



WEST LEEDERVILLE  
PRIMARY

## Aboard the Duyfken



*Pictured above, Timothy, Ethan, Riley, Tetsushi and Ioannis below the deck on the Duyfken.*

Tying in with the Year 4 HASS curriculum, the students from Year 4 Red and Blue visited the Duyfken replica sailing ship last week. The ship was built in Fremantle to tell the story of the first European vessel to make landfall with the Australian continent in 1606 and presents a wonderful learning opportunity for students to learn more about the maritime history and life at sea 400 years ago.

The students learned how the major sea journeys of early Dutch mariners shaped the knowledge of the Indian Ocean, the Spice Islands of the East Indies and the previously unknown continent now known as Australia, and how these early European contacts with Aboriginal people impacted society.

Appreciating the cramped confines of the ship, the difference between rules and laws and their application to maintaining order on a 12-month sailing voyage, the role of the Captain and First Mate in administering the ship rules and the consequences of non-compliance, were aspects the students really enjoyed.



*Sabine, Luna, Sophia, Sarah and Allie enjoy looking around ship.*

## From the Principal



Dear WLPS Community,

### Enrolments for 2019

I know it feels like 2019 is a long way off, however enrolments for Kindergarten and Pre-primary 2019 are due by July 20th. Only students who reside within the West Leederville Primary School [catchment area](#) are eligible to enrol in our Pre-Primary, a restriction closely monitored by the Education Department. Please come to the front office at the 'big school' to countersign your current enrolment form if your details are the same, or complete a new one if there are changes. Applications for our Kindergarten are also being accepted. These applications are collated and then offers made according to residential proximity to the school and student numbers (West Leederville Primary School's off-site Kindergarten can cater for a maximum of 80 kindergarten placements). Out of boundary enrolments to our kindergarten may be considered but these enrolments cannot continue into pre-primary without proof of residence within our [catchment area](#).

### School tours for new parents

As much as we love to show off our school, tours for new parents can be quite time consuming. We have decided to run tours every few weeks with groups of parents rather than individually. New parents are invited to contact Robyn Gilfillan on 9381 1655 for further information.

### Do you recognise anyone?

In recognition of West Leederville Primary School a Facebook page has been created for the posting of photos and stories from past and present students and families: [West Leederville Primary School Alumni-120 years](#). The photo below is the whole staff (including teachers, education assistants and office staff) for 1990. Four of these staff members are still working here today – can you pick them?



## Board news

Following my recent call for Board member nominations I am pleased to inform you that Andrew Porter will be continuing as a member of the School Board, also continuing in the role as Board Chair, and Aine Sommerfield has also been welcomed onto the team attending her first meeting last week. Aine has children in Years 4 and 2, has a background in medical research and is also an active member of the P&C. I'd like to take this opportunity to thank Aine for her ongoing support of our school and I look forward to working with her as a member of the School Board. If you would like to know more about the school Board please visit the Board section of our [school website](#).

## Quiz night – Friday 15 June

One of the biggest money raisers for the P&C is the annual quiz night. Tables are selling fast so please make sure you follow the links in the P&C section of this newsletter to book your table. Monsterella Pizza is also available for pre-order and delivery straight to your table on the night – how convenient is that?! Additionally, \$3 from each pizza ordered goes directly to the P&C's fund raising efforts. See you there!

# Question and Answer

## Why wasn't there an assembly last week?

As a result of having our ANZAC service in week 1, it was decided that to minimise disruptions to the children's learning we would return to our regular assembly roster in week 4. The first class assembly for this term is being hosted by Mr Braimbridge's Year 4 Blue on Thursday May 24.

## When are the pupil free days this term?

There are two pupil free days this term, Thursday May 31 and Friday June 1. Monday the June 4 is a public holiday.

On 31 May staff are participating in professional learning called Talk for Writing. A number of our early childhood teachers have introduced this strategy into their classrooms with great success and we are exploring the option of using this as a whole school strategy. On June 1 staff are attending the annual Shenton Network conference being held at Freshwater Bay Primary School. Each year this conference provides an excellent opportunity for our teachers and education assistant to select workshops suited to their individual needs and interests that have been selected by the Principals to align with departmental and network priorities. It is also a fabulous opportunity for networking and the sharing of ideas between staff of the participating schools.

## How do I order food from the canteen for my children?

Visit [www.Quickcliq.com.au](http://www.Quickcliq.com.au) and sign up by completing the registration form. You will receive a confirmation email with an activation link. Once the account is activated, login to the website, add a student and nominate our school. To order meals, select a student; select a date; add items and confirm. The homemade sausage rolls are proving a big hit at the moment.

