



# West Leederville Primary School

## 100 Days of School



Celebrating 100 days smarter, the Pre-primary Blue students have been engaged in activities this week to visualise what 100 looks like. Below, Leah wrote a story about her 100 days celebrations. Below, Tim is pictured and his friends with their cup tower.

The students in Pre-primary Blue have been enthusiastically counting the number of days they have been at school since they started in February and there was a big celebration this week as they reached 100 days. Working with the theme '100 days smarter' the students made crowns; fairy bread; created a board showing what 100 looks like with assorted objects and stacked 100 cups in towers. Whilst some think they may be ready for Year 1 now, their teacher Ms Sinead O'Neill has suggested that they stay a little while longer in pre-primary and start counting all over again.



Yestere day we made  
fairy bread and it was  
fab!is and that made  
as 100 days  
Smarter and we made  
necklacs and we made crowns  
with 100 straws and I  
Love stacking up caps  
and it was a fabulous  
day and I loved it.  
Leah



# From the Principal



Dear WLPS Community,

## Leading Innovation and Improvement Program

The Institute of Professional Learning is trialling a two day change program titled, Leading Innovation and Improvement. The West Leederville Primary School leadership team has been invited to participate in this innovative professional learning. The program will take school leaders through a detailed process to support them in addressing an identified area for development in the school. This may be related to specific student cohorts, the whole school, departmental initiatives or pedagogy. At the completion of this program, our school leaders will have highly developed skills in leading sustainable innovation and improvement processes within our school and have the ability to support other schools within our network to achieve the same outcomes.

## Ms Susan Arthur

After spending 20 years working at WLPS, our School Officer Susan Arthur has made the decision to pursue other interests. Susan came to WLPS in 1996 and began her time with us as an Education Assistant in Kindergarten. Working in this position for many years, Susan saw a generation of students come through the doors. In recent years she worked as a School Officer greeting and assisting parents with day to day enquiries. We wish Susan a fond farewell and all the best in her new pursuits.

## Saudi Arabian teacher school immersion project

Some of you may have noticed that we have some teachers visiting from Saudi Arabia, observing in our classrooms. The Saudi Arabian education system is undergoing significant reform and in an initiative between the Phoenix Academy and The Faculty of Education at UWA, 50 experienced teachers have been welcomed into Western Australian schools. WLPS was selected to be one of the schools included in the program, based on our reputation for being 'a progressive educational provider'. Be sure to keep an eye out and have a chat with the four teachers who will be observing and assisting in our classrooms, until the end of term.

## UWA Research

The world- renowned sports biomechanics group at the University of Western Australia is conducting a study aimed at improving sprinting technique and performance in 8 to 10 year old children. We are excited to have been chosen to partner with UWA in this program and the research team will work with the Year 4 classes during term 3. The students will undergo an initial running skill assessment and all parent/guardians will receive feedback concerning their child's performance. After re-testing later in the term, 20 students will be selected to undertake 3D gait analysis at UWA. The program is offered free of charge to all Year 4 students at WLPS.

## URSTRONG

A highly valuable community event coordinated and subsidised by the P&C will be held in the school hall next Thursday, 3rd August. From the URSTRONG organisation, the 'Language of Friendship' workshop for **girls** will be present interactive parent and daughter activities giving parents strategies to help their daughters through unhealthy friendships and help the girls to put a voice to their feelings. The workshop is for girls in years 3 to 6 and their parents and tickets are available for \$16.50 from <https://urstrong.com/events/> I would strongly encourage parents to take advantage of this invaluable opportunity. The **boys** will have their turn at a workshop a few weeks after the girls on Thursday, 31st August, 2017. Tickets for this workshop are also available at the link above.

