



WEST LEEDERVILLE
PRIMARY

From the Principal

Dear Parents and Carers,

THE BUTTERFLY'S STRUGGLE - A LESSON ABOUT THE IMPORTANCE OF CHALLENGE, HARD WORK AND PERSEVERANCE.

A man found a cocoon of a butterfly. One day he saw a small opening in the cocoon. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole.

Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and could go no further. So, the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of cocoon.

The butterfly then emerged easily, but it had a swollen body, and small shrivelled wings. He continued to watch the butterfly, because he expected that, at any moment, the wings would emerge and expand to support the body, which would contract in time.

Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shrivelled wings. It was never able to fly. The man felt a great sadness.

What he had not understood was the struggle required to get through the tiny opening was nature's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon. It had needed to struggle.

Sometimes, struggles and hard work are exactly what we need in our life to help us build skills to deal with adversity, and develop a healthy and resilient mindset. As parents and carers we want our children to be healthy and happy, and to grow up to be successful adults. When we see them struggle – struggle with learning a new skill, struggle with a rule they don't like, struggle with friendships, struggle with winning and losing, struggle with unfair situations – we want to step in to help them. However, by 'fixing things' for them we can set them up for failure the next time they come across a similar challenge.

Mental health and wellbeing, and a range of strategies to deal with adversity, challenge and change are important lessons that children learn. However, whilst a teaching program at school can help, the most important lessons are learnt through real life experiences and the way important adults respond and guide children through the challenge.

Primary schools are great places to learn these lessons. They are very safe environments and the consequences are relatively small. Once a child gets to high school and adulthood the environment and friendships become more complicated and stakes are higher.

So next time your child / children are struggling, remember 'the butterfly' and think about the best way to respond that will build a



strong and resilient mindset that is able to cope with adversity, change and challenge.

STAFFING CHANGES

In all schools, from time to time, there is a need to change staffing arrangements at different times in the school year for a variety of different reasons. Our staff get promotions, choose to move schools, have children, and have their own family situations that might change their working availability. Sometimes we know about these changes in advance and sometimes we don't. We always try to minimise these changes by ensuring that we replace teachers with known and familiar staff members.

In Semester 2, there will be a few changes to our Leadership and Teaching Team as follows;

- We would like to congratulate Mrs Lisa Wade! Mrs Wade has been asked to take on an Acting Principal role at Woodvale Primary School for Semester 2, 2021. Ms Rochelle Reeves, who has been in the Acting Associate Principal role at West Leederville Primary School this term will continue in the role for remainder of the year.

- Whilst Ms Reeves is acting in the Associate Principal role, Miss Olivia Jacobsen will continue to teach the Year 1/2 class in Room 9. Miss Jacobsen has been the teacher in this room since Week 6, Term 2 and will continue until the end of the year.

- Miss Holly Moss will continue teaching Kindergarten Green and Blue on a Wednesday, and Pre-primary Blue, and take on teaching Pre-primary Red on a Friday.

- We would like to welcome back Mrs Ali Chadwick. Mrs Chadwick will be taking on the Junior Physical Education (PE) teaching program on Monday and Thursday.

- We would like to wish Mrs Jade Gatum all the best as she starts her maternity leave in Semester 2. Mrs Insiyah Nazir, who has already been teaching Year 3 Black on a Friday will take on the full time teaching position from Monday to Friday in this class.

- We would like to congratulate Mrs Cynthia Vu who has announced that she is pregnant and looking forward to welcoming a new baby to her family in November. Mrs Vu will be taking leave from Term 3 until the end of the year for personal reasons and will be replaced with Mrs Jo Stanton, a teacher who is very familiar to our school community and has many years' experience in Year 2.

- Mrs Monique Mackaiser will be reducing her teaching time, taking leave on Fridays for the remainder of the year due to personal reasons. Mrs Fiona Lanigan will be teaching Year 2 White on Friday. Mrs Lanigan also teaches Junior Science at the school and knows the students in Year 2 White very well.

- In approximately Week 3, Term 3 Mrs Claire Munday will be taking some extended leave for personal reasons. Miss Sarah Darby will be replacing her in the drama specialist role.

