schools can assist by providing additional support. Sometimes just having the teacher know things are not going well at a particular time can help this happen.

There are a range of resources available at the office and the following websites have more information

[COPMI](#) - information and resources for parents and children where parent mental illness is part of the family experience

[SANE](#) - information about mental illness

[Beyond Blue](#) - information about mental health and wellbeing

[Raising Children](#) - general information about parenting

Helplines

Parenting 1800654432

Kids Helpline 1800 551 800

KINDY NEWS



Last week the kindy children made a pair of "Kindy listening ears" during the week they had lots of listening opportunities, played numerous listening games and Mr Hadlow came to visit. The children were very keen to share with him their many listening experiences.



PRINCIPAL'S PATTERN

"I am human, I'm an individual, I am a person, I may not be the same as you but I'm only if defined by my disability if that's all you see". Anonymous

When referring to groups of people no matter their circumstances it should always be remembered that they are people first. Throughout time the development of familiar names for groups of people and how we refer to these groups of people is ever-changing. It is important to think of the person before any of their characteristics. When we think of the person first we say the "person's name with a disability" rather than "that disabled person named..."

When referring to groups of people or issues regarding disability it's okay to use the word "disabled" or "people with disability," however, if you're unsure ask the people to which you are talking about or to, what they prefer to be called. Alternatively, you can of course just refer to them by their name or pronouns, eg. "the group of girls," "the boys playing football," "the boy playing on the accessible swings."

Avoid referring to people with disability as being normal, healthy or like everyone else. This type of conversation can actually make them feel like there is more wrong with them and that this making them appear too abnormal. When discussing environments such as the classroom or the school and community places they are referred to as "accessible places" rather than spaces for disabled or handicapped people.

If a person has a disability it doesn't make them any more special or different than anyone else. They are the same as you and me, they all have strengths and challenges and they have skills and abilities. They should be celebrated like everyone else.

Come and celebrate these abilities with us, Wednesday, 1 May, 2019, 6pm at Due South at the Spencer Park ESC "Celebration of Abilities" fundraiser, supported by Mr Paul Lionetti, IGA Spencer Park and Stirling Terrace, Mrs Sarah Morrison, Salon Express, and Steve at Due South. This event includes dinner and drinks, live entertainment with a band and items up for auction. Please see flyer for more details, tickets can be purchased at Spencer Park Education Support Centre office.

We are also seeking donations of items for the auction. If you have anything that you are able to contribute, please drop by our office

PBS Golden BEE awards this fortnight for "Being Your Best and Being Safe:"

Miss Chiara Letter, Mrs Leonie Wills
Jayden, Riley, Robert, Xavier, Toby, Monty and Jake.



Garden News

I would like to extend sincere thanks and gratitude to Mr. Karl Hawkins for the kind donation of a small table and four benches for our school garden. Karl, using his excellent woodworking skills constructed the set using durable recycled Jarrah, the items will definitely be put to good use.



Wilma Tognetti
Gardening Committee



Spencer Park Education Support Centre
Celebrating Abilities

Invites you join a Celebration of Abilities to support the needs of the students of Spencer Park Education Support Centre
An Event hosted by Due South on behalf of Paul Lionetti, IGA and Sarah Morrison, Salon Express

Wednesday, 1st of May, 2019.
From 6pm.

Tickets are available from
Spencer Park ESC 9841 1537
Salon Express 9842 1650
IGA: Paul Lionetti 0418 945 420
Due South 9841 8526
Tickets \$120.00 pp

Payments can be made in person or online
Includes dinner, and drinks (spirits not included), an auction and a live band.

(Donations for auction are welcomed can be given at Salon Express; Spencer Park ESC + Due South)

Master of Ceremony for the evening Barry Christie
Book your tickets now and support the children of your local community.





Have a great fortnight.

Bec Wheatley
Principal

HASS



I am very excited about the learning of all students in HASS this term. Our focus for the term is Geography. Studying Geography is about understanding relationships between humans and the environment to better appreciate the world we live in.