## Question & Answer

### Q Will the new building be finished on time?

The last update indicated the project was one month behind schedule. Permission has been gained for after hours work so hopefully the project will remain on the new schedule and the children will be in the new building by Term 4. Below is a quick update on site activities at the moment:

- Roof carpenters nearly finished the roof timbers
- Wall framing continuing
- Brick paving started
- Mechanical, electrical and hydraulic pre-lay started
- Roof plumbing starting tomorrow
- Forming of stairs starting next week

### Q When will 2018 kindergarten and pre-primary placement offers be sent out?

We are currently looking at the number of applications received and will send out the enrolment forms and information about the documentation required to complete the formal enrolment next week. We have set aside the week beginning on Monday, 21st August for parents to come into our office to enrol for next year.

### Q What is happening in the atrium?

Led by David Lorimer, our 'Dad's Army' have been doing some amazing work in our atrium area to convert it into a 'secret garden' which can be used as a student retreat. Ironically, we are turning the clock back 100 years when this area was originally established as a Principal's retreat.

### Q Can the money from 'Canteen on line' account be used to pay for excursions?

No, the school student based account and the online canteen are two completely different accounts.

Warm regards,

Fiona Kelly



*Pictured left are some of the Dad's Army volunteers doing some heavy manual work during the renovation of the atrium. We greatly appreciate the generosity of the Dad's Army with their time, work and expertise. The end result will be an amazing transformation*



## Dates for your Diary

**27 July**

Assembly: PP White, 2.15pm

**27 July**

Australian Maths Competition, selected students, Yrs 3 to 6

**31 July**

Excursion, Year 3/4, Art gallery,

**1 August**

P&C meeting, 7.30pm, staff room

**4 August**

Excursion, Year 3 Blue, & Red Scitech, 9am

**4 August**

Incurion, PP's & Year 6 Red, Shenton Dog refuge

**10 August**

Massed Superchoir rehearsal, selected students from Yrs 4,5 & 6, Churchlands SHS, 9am to 11.30am

**10 August**

Assembly: PP Blue, 2.15pm

**21 to 25 August**

Bookweek

**22 August**

Book week Assembly, 9am,

**23 August**

Open night and Book fair, 5.30 to 7pm

**24 August**

Assembly: PP Red, 2.15pm

**29 August**

P&C meeting, 7.30pm, staff room

**31 August & 1 September**

Incurion, Science Alive, PP to Year 6,

**1 August**

Fathers Day breakfast, PP Red

**4 September**

Fathers Day, PP Blue

**1 September**

Jumps and Throws competition, venue TBC

**6 September**

Athletics Carnival, City Beach PS, PP to Year 6

Please check the West Leederville Primary School Website or Mobile App for regular updates to the school planner.

## Music Stars



Alex, Nicola, Olivia and Harry have all one places in the highly competitive Gate Music program at Churchlands SHS commencing in Year 7, 2018.

An outstanding achievement for four of our Year 6 WLPS students who have qualified for entry into the Churchlands GATE Music program. Selection into these programs is based on talent and aptitude. All students must sit the Academic Selective Entrance Test and participate in workshops, auditions and interviews. Congratulations to Alex Taylor who qualified for the flute; Nicola Archibald for voice; Olivia Harris for the oboe and Harry Hopwood on violin. These students will study with other gifted students and follow a curriculum designed specifically for their needs. They will enjoy a rich learning environment, receiving instrumental or vocal tuition and performing in choral instrumental ensembles such as concert band; orchestra; guitar; or choir. Demand for these programs is strong and entry is very competitive and we commend Alex, Nicola, Olivia and Harry on their success in qualifying for the GATE Music program.

To help us with class placements, staffing and funding allocation for 2018, it is highly beneficial if we have accurate information about student enrolments. Please complete the quick survey at the following link to assist us with our planning.

<https://www.surveymonkey.com/r/NZJQ3RY>



- \*23 August- Open night
- \*6 September- Athletics Carnival
- \*29 October- Spring Show
- \*12 December- Year 6 Graduation
- \*13 December- Christmas Concert
- \*14 December- Book Awards assembly

# Cuddling Koalas in Kindergarten



At the end of last term, the kindergarten students enjoyed a totally wild incursion encountering koalas, dingoes, pythons and lizards. The incursion was presented by West Oz Wildlife who have a mission to teach conservation through fun educational displays. The incursions are a enjoyable, safe, and exciting educational experience, that do not compromise the welfare of the animals. Talking on each of the species of wildlife the presenters engaged the students as they learnt about the basic dietary requirements of each animal, where they live and why they look the way they do. The young students thoroughly enjoyed the opportunity to get close to and touch the native animals that are not usually accessible to be handled.



