



WEST LEEDERVILLE  
PRIMARY

## From the Principal

Dear WLPS Community

After a false start, which now seems so long ago, we've had a wonderful term at WLPS. In such a short space of time, we've had so many things happen. It is certainly a very busy and exciting place!

I would like to extend a huge thank you our fantastic staff for the hard work and dedication that they have continued to show this term. They have planned high-quality teaching and learning programs and have invested so much of themselves into the education of all WLPS students. Everyday, they contribute to the amazing learning culture at WLPS. The students have also been working very hard and should be commended. Upon speaking with many of them, it is obvious that they have had a very exciting and productive term.

On the topic of thanks, I would like to extend my gratitude to our parents – who also contribute so much to our community and the education of our students. We have had parents nominate for the School Board (voting closes today and the new members will take up their positions next term). We have had a very supportive P&C who, through their fundraising efforts, have been able to provide the school with all-important funds to be spent across all learning areas and year levels. This makes a huge difference to our students' learning.

Furthermore, we have had a terrific response to our cards and donations for our adopted school in Pelaga, Bali – so once again, thank you. The money will be used to provide food for families of our school who are struggling at the moment. Mr McInerheney will ensure the cards are delivered to the school and shared with the children there. He's currently investigating the possibility of establishing some 'penpal' relationships between the schools. Please remember, it's 'gold coin free dress' next Thursday – the money raised will be added to what we have already raised, to make an even bigger difference to the families in Pelaga.

Finally, the process for selection of the new Principal for WLPS has been finalised. The successful candidate will be announced shortly, and I will contact families with this news on Monday.

Warm regards,

Fiona Kelly  
Principal





## Dates for your Diary

**26 March**

**P&C School Family Movie Night**  
4:30pm to 8:00pm

**29 March**

**Birds of Prey - Year 2 & 1/2**

**29 March**

**West Oz Wildlife - Year 4 & 3/4**

**31 March**

**Interschool Swimming Carnival**  
HBF Stadium 10am - 2:30pm

**1 April**

**Last day of Term 1**

**19 April**

**Term 2 commences**

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



## ANZAC Service

The ANZAC service is a formal occasion at West Leederville Primary School where we come together to pay our respects. This year the ANZAC service is planned to take place on Tuesday 27 April at 2:00pm.

This is the Tuesday after the long weekend and each year we request students bring along flowers and foliage from their gardens to be made into wreaths. Any donations of flowers are to be placed on the stage.

As in the past we are requesting the assistance of some parent volunteers who may be able to make the wreaths on the morning of the service. We would be most grateful to any parents who may be able to assist from 8.30am onwards.

*lest we forget*  
**ANZAC DAY**  
25 APRIL





# Harmony Day



Last Friday, 19<sup>th</sup> March, the students of West Leederville Primary School celebrated Harmony Day by participating in activities that promoted inclusivity, kindness and appreciation of the wide-range of cultures within our school and community.

Pre-primary and Year 1 students created flags that represented their family's heritage and cultural history. They then joined these together and formed a huge chain that went around the Big Tree. The colours and excitement were amazing.

Years 2 to 6 attended a performance called 'Suitcase Stories' performed by the very talented Shirley from the Perth Arts Company. The performance featured tales from a number of migrants to Australia. They met funny, likeable individuals who told them of the events that brought them to Perth. The show covered Australian and world history from the mid 19<sup>th</sup> century to the present day and was an entertaining and educational experience that encouraged the students to empathise with the characters.









# Faction Swimming Carnival



Our annual WLPS Faction swimming carnival was held on Wednesday, 17th March, at the Claremont Pool. Excited students from Years 4,5 & 6 boarded the bus sporting their faction colours ready to compete in freestyle, backstroke, breaststroke, relay and novelty events. There were some great displays of swimming ability throughout the morning and some very close finishes. The students in the bays were very vocal in their support of the factions.

At the conclusion of the carnival, after some wonderful individual efforts, Woolwich emerged winners of the shield for 2021.

Congratulations to all the students who competed for their factions and those who supported the competitors from the bays. Thank you also to all the parents who came along to support their children and to those who assisted with the running of the carnival. The Interschool Swimming Carnival will be held at HBF Stadium on Wednesday, 31 March 2021 commencing at 10am.