Lower Primary students are discovering special places in Albany for the Noongar people. Students are using globes to locate the equator, poles, hemispheres and major divisions of the Earth. This helps students understand their place in the world.

Middle Primary students are discovering how places can be similar and different. What is the difference between city and country lifestyles? What are the main climate types in Australia? Students are also learning how the environment supports animal life and are beginning projects on African animals and their habitats.

Upper Primary students are busy working on research projects and becoming experts on a country of their choice. They are learning about countries population, natural environment, culture and location in the world. I have been super impressed with all student's enthusiasm and knowledge about countries of the world. They will be presenting their projects to the class in Week 10.

Using the netball centre ring to illustrate the continents.



March 21 was Harmony Day around Australia and we celebrated different cultures at our school. Many students and staff wore orange in celebration and in HASS all classes learnt a Noongar song.

If you have any questions about your child's progress in HASS please don't hesitate to arrange a time to meet. The HASS classroom is Room 7 feel free to pop in, say hi and see the amazing work of our students. I am there Tuesdays, Wednesdays and Thursdays. Thank you.

Claudia Lemann
HASS Teacher



Room 25 celebrated Harmony Day by making orange paper flowers to help us remember the message 'Everyone Belongs'. Harmony Day is about including, respecting and celebrating everyone in our community.

Pre-primary One celebrated Harmony Day

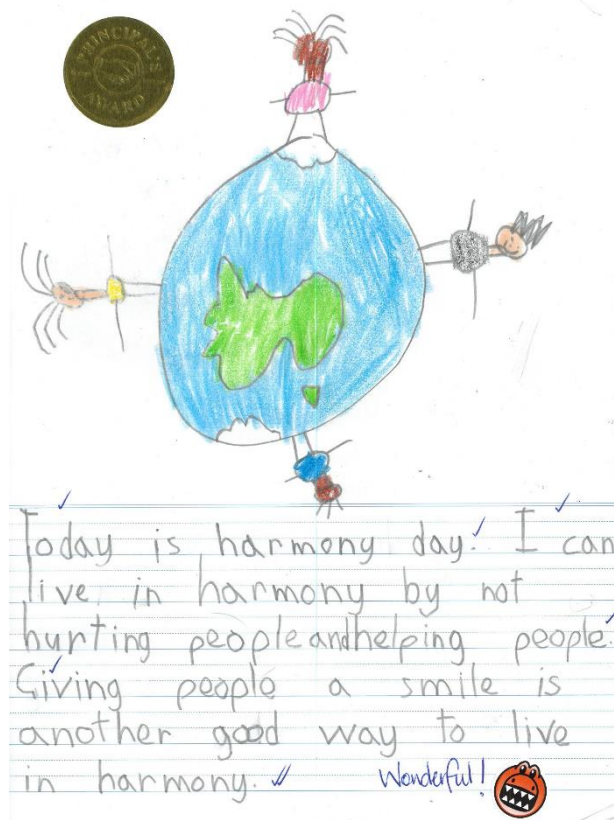
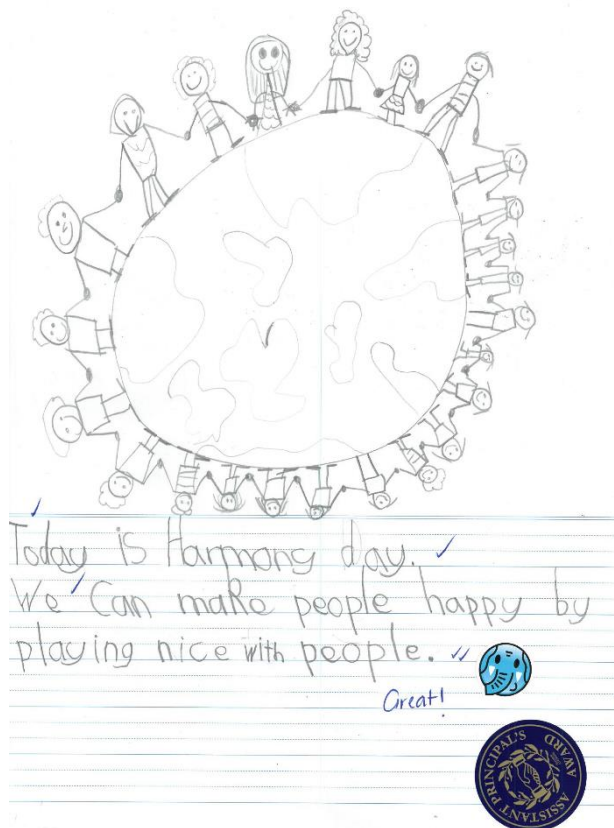
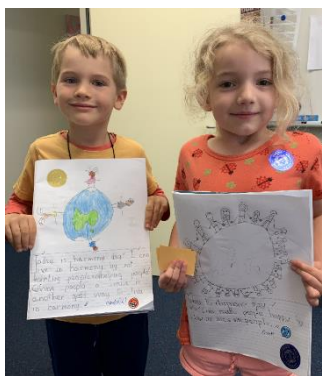