## When will the building be finished?

Not soon enough! The shed build is on schedule and should be completed in the next couple of weeks.

Warm regards,

Fiona Kelly



# NAPLAN online



NAPLAN is moving online. This means moving NAPLAN from the current paper-based tests to computer-based assessments. The transition to NAPLAN online commenced this year and WLPS is a pilot school and therefore one of the first schools in WA to make the transition.

In May of every year, students in Years 3, 5, 7 and 9 take part in the National

*Pictured above, Year 3 students sit their first NAPLAN assessment.*

## Assessment

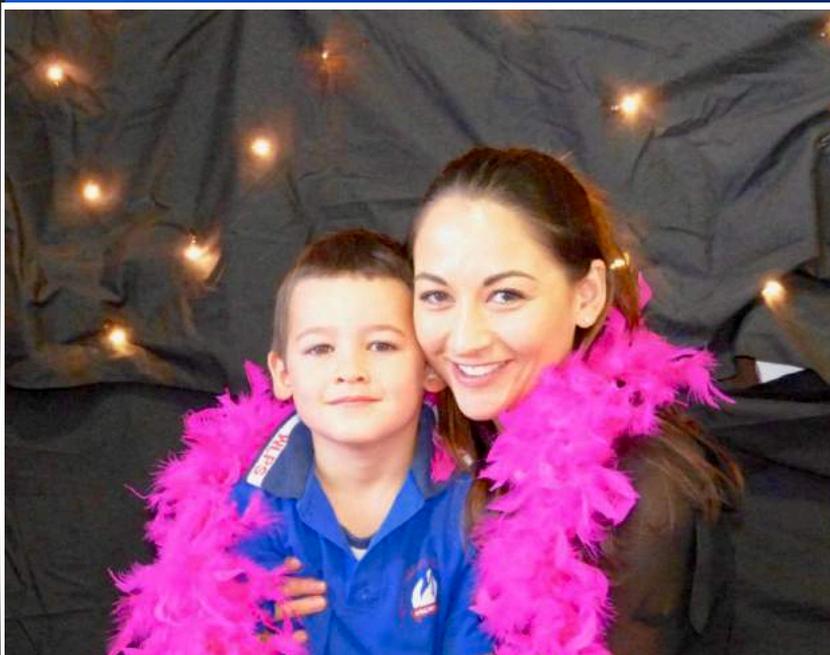
Program – Literacy and Numeracy (NAPLAN). NAPLAN was first introduced in 2008 and has become a routine part of the school calendar in Australia. NAPLAN Online uses a tailored test or adaptive design, where the test automatically adapts to a student's performance and asks questions that match their achievement level, better allowing them to demonstrate their knowledge. This provides teachers and schools with more targeted and detailed information on student performance. Delivery of online assessments significantly reduces the time it takes to provide feedback to schools, students and parents, so teachers can respond more quickly to learning needs.

An individual report will be provided to parents and carers, showing their child's results and a national comparison of their child's performance against other Australian students in their year level.



*The Year 5 students managed the online NAPLAN well. The assessments are individually timed to each student.*

## Mothers day in Pre-primary



On Friday we celebrated Mother's Day. Our mums and nannies came to school to see our Mother's Day concert. We did some songs and a poem. When we did the poem everybody stood up and said something and then sat down and there were lots of funny bits. Then we got to do some activities like painting nails and a volcano and we did making bracelets and painting and making cookies and making a picture frame. At the end all our mums got morning tea and we gave them a present. Then Mr Mac and Ms Kelly came to our classroom and they got their nails painted. The mums loved it and they felt happy. We saw some of them crying but that was because they were proud. It was fun.

*By Isabella and Evelyn  
Pre-Primary Blue*



## Dates for your Diary

### 18 May

Kindergarten photo day.

### 15 to 25 May

NAPLAN testing, Years 3 & 5

### 18 May

Walk safely to School Day, breakfast from 8.15am

### 23 May

National Simultaneous Reading Day, 11am

### 24 May

Assembly- Yr 4 Blue, Undercover area, 2.15pm

### 25 May

Excursion- TOC Arbor Day, Year 3 White.