*Pictured are some Kindergarten Red students at the incursion. Above, Saxon and Evelyn pat Yappa the dingo. Left, Luke and Georgina pat the sleepy koala Judah, in the gum tree. Summer feels the python.*

## STAR STUDENTS

The following students received Merit Certificates at the recent assembly.

### Pre-primary

Harry Stinton  
Elsa Simpson  
Harvey Manser-Smith  
Quinn Dawson  
Fynn Lovett  
Aarav Mehta

### Year 1

Stanley Guntrip  
Zakuro Seow  
Preston Parker  
Cole Butler  
Mark Bakulin  
James Lim

### Year 2

Ruby Eaton  
Jaime McDonald

Lucy Mackay  
Mia Simpson  
Brigette Brown  
Bonnie Harris

### Year 3

Will Stevenson  
Marcus Dellaca  
Oliver Stavreski  
April McCallum

### Year 4

Jiselle Yap  
Veronica Watt  
Yuvindie Perera  
Sofia Littlejohn

### Year 5

Matilda Carmody  
Owen Soucie  
Caryn Yaba  
Arman Sharma

### Year 6

Stephanie Dawson  
Perry Williams  
Olivia Anderson  
Joseph Gaspar

**Congratulations to our Star Students.**



## Super Choir students singing their hearts out!



Pictured above, the students from Superchoir rehearse for the Massed School Choir Festival.

Every Friday morning at 8am-8.45am the West Leederville Super Choir students rehearse in the church hall across the road. Year 4s had the opportunity to join in the fun, and students auditioned for a term "taster". There are now 70 children working on their aural skills each week!

The Super Choir have been madly practising for our upcoming event W.A. Massed School Choir Festival 2017. This prestigious event is being held at the Perth Concert Hall this year and our concert night is MONDAY SEPTEMBER 18, 7pm. Tickets will all be sold ONLINE this year, so stay tuned for ticket sale information.

To access all repertoire, please go to <http://massedchoirfestival.org.au/>. Password is *carpetofsilver*

### **Congratulations Nicola and Harry!**

At the end of last term Miss Samsa held auditions to put forward one star singer and one star public speaker (from Super Choir) who will represent West Leederville Primary School at the Massed Choir auditions on August 6. A huge congratulations goes to Nicola Archibald (vocal) and Harry Hopwood (compere) who will represent us on August 6. We know you will do an amazing job, good luck from all of us!

Happy singing!

Miss Samsa :)



Ayisha takes her turn during the auditions for the opportunity to compere the WA Massed School Choir event.

## Sprinting for Research



West Leederville Primary School have partnered with some researchers from UWA in a study to investigate the sprinting technique of 10 year old children. All Year 4 students in the study have undergone a pre-screening assessment which parents will receive feedback from. Following this, twenty students will be invited to undergo a 3D running assessment at UWA's sports biomechanics laboratory. Over the duration of Term 3, students will be trained using games and exercises that aim to improve sprint-running performance. The training will be conducted by triple Olympian, 2 time gold medalist and former Hockeyroo, Kate Starre AOM.

The program will be offered free of charge to all Year 4 students at WLPS in Term 3, 2017. All Year 4 students will be re-tested following the training and the assessments will be provided to parents at the conclusion of the program. We are very fortunate our students have this unique opportunity to participate in this program which benefit our Year 4 students greatly.