Our Gardener, Gale celebrated Harmony Day



HARMONY DAY WRITING

The children from Room 19 wrote about how we can live harmoniously. Here are Jayce and Ava with their writing.



THREE PROGRAM



Our THREE Program will commence in Term 2.

Any child turning 3 in 2019 is welcome to come along. This program will run from our Kindergarten on Fridays from 9.00am - 10.00am. Parents are required to stay with their child. Younger siblings are also welcome. Bring your child for a taste of the Kindy experience. Registration forms are available from the school office or www.spencerparkps.wa.edu.au/ under the About Us tab.

HEAD LICE

Headlice are an ongoing problem in a school environment and approaching this issue requires perseverance. In order to interrupt the cycle it is advisable to check your child's hair each week to ensure they are starting out the week clear. Vigorous daily brushing can halt the laying of new eggs.

Nitbusters was a very helpful tool in managing headlice but we have had no volunteers to coordinate this program for some years. If you 121066 think you would like to volunteer to start this up again, please leave your name at the office.

BIKES AT SCHOOL



If your child brings a bike to school, please ensure that they also have a lock to ensure the security of their bike. Our bike rack is out of sight of staff for most of the day and cannot be easily monitored.

VINCENT VAN GOGH

The children from Room 2 have completed an artist study on Vincent Van Gogh. They have really enjoyed learning about this amazing artist and recreating his work, entitled Sunflowers.

Vincent Van Gogh painted many versions of the sunflowers from 1888 to 1889 whilst living in Arles, France.

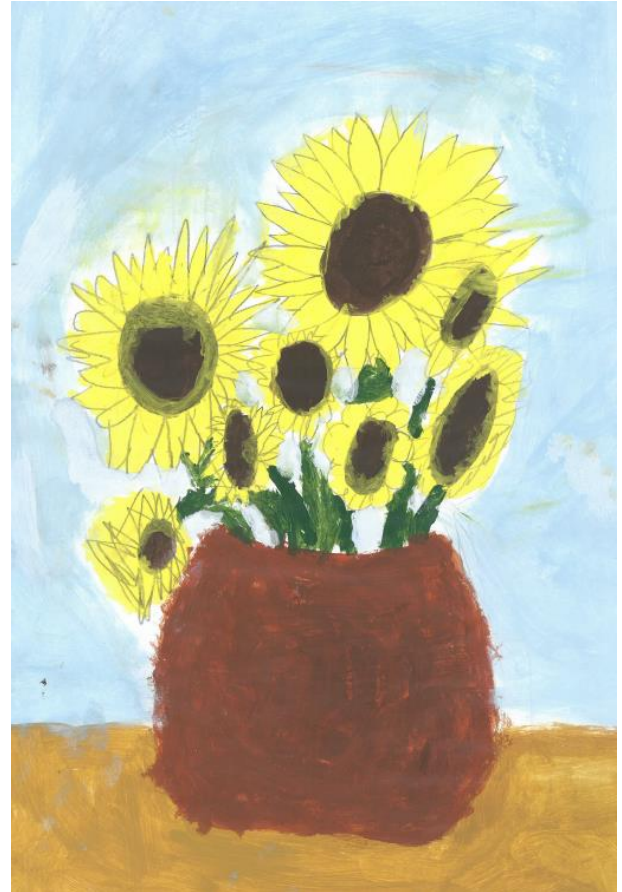
Here are a couple of examples from Anima and Amelia. You can see more for yourself by popping into our front office.