### 25 May

Interschool sport - City Beach PS, 1.30pm

### 31 May

PL Day, students do not attend school

### 1 June

PL Day, students do not attend school

### 4 June

Western Australia Public Holiday, students do not attend school

### 5 to 8 June

Camp - Year 6, Forest Edge

### 7 June

Assembly- Yr 3 Red, Undercover area, 2.15pm

### 8 June

Pirate Day Friday- Gold coin donation, supporting Kid's Cancer Project

### 8 June

Inursion- West Oz Wildlife, PP, Year 1 Red & Blue and Year 3 Red, Blue and White.

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

## Free meningococcal vaccine

From 23 January 2018, all Western Australian children aged 1 to 4 years have access to a free meningococcal ACWY vaccine.

Meningococcal disease is an uncommon, but sometimes life-threatening illness. Last year WA had 46 cases of meningococcal disease, six which were fatal. The highest rate occurred among children less than 5 years of age. To reduce the incidence of meningococcal disease among this vulnerable age group, a free vaccine will be available for children aged 1 to 4 years throughout 2018.



Parents should contact their local GP or Child Health Clinic to schedule an appointment for their child to receive the vaccine. There are currently two other meningococcal ACWY vaccination programs in WA: one for teenagers in Year 10 in 2018 and one for Aboriginal communities within regional Western Australia.

[Learn more about the meningococcal vaccine.](#)

## Online reporting

West Leederville Primary School will move to an electronic delivery method for semester reports this term. Parents will be emailed a link to their child/children's report through Reporting to Parents.

- This method of delivery provides advantages to our school and to the parent community, including:
- Timely delivery of reports to parent and guardians
- Administrative savings in the printing and collation of reports
- An ability to more easily provide copies of reports to each parent or guardian where dictated by family circumstances
- An ability for parents to retain a digital record of student achievement.

Parents are requested to ensure their contact details on the Student Update Forms which were sent home last week are adjusted to reflect current details, especially email addresses. Your attention to this will assist in enabling us to make a seamless transition to electronic reporting.

## Pots and Pans wanted

If you, family or friends are upgrading pots and pans for your kitchen, please feel free to pass on your cast offs to our pre-primary playground. Always a favourite in the mud kitchens, the utensils are also used in the sandpit and due to their popularity, need to be rotated regularly to newer items. If you are able to help out, please pass the items to one of our pre-primary staff.



## Get into Rugby



*Pictured above, Lewis from Year 3 putting his classmates through their paces.*

On Monday, 14th May, selected classes enjoyed a one-off full day session of Rugby Union skills, provided by Rugby WA. The students were introduced to the basics of the game, including; catch, pass and evasion and then played modified games, where they were able to transfer these skills.

'Get into Rugby School' is an inclusive fun skills program providing pupils with the essential skills to prepare for a healthy and active lifestyle.

Mrs Chadwick was impressed with the attentiveness and excitement the children showed on the day.



*Mrs Chadwick joins in the fun during the rugby session.*

## Our visit to the Duyfken

We jolted noisily to a stop, and children scuttled to be the first to depart the train. As teachers got everyone together, we looked around at the astonishing sight of Fremantle in the morning sun. Then we lined up and got ready for the awesome excursion ahead of us.

As soon as the Duyfken replica came into sight, everyone gasped and the kids at the back of the line pushed their way forward to get a better view. The ship was spectacular! It had big cannons and small cannons, hatches and even sails blowing in the wind!

The boys boarded the ship first, they moved quickly, so it wasn't long until we got on. When the girls got on, the tour guide began showing us around the main deck. What I found fascinating was the fact that sailors in the 1600s didn't have a toilet they had to do their business out the side of the ship! And used the frayed end of a rope as toilet paper!

The shipwreck museum was just as great as the Duyfken! This time, a different tour guide took us through the museum, her name was 'Elly.' She led us into a room with a glass cabinet in it, in the cabinet was a real sword. It was rusty and cracked, but it was an actual sword!

We saw many cool things on the tour, including a skeleton that may have once belonged to a two-metre tall captain! I have to admit that my favourite part of the museum was seeing a chunk of the huge ship, Batavia. The piece was about as wide as four cars put together, but it was only an eighth of the ship!

I hope we have another excursion that great again!