## Earn and Learn 2017

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school – and all we need you to do is shop for your groceries at Woolworths. From Wednesday 26th July to Tuesday 19th September, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a [Woolworths Earn & Learn Sticker Sheet](#) and when it's complete, the Sticker Sheet can be dropped into the Collection Box here at the school. At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit [woolworths.com.au/earnandlearn](http://woolworths.com.au/earnandlearn)

## From the P&C

Hi all,

I'm not sure if many of you are aware but we have some amazing parents in our school community who dedicate many hours every term to volunteering at or for our school. Whether it be sorting lost property and returning to children, helping make picklets in the canteen, sticking tags into student diaries, reading with children in the morning, baking a cake for a cake stall, loading sand via a wheelbarrow into the sandpit, building a deck for the children, swapping black reading bags, doing the class washing or helping in the classroom. The P&C want to say THANK YOU. For all the effort you put in. Right, is a photo of Greg Finch and Adam Marr painting the eyes, feet and stops on our paths around the neighbourhood. THANK YOU Guys for doing that job for the children in our community.

Also a few dads, from the dad's army, are currently doing work to the atrium. This will be a space for students to work, study and have fun in. I'll keep you posted when it's finished but THANK YOU Dads. So please keep volunteering and helping.

Jules Metcalf



## From the Psychologist

Triple P - Positive Parenting Program®

### Kids as consumers

By Professor Matt Sanders



It could be anything from breakfast cereal at the supermarket to an expensive new video game. Chances are though, your child has a very clear idea of what he or she wants you to buy.

It's hardly surprising when you consider children watching two hours of television a day will be bombarded with around 10,000 advertising messages every year.

So, with children being groomed to consume from a very young age, some parents may feel powerless when the pestering starts. But there are ways to help children express their wants – which is natural and not necessarily negative – yet prepare them for the disappointment of not always getting everything they want.

First, you should help your child understand why you will or won't buy something. Rather than telling your son he can't have something, "because I say so", you could explain why the product isn't suitable. Is it offensive or too expensive? Perhaps the child can have the item when they reach a certain age. Explain once and don't let your child interrogate you.

You can also help your children become better informed consumers by teaching them the value of money. Give them a set amount of pocket money to spend as they like. Even six year olds soon learn they can't buy anything once the piggy bank is empty.

And finally, remember you're a role model. Think about what you say and do in front of your kids. If you constantly discuss other people's worth or success in terms of how much they earn, how much they have or what they've bought, your child is going to accept those values as important.

Professor Matt Sanders is founder of the Triple P – Positive Parenting Program®. For more information go to [www.triplep-parenting.net](http://www.triplep-parenting.net).

## From the School Nurse

### From the Good Food for Me Team

#### CLOSER LOOK AT FATS...

- It is important not to eat too much fat as it may contribute to weight gain.
- However we do need some fat because it gives us useful nutrients and helps us to absorb Vitamins A, D, E, and K.



The fats are:

- ✓ **Monounsaturated Fats** found in olive oil, canola oil, nuts and avocados.
- ✓ **Polyunsaturated Fats** from vegetable oils and sesame seeds.
- ✓ **Saturated Fats** found in animal foods, dairy and blended oils.

Ben



It is important to read the labels on snack food packages as snack foods as crisps, biscuits and deli meats contain saturated fats.

Saturated fat has been found to contribute to health problems later in life such as heart disease.

For more information:  
<http://www.heartfoundation.com.au>



# From the School Board



## West Leederville Primary School

### School Board Update March - July 2017

Since our last update in March, the WLPS Board has held three board meetings.

#### What's happened since our last update

- The final written IPS Review report was received in April 2017 and the school executive and staff were formally congratulated on the excellent outcome.
- The Board presented the Town of Cambridge planners with a written submission in relation to the proposed increased density of dwellings in West Leederville and we are pressing for a formal meeting to discuss the proposal further.
- The Board is continuing to monitor the progress (and delay) of the new classroom build.
- The Board received a presentation on the Performance Improvement Plan 2017 as developed by and for the teachers of our school, to ensure excellence in teaching and visible accountability.
- The WLPS Board Terms of Reference were reviewed in relation to the membership and election of a P&C representative on the School Board.
- The Board discussed the recent Department of Education requirements for new school board members to have mandatory police screening prior to joining a school Board. Current WLPS board members have the option to voluntarily submit to the police screening.
- The Board discussed the effect of high needs student enrolments and the status of 2018 enrolments.
- The use of space at WLPS is an ongoing issue and the Board reviewed a Playground Survey which will shortly be sent to school families to provide feedback on the use and development of playing areas within the school.