Anima



Amelia



Anima

Van Gogh

Vincent Van Gogh is a famous artist he was very poor he had no money to buy paint brushes his early paintings were very dark because he used charcoal he painted sunflowers when he had enough money he wanted to make people think they're in the painting he went to paris in 1886 to work in a art gallery he had a fight with his friend then he chopped off his ear he went to live in a hospital

25-3-19 Vincent Van Gough

Vincent was born in 1853. If he was still alive he'd be 166. He was so poor that's why some of his paintings were done with ash and charcoal. Vincent had a fight with his friend and he decided to chop off his own ear. I know it's crazy but he still did it. He was so poor he only had bread and chesse. Some of his most famous paintings were done in the hospital. Vincent took time and effort in his work. My favorite one is the Starry Night.

Amelia



ALBANY FOLLOW THE DREAM

Follow the Dream is a state-wide programme aimed at nurturing high achieving Indigenous secondary students

who show a keen interest in achieving academic excellence and in pursuing their career aspirations.

For students to be eligible to join Follow the Dream they must exhibit:

- Exemplary behaviour
- Excellent school attendance (ideally 90% or better)
- and be achieving well academically (ideally C grades or higher in Maths, English, Science and HASS subjects)

Follow the Dream students typically graduate from Year Twelve and undertake tertiary study, further training or meaningful employment.

The programme offers students tutoring after school and all students have a personalised learning and career plan. Students also have access to a variety of guest speakers, excursions and camps that aim to increase students' knowledge of culture, career options and also assist with personal development. Where possible, these opportunities are conducted out of school hours.



The Albany Follow the Dream programme has been operating for almost 15 years and currently services 70 secondary students from Albany Senior High School, Denmark Senior High School, Mount Barker Community College and North Albany Senior High school. It is important that primary school students are aware of this programme, so that they have a goal to aim for, whilst completing their primary school studies and transitioning to high school.

For more information, please contact the programme coordinator Stuart Myers on:

Mob: 0432 156 013

Ph: 9841 0938

Email: Stuart.Myers@education.wa.edu.au



NEWS FROM DENTAL THERAPY CENTRE

Spencer Park Dental Therapy Centre provides free dental examinations, oral care advice, preventative, restorative and emergency treatment for children from pre-primary to Year 11. The clinic is staffed by Kayleen (Dental Nurse), Susanne (Dental Therapist), Jaqui (Dental Nurse), Michelle (Dental Therapist) and Tracey (Dentist).

Enrolment forms have been issued to your child if he/she has recently changed schools or enrolled in Pre-Primary, please make sure these forms are returned before Friday 5 April if you wish to use our service.

Parents of enrolled students are reminded to contact the centre to update your details if you have moved in the last few years. All appointments are posted home and many of these are returned to us due to incorrect addresses, this means that your child misses out on their dental visit. If you no longer intend to use our service please let us know as soon as possible as your valuable appointment could be taken up by someone else. You can call us on 98413967, drop in or send us an email to spencerparkdte@dental.health.wa.gov.au.

To keep your child's teeth healthy during this important stage of growth we recommend brushing twice a day, parents should always assist with one daily brush and use adult strength toothpaste providing children are spitting it out. Teeth should be brushed for a minimum of two minutes and children are encouraged NOT to rinse after brushing.

Spencer Park Dental Therapy Centre will be closed on the 17 and 23 April during the upcoming school holidays. If you have a dental emergency on those days please contact Yakamia Dental Therapy Centre on 9841 3498 or Albany General dental clinic on 9842 2211.

Your child will be eligible to attend a Dental Therapy Centre from ages 5 to 17. If you no longer intend to use our service, please let us know as soon as possible as your valuable appointment could be used by someone else.