*by Clancy Choo  
Year 4 Red*



WEST LEEDERVILLE PRIMARY SCHOOL 2018  
QUIZ NIGHT

**Movie & music**

Friday 15th June At Perth Modern School In The Tyler McCusker Sports Hall.  
Doors open at 6.30 for a 7pm start.  
Book tickets at <https://www.trybooking.com/VEGS> paula Guntrip 0424628138  
<https://www.trybooking.com/371974>

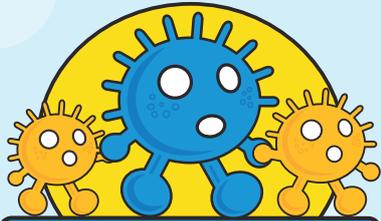
Tables of 8-\$200 Pick your themed table & pre order your food  
NO BYO-Bar will be serving on the night  
Bring lots of cash for some great prizes and auction on the night

Александр Рыбак  
Не Верю В Чудеса

A poster for a 'Movie & music' quiz night. The background is a film strip with various movie posters visible on the left and right edges, including 'The 11th Hour', 'The Untouchables', 'The Untouchables 2', 'Beauty and the Beast', and 'The Untouchables'. The central text is white and black on a dark background. At the bottom, there is a red and white logo and some Russian text.

## Walk, ride, scoot to school tomorrow

**ACTIVE KIDS ARE  
SMARTER KIDS**



**WALK SAFELY  
TO SCHOOL DAY**

**FRIDAY 18 MAY 2018**



**Until they're ten, children must always hold  
an adult's hand when crossing the road**

**WALK.COM.AU**



SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE, TERRITORY AND LOCAL GOVERNMENTS

Tomorrow, Friday 18th is Walk safely to school day. Students may walk, scoot or ride to school and a sausage sizzle will be available for breakfast from approximately 8.15am. Students who bring along their own cup are also welcome to a cup of Milo.



**Best decorated bicycle  
for students in Years 3,  
4, 5 & 6**

## From the P&C

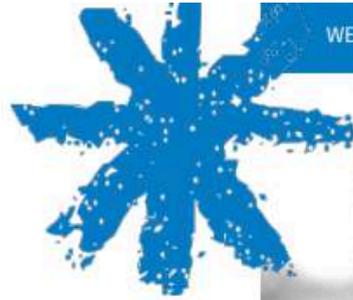
The P&C at WLPS have a long history of supporting the school for the benefit of all students and promoting parent participation to encourage strong positive community support. With a focus on fundraising, the P&C provide resources and equipment that enhance the learning environment and help school staff to deliver opportunities otherwise unachievable within our budget.

Approved at the most recent meeting was funding for a subscription to Parenting Ideas which offers positive parenting tips on child development for raising children and teenagers to be happy and resilient and building strong families. Parenting Ideas was established by one of Australia's leading parenting educators Michael Grose, who now leads a team of experts to provide child development knowledge through digital channels and accompany it with a human interface to make parenting support more accessible and impactful.

Parents and teachers will have access to blogs, articles and videos on a great variety of topics including positive parenting, wellbeing and mental health, resilience, emotional intelligence, education and learning, technology and parenting and responsible behaviour. With each newsletter we will include an article from the Parenting Ideas website and place videos and links to our Facebook page. The membership will provide parents free access to webinars and a voucher will be provided to parents as they come to hand. The next webinar will be 'Understanding Anxiety: How it impacts kids and the important role of parents' and will occur on Tuesday 5 June 2018.

The membership to Parenting Ideas is an investment in stronger family-school partnerships and we thank the P&C for their ongoing support. <https://www.parentingideas.com.au/>

# insights



## Anxiety in Primary School Kids

by Dr Jodi Richardson

*Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.*

The idea that one of our kids might be experiencing anxiety sets off all sorts of alarm bells in us as parents. It's fair to say it makes us anxious ourselves, and has us asking all sorts of questions like "What does it mean?", "What's 'normal?'" and "What can I do to help?"

Like anything else in life, the more informed we are about anxiety, the calmer and more empowered we'll feel, enabling us to support and advise our precious kids through their challenges and seeking help when needed. That's what this article is about. Giving you the facts and helping to settle your mind so that you can begin to help them settle theirs.

Before reading on, I want you to close your eyes and take three long, slow breaths in and out. Depending on what you're up to right now, you may indeed be experiencing a level of anxiety at the moment, and this breathing exercise will help.

Okay, let's get you some answers to those questions.

### **Anxiety, what is it anyway?**

Anxiety is a feeling. We've all experienced it. It's a completely normal reaction under dangerous or stressful circumstances. Perhaps you've narrowly avoided a car accident. Your heart pounds, your breathing becomes shallow and fast, your body floods with adrenaline to put you on red alert, your blood pressure goes up, you might perspire, and glucose dumps from your muscles into your bloodstream. All of this is preparing you to face up to the 'threat' or run like heck in the other direction. This is 'fight or flight' in action.