## STAR STUDENTS

The following students received Merit Certificates at the recent assembly.

### Year 1

Aria Cosgrove  
Saskia Smart  
Harry Marchant  
Caitlyn Miller  
Emma Hawkins  
Elliot Campbell  
Theo Vallelonga  
Alexandra Linton

### Year 2

Ellen Raykos  
Fionn Healy  
Phoebe Falloon  
Ivan Anvekar  
Jack Indrisie  
Bernyce Wong

### Mandarin

Josephine Constantine  
Sam Mitchell

### Year 3

Harrison Lynn  
May Aoki  
Andrew Joice  
Kay Li Chong  
Hunter Jones  
Zac Moyle  
Eamon Soh

### Year 4

Emily Connolly  
Katelyn Kailis  
Amelia Guntrip  
Quinn Dawson  
Alexys Meheux  
Sarah McTiernan

### Year 5

Priyanshi Ramola  
Leah Smith  
Sibella Kelly

### Year 6

Sophia Fechner  
Lucy Mackay  
Wizen Ng  
Cristiano Zimarino





# Swimming Medal Winners



Champion Year 4 Girl	Scarlett Brown	K
Runner Up	Katelyn Kailis	W
Champion Year 4 Boy	Jasper Cooley	W
Runner Up	Aedan Dhepnorrarat	W
Champion Year 5 Girl	Eliza Dawson	W
Runner Up	Lena Pawlowitsch	N
Champion Year 5 Boy	Spencer Hathrill	C
Runner Up	Eamon Tan	N
Champion Year 6 Girl	Maebh Dhepnorrarat	W
Runner Up	Emily Hewson	K
Champion Year 6 Boy	Ethan Soh	N
Runner Up	Will Griffiths	K





## Pre-primary Blue



*"Our class is an underwater garden" Jessika Schofield*

Pre-primary Blue have been learning about different sea creatures that start with the sounds they are focussing on. Each student contributed a creature to create a very colourful coral reef collage.

## Year 2 Music



In Year 2 Music this term, students have been learning that sound can be made by using objects and/or instruments in different ways. We have just finished conducting sound experiments to explore this. We have explored how sound can be made and how the pitch of sound can be influenced. Students will now use their knowledge of sound to design and build their own musical instrument using recycled materials. I look forward to seeing their creations!



## FOWLS Update



Last Saturday we had a great turnout of just over 60 dads and kids at our kayaking event at Matilda Bay. The kids got competitive with some kayak racing, played cricket games, and jumped off the jetty! Despite the hot weather everyone managed to stay cool!

If you're coming along to the school movie night, the FOWLS are running a paper planes competition on the basketball between 5 - 6pm as well as running the sausage sizzle.

To keep up to date on FOWLS events, register your details at <https://thefatheringproject.org/dads-group/west-leederville-ps-dads-group> and follow on Instagram - search for fowls

## Voluntary Contributions

Thank you to all the families who have already paid their voluntary contributions for which we are very grateful. Those wishing to pay the contribution are welcome to ring, email or come into the office to make the payment.

1. Via Direct Bank Deposit

**Name:** West Leederville Primary School

**BSB:** 036 044

**Account No:** 123672

**Reference:** child's name and St Acct. (eg: John Smith St Acct)

2. Visa payment by telephone on 9366 9750, or at front office in the Administration building.

3. Cash/Eftpos at the front office in the Administration building.

## Recycling of used Batteries

Unfortunately, due to the constant contamination of the white recycling station at the side the front office, the whole station is being removed and as a result we have had to alter the recycling method used by the school. Toners and light bulbs will still be able to be recycled at the recycling station at Floreat Shopping Centre.

WLPS has now been provided a battery recycling bin by the Town of Cambridge, which is located inside the Administration building. Any used batteries may be brought into the front office and will be disposed of in the bin provided.





INSIGHTS

## Managing anxiety before it becomes a problem



The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

### Recognise anxiety triggers

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult experiences are the most common anxiety stressors for kids.

### Know how it shows

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

### Give kids tools to manage their states

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

### Help them understand how anxiety works

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.



# parenting\*ideas

## In closing

Stress and anxiety have accelerated with the impact of the pandemic. The growing rate of anxiety is no one's fault, however it does mean that parents need to become more knowledgeable about how anxiety works, how it shows and how you can help your children.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.