- I would like to congratulate Mrs Nicole Novontny and Mrs Rachael Swinhoe who are both looking to welcome a new baby to their families at the end of this year. They will both be taking maternity leave in 2022 to begin a very exciting journey as new mothers.

If you have any concerns or questions, please don't hesitate to speak with your classroom teacher or make an appointment to speak to the Leadership Team.

THANK YOU MRS CURTIS, MR GREEN, MR SAVATOVIC, MR MCINERHENY AND MS REEVES!

I would like to extend a heartfelt thank you to our senior teachers Mrs Curtis, Mr Green, and Mr Savatovic, and our school leaders Mr McInerheny and Ms Reeves for all the work and time they put in to organise and supervise our Year 6 Camp Program in Week 8.

Our students are very lucky we have teachers and school leaders that are willing to take on the additional workload of organising a school camp. It is also a huge request to ask staff members to leave their own families for the week (and organise childcare, baby sitters etc.) to stay overnight. Our staff members are not reimbursed financially for their time and extra workload, so we are so appreciative of their willingness to go above and beyond for our students. Next time you see one of the teachers or school leaders, don't forget to say thank you for all their work to make the Year 6 Camp such a wonderful experience for our students!

Dates for your Diary

3 June - 1 July (Thursdays)

Bike Ed program - Year 3 Blue & Year 3 students from 3/4

28 June

Firefighters incursion - Pre-primary

2 July

Last day of Term

19 July

School Development Day

Students do not attend school

20 July

Term 3 Commences

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

TIME IS RUNNING OUT - COMMUNITY CONSULTATION UNIFORM CHANGE - SCHOOL DRESS

Don't forget to have your say on changes to our school uniform – school dress!

Our tireless uniform coordinator has narrowed down three options and we are now we are surveying our parents and carers for their feedback. Follow the link or QR code to have your say. <https://www.surveymonkey.com/r/J29TB2F>

MORNING AND AFTERNOON ROUTINES

Recently, we have been working with students, parents/carers and teachers to tighten up our morning and afternoon routines, and ensure the correct supervision of students outside the specified school hours.

It is an important obligation of the school to meet the appropriate Department of Education, WA regulations in regards to duty of care, supervision of students and a timely handover of this duty of care to parents and carers.

Throughout this term, we have tried to work flexibly with families to accommodate the occasional need for a child / children to be dropped off before 8.35am by providing a central place for students to gather and supervision from 8.25am. However, we continue to have an increasing number of students arriving at school as early as 8.00am. Today I had 20 students arrive at 8.15am. Students who arrive early are telling us that their parents / carers have dropped them off as they needed to get to work or have a meeting, or that they have come early to play handball with their friends.

If you need to drop your child off early due to work requirements, please use the before school care program provided by Camp Australia <https://pp.campaustralia.com.au/Calendar/CalendarList/>

Please note that from Term 3, students will need to sit in the undercover area until classrooms open at 8.35am.

WISHING YOU AND YOUR FAMILY A SAFE AND HAPPY HOLIDAY!

It is hard to believe that this term is nearly finished. I would like to thank the WLPS community for the warm welcome I have received in my first term as Principal of this amazing school. I wish all of our families, students, teachers and support staff a safe and happy holiday and I look forward to seeing you all again at the start of Term 3.

We have a **Staff Development Day on Monday 19 July, 2021** and students returns on Tuesday 20 July, 2021.

Warm regards,
Sheri Evans
Principal

Year 6 Camp

Mixed emotions spread around the train station a few weeks ago before the Year 6 students went down to Forest Edge camp in Waroona. These feelings were shared by students, parents and teachers alike.

We spent 4 days away completing different challenges and fun activities which all had a moral lesson to learn. From crafts to abseiling, we all had a wonderful time together gaining confidence, resilience and learning to trust others.

We overcame many obstacles, such as heights, weather and being away from home. The camp instructors were amazing and each activity shared an important message about communication, leadership and teamwork. This experience was a fantastic journey and the highlight of Year 6 so far!