#### What's coming up

- This year, one of the Board's main tasks will be to assist with the preparation of the WLPS 2018-2020 Business Plan, which is effectively the WLPS vision for the next three years. The change of government in the state parliament and the amalgamation of the Department of Education Services and the School Curriculum and Standards Authority has not affected the Department of Education Strategic Plan, so the WLPS executive will soon commence the process of preparing the next WLPS Business Plan.
- We'd like to remind the school community that the board meetings are open meetings (unless otherwise stated) and you are all welcome to attend and observe these meetings. The next board meeting will be held in the seventh week of Term 3 (**Tuesday, 5 September 2017**).

Andrew Porter  
A/Chair

Email: [westleederps.board.acc@gmail.com](mailto:westleederps.board.acc@gmail.com)

# Nut Aware

At West Leederville Primary School we have several students who have been diagnosed with serious allergies which may result in anaphylaxis and in particular, nuts are a common trigger to these students.

Australia has one of the highest incidences of food allergy in the world and this is increasing at an alarming rate; in fact, one in 10 babies born in Australia will develop a food allergy. With no known cure for food allergy, awareness and education is of utmost importance, as a severe allergic reaction and/or anaphylaxis can rapidly become life threatening, and must be treated as a medical emergency. The most common triggers, causing 90 percent of allergic reactions in Australians are peanut, tree nuts (such as cashew and almond), sesame, soy, wheat, egg, cow's milk, fish and shellfish.



It is important to understand that in some people even very small amounts of food can cause a life-threatening allergic reaction/anaphylaxis. For this reason, we would like to take this opportunity to remind parents to be vigilant in vetting food added to their child's lunch box to ensure that none contain nuts. Currently, there is no cure for food allergy. Avoidance of the food is the only way to prevent a reaction.

## 5 tips to help get ready for school

Getting your child ready for school in the morning can be stressful – school lunches, forgotten permission slips, packing schoolbags – but it doesn't have to be. Here are 5 tips to help you and your child get a great start to the day!

### **Early to bed, ready to rise**

When your child gets enough sleep, they are more likely to wake up cheerful, energetic and ready to learn at school. If you have to drag your child out of bed in the morning, they might not be getting enough sleep. Check out the Raising Children Network's great information about [sleep](#) for children.

### **Helping hands**

Encourage your child to get themselves ready as much as possible. Instead of doing everything yourself, teach your child to do tasks like brushing their teeth and hair, packing their bag and making their bed. They may not be as fast or as good as you at the beginning, but keep encouraging their independence and responsibility – it will free up time for you to do other things!

### **Be prepared**

Take the pressure out of the morning routine by getting prepared the night before. Anything that doesn't need to be done in the morning can be done the night before – for example, making lunches, packing bags and reading/signing notes. Remember to encourage your kids to do some of these tasks independently too, such as packing their schoolbag and getting their clothes and shoes ready before they go to bed.

### **Keep it simple**

Try to keep your morning routine as simple as possible on school days. Save non-essential tasks and chores for evenings and weekends when you have more time – folding the laundry and mopping the floor can wait! Try to keep breakfast simple too – quick nutritious options like wholegrain cereals, fruit and yoghurt are great. If the breakfast things are in easy reach, you can encourage your kids to make their own breakfast (and even clean up afterwards!).

### **Make a plan**

Some families find it helpful to develop a morning schedule that puts all these ideas together. It often works well if you involve your children in making the schedule –making a list of the morning tasks, who needs to do what, and what time things need to be done.

Turning your schedule into a chart can help keep your child focused on the things they need to do and encourage them to feel responsible for getting to school on time. You can make your own chart together, or download one from the internet. Once your child gets into the swing of things, you should find you'll need to remind less, and praise a lot more – a much more pleasant start to the school day!