All appointments are now sent to your home address. If you have moved in the last few years we may not have your correct address and your child could miss out on their check-up, please contact us to update your details either by phone: 9841 3967 or e-mail: spencerparkdte@dental.health.wa.gov.au The staff at Spencer Park Dental Therapy Centre would like to wish all children and parents an enjoyable break, keep smiling 😊

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.



Spencer Park Soccer 2019 Season

Love having fun with your friends?
Interested in playing soccer?
We are looking for players in all aged groups from PP to Y6.
Register now on www.playfootball.com.au or contact Claire 0472508682 for more information.



Term 2 Great Southern FREE parenting workshops

Stress, Relaxation and Mindful Parenting	8th May	Frankland Rivers
Raising Boys	14th May	Jerramungup
Raising Boys	16th May	Ongerup-am
Raising Girls	16th May	Ongerup-pm
Communicating with our Kids	21st May	Borden
Raising Girls	23rd May	Jerramungup
Building Resilience in our Children	28th May	Walpole
Raising Boys	5th June	Pingrup
Raising Girls	12th June	Pingrup
Protective Behaviours	26th June	Cranbrook

To book or for more information please contact your local Community Resource Centre for details.

Cost: FREE - tea and coffee provided
Crèche available at several locations

Free Parenting Programs is funded under the Families and Communities Program by the Australian Government Department of Social Services



Parenting Programs FREE seminars for parents

Cyber Safety
Wednesday 29th May 2019
9.30am-11.30am

5 Love Languages
Tuesday 18th June 2019
9.30am-11.30am

Where:
Relationships Australia-WA
29 Albany Highway
Albany

Cost: FREE, Refreshments provided

Call 6164-0530 to enquire or to book your spots

Crèche available - Places are limited

Free Parenting Programs is funded under the Families and Communities Program by the Australian Government Department of Social Services



National Families Week

Communities for Children
Amity
HEALTH

15-21 MAY 2019
www.nfw.org.au

Sponsored by
 Australian Government
Department of Social Services

Families Australia

Each year, over a hundred thousand people and hundreds of organisations celebrate National Families Week. Australia's annual celebration of families. The aim of National Families Week is to celebrate the vital role that families play in Australian society.

National Families Week is a time to celebrate with your family, make contact with your extended family and friends, and share in the enjoyment of family activities within the wider community. It is a time to celebrate the meaning of family and to make the most of family life.

The enduring theme is 'Stronger Families, Stronger Communities'. This theme continues to highlight the important role families play as the central building block of our communities and deliver the message that community wellbeing is enhanced by family wellbeing.

National Families Week is sponsored by the Australian Government Department of Social Services.

For more information, resources and to register your 2019 Families Week Event, head to the National Families Week website at www.nfw.org.au/getinvolved

Communities for Children provide community groups and organisations the opportunity to apply for a **Community Activity Fund**.

What is a Community Activity Fund?
Community Activity Funds (CAF) are one-off grants of up to \$500 per application, for community activities for families with children aged 0-12 years.

Why apply for a CAF?
To improve the health and wellbeing of families and the development of young children, from before birth through to the ages of 12 years, paying special attention to the following objectives:

- Healthy young families
- Supporting families and parents
- Early learning
- School transition and engagement

For more information on CAFs, including how to apply and special conditions please contact the Communities for Children team 9842 2797 or email cfrc@amityhealth.com.au

Please submit completed Families Week CAF applications by **Wednesday, 17th April 2019**

MONDAY 15TH APRIL

**LEARN HOW TO SERVICE YOUR BIKE
FREE WORKSHOP
FOR YOUNG PEOPLE 12-25
2 SESSIONS: 5PM & 6PM
BOOKINGS REQUIRED
CALL 9842 9871 TO BOOK**



**BOB'S BIKES SANFORD ROAD ALBANY
MORE INFO: 9842 9871 - [HEADSPACE.ORG.AU/ALBANY](https://headspace.org.au/albany)**

SUPPORTED BY THE DEPARTMENT OF COMMUNITIES