New uniform dress option - survey

After feedback from parents and discussion with the Board, the decision has been made to discontinue the current dress option sold by the uniform shop.

The uniform coordinator has been working with suppliers and narrowed down the alternative options to three.

We now wish to gather feedback from parents on their preferred style via survey. Keeping in mind the colours and components of the WLPS uniform, please follow the link below to view and select which style of dress you would like to see introduced to our uniform.

<https://www.surveymonkey.com/r/J29TB2F>

Samples of the uniforms are at the front office for viewing if desired.

Pictured below:

1. Navy and royal blue check box pleat dress, with fine red and white stripe and white piping. Material is a cotton/polyester.
2. Solid royal blue box pleat dress (same style as option 1) with red and white piping. Material is cotton/polyester.
3. White and blue check dress with inverted front pleat. Material is cotton/polyester.



Option 1: Navy/
royal blue check



Option 2: Solid
royal blue



Option 3: White/blue check

Cyber Friendly Primary Schools: Decision Making Online

Families can help children learn skills to recognise the benefit and risks associated with being online e.g. (using games, apps, websites) and how to get help for themselves or others if they have negative experiences when they are online.

If your children ask for help for themselves or others if they have negative experiences when online, here are some ways you could respond:

- Show your children you believe them. It is important for your children to feel confident in confiding their experiences
- Take your children's concerns seriously without panicking
- Listen to your children without judgement. Show you understand he/she is upset by what has happened
- Remind your children they have the right to feel safe and respected when online
- Talk about what actions your children have taken and work out a plan of action together

More information about how to talk with your children about these responsible decision making skills online can be found Cyber Friendly Primary Schools website:

<https://cyberfriendlyprimary.telethonkids.org.au/families/>



CYBER FRIENDLY
PRIMARY SCHOOLS



Poetry Appreciation in Year 3/4

As part of our literacy studies, the Year 3/4 class have been looking at many forms of poetry. This is one of Ms Hawson's favourite poems.

He clasps the crag with crooked hands
Close to the sun in lonely lands
Ringed with the azure world he stands
The wrinkled sea beneath him falls
He watches from his mountain walls
And like a THUNDERBOLT...he falls.

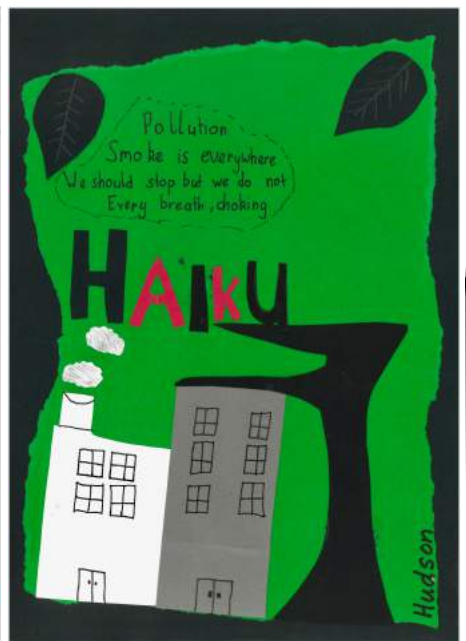
by A.L Tennyson

Students were asked what or who they thought HE was?

Samantha Melia, one of our talented parents, came in and gave a talk about poetry to the students. "You can break the rules when writing poetry, no full stops or commas.

There may be hidden messages or secrets in many poems. Poetry is about feelings and emotions." All children are natural poets. SO why not give poetry writing a go?

Here are just some of the fabulous HAIKU poems written by students in Year 3/4.



Pre -primary PJ day



On a very chilly Monday 21st June the Pre-primary students including their teachers were warm and snugly in their pyjamas. We didn't forget to get dressed! It was Winter Solstice so we celebrated in style with toast, pikelets with honey and warm milo. The children measured their teddies and drew lovely self portraits. It was a very cold but relaxing day!