This reaction is a survival instinct dating back to early times when life-threatening situations were ever present. These days we can experience anxiety when we're under pressure to meet a deadline, preparing to talk in front of our colleagues or for a job interview, or simply noticing how many emails are awaiting our reply. Our lives are not in danger but our bodies react as if this were the case. The same can be true for our kids.

Anxiety is a normal response to a threatening situation. All of these physical changes happen instinctively as a tiny part of our brain called the amygdala tells the sympathetic nervous system to take over and fire us up so we can do what we have to in order to survive.

Do you know the feeling? Perhaps it happens to you now and then. But maybe, if you're one of the two million-

plus Australians (including me) who experience an anxiety disorder, your body and brain respond like that more often, more quickly and more intensely than others.

Trust me, it feels awful. I've experienced anxiety since I was a child, still do and always will. My parents didn't even know anxiety existed when I was a kid and it took me until my early twenties to be diagnosed. Now that I know, I can, and do, take action to manage it. I have my ups and downs like everyone else but on the whole I live a rich, full and meaningful life. Your kids can too. Anxiety is common, it's treatable and there's so much we can do to help as parents.

Our kids are lucky. They have great parents (that's you) who know to look out for their mental health, and who have access to lots of great resources.

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

### **How do I know what's 'normal'?**

All kids experience fear and worry about things. It's understandable given that so much is new for them; new experiences, new places, new people, new teachers, new skills, new challenges to name just a few. What we need to look out for is when their amygdala (remember that tiny part of the brain?) is causing them to react anxiously to situations where there is no danger. Signs of this include:

- Their worries and fears begin to outweigh the situations and challenges that they are facing.
- Their anxiety starts to interfere with their participation at school and the activities, sports, parties, playdates and events than other kids their age are enjoying.
- They're more anxious, and anxious more often, when compared to other kids their age.
- They're obsessed with symmetry or cleanliness and they repeat behaviours like hand washing.



### **What does anxiety feel like for them?**

Our minds and bodies are interconnected and are now considered as one, not separate. How we think and what we think affects us physically, regardless of age. Anxious kids can complain of tummy pains, diarrhoea, headaches and difficulty getting to sleep. They are easily upset and often like to stay close to you.

Some anxious kids will worry a lot, mulling over and over their thoughts which only serves to fuel their anxiety. They can also look to us as parents to help them cope by seeking our reassurance that the scary thing won't happen or avoiding a confronting and anxiety-provoking situation.

### **Okay, so how can I help?**

1. Spend regular quiet time with your primary schooler to foster a loving and open relationship while giving them

time to share with you their thoughts, fears and worries. You can also help immensely by remaining calm under stressful situations (I know – easier said than done sometimes!)

**2.** If you think your primary schooler is experiencing anxiety, talk about it and go together to see your GP and have a conversation about what's been happening.

**3.** Teach your child about anxiety so he/she knows what underlies the thoughts and feelings. I highly (highly) recommend *Hey Warrior!* A book for kids about anxiety, by Karen Young. Anxiety is not nearly as frightening when you understand why.

**4.** Because breathing becomes shallow and fast with anxiety, a simple yet incredibly effective way to show the amygdala that everything is okay is to take deliberate, slower breaths (in for 3, hold for 1, out for 3). After all, no-one can do this when their life really is in danger!

**5.** Mindfulness is a superpower for the anxious brain (any brain in fact!) and there are lots of great ways to help kids practice mindfulness. One fun game is lying on the floor, eyes closed and asking them to tune into their 'Spidey Senses', listening carefully for any sounds near or far, feeling any sensations under their hands and body and smelling for any scents in the air. Mindfulness reduces the size of the amygdala among other incredible changes in the brain.

**6.** If they are worrying about things over and over in their minds – let's say it's about presenting to their class – instead of saying, "You'll be fine, I've heard your presentation, it's wonderful," or, "Don't worry, all the other kids will be nervous too," or similar, try this instead: "I understand how you're feeling, that's so normal. I'd feel the same way; is it helpful to keep thinking about it?" No! "Okay, then let's focus our attention on something we can do to help, like practicing more, making cue cards or going outside to bounce on the trampoline." They need to know that you understand, that you 'get' it, and that they're not alone.

"Is it helpful?" is a great question (when asked compassionately), followed up with asking your child what they can do that will help the situation, or engaging him/her in something meaningful and enjoyable, making a positive step forward.



## **Dr Jodi Richardson**

*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](mailto:drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson)  
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