Chinese Story Telling Competition



WLPS had two students participating in the 2021 CLTAWA State Chinese Story Telling Competition among 30 other schools. They were in Category 8-9 years and competing with sixteen other students. We are very excited to announce that Amy Li from Year 4 Red won second prize and Jianing Gong from Year 4/5 received a certificate. Congratulations to them.

翁振芬 *Linda Williams*

Mandarin - Fruit & Veggie Art

Our Mandarin would like to say thank you to all parents & grandparents who came to support and help their children and the staff, it was lovely to see you all. Your presence meant a lot to us and our students, you made the Fruit & Vegetable Art lesson more fun and very special. It would not have been as successful without your help – supervising and guiding students creating their art and skewering fruit, cleaning and washing up, you are all super stars!

A big thank-you to you all for your assistance, time and effort.

翁振芬 *Linda Williams*



Senior Cross Country



The WLPS faction cross country championship took place on Thursday 17 June at Bob Hawke Oval. The weather was beautiful and the crowd were treated to a display of competitive running that showcased the perseverance and resilience of our students. The Year 3 to 6 athletes received faction points for a top 10 finish and the winner and runner up of each race received championship medals. After some epic finishes, a few tears and a lot of sweat, it was Cambridge faction that took home this year's cross country shield. The top five finishers from each Year 4 to 6 race and the winners of the year 3 races will now go on to represent the school against the best runners from across the state at the SSWA Interschool Cross Country Championship in Term 3 on the 12 August. Go West Leederville!

This year the winners were as follows:

Year 3 Girls:

Champion - Gabriela Fechner

Runner Up - Chloe McArdle

Year 3 Boys:

Champion - Elis Samanta

Runner Up - James Hewson

Year 4 Girls:

Champion - Scarlett Brown

Runner Up - Realtin Melia

Year 4 Boys:

Champion - Lucas Metcalf

Runner Up - Yassin Megebray

Year 5 Girls:

Champion - Josephine Constantine

Runner Up - Francesca Anderson

Year 5 Boys:

Champion - Spencer Hathrill

Runner Up - Oliver Trilling-Kirkwood

Year 6 Girls:

Champion - Maebh Dhepnorrarat

Runner Up - Jaime McDonald

Year 6 Boys:

Champion - Hudson De Vries

Runner Up - Dylan Clark



Farmyard on Wheels visits Kindy



The kindergarten recently had a visit from Farmer Mick and his farm animals. We had a wonderful time holding a chicken, feeding a baby goat some milk and then giving the other animals a pat. After the farm visit we then made our own horses to ride.



STAR STUDENTS

The following students received Merit Certificates at the recent assemblies.

Year 1

17 June

Georgia Nelson
Henry Niven
Matthew Ung
Gryffin Richards
Amelia Philpot
Alex Carr
Ruby Stott

24 June

Frances Buckley
Mai Ralph
Leonardo Luciola
Maryam Ahmed Megebry
Patrick Noel
Finn Blackman
Archie Metcalf

Year 2

17 June

Aryash Ramola
Alex Sheridan
Thomas Hocking
Peter Reilly-King

24 June

Imogen Mallet
Ben Stratton
Lochie Cooper

Mandarin

17 June

Scarlett Brown
Edward Chepchareonrat

24 June

Akein Nawarathna
May Aoki

Year 3

17 June

Evelyn Keyser
Chloe McArdle
Evie Eaton
Summer Jorgenson-Oates
Gabriela Fechner
Olivia Zanin
Yu Tong Goh

24 June

Jialu Zhang
Andi McCallum
Soren Anderson
Levi Agapitos
Max Thayer
Elis Samanta

Year 4

17 June

Hudson McDiven
Liam Ford
Clarissa Tejaya
Luca De Vries
Ehtan Khuu
Brayden Saunt

24 June

Realtin Melia
Ty Egan
Caitlyn Sherratt

Year 5

17 June

Reina Kim
Katherine Lilly
Lucas Soares
Zakuro Seow
Lena Pawlowitsch

24 June

Mackenzie Decent
Harper Vogel
Quinn Bandarage
Joshua Agapitos
Gabriel Zein
Declan Wong

Year 6

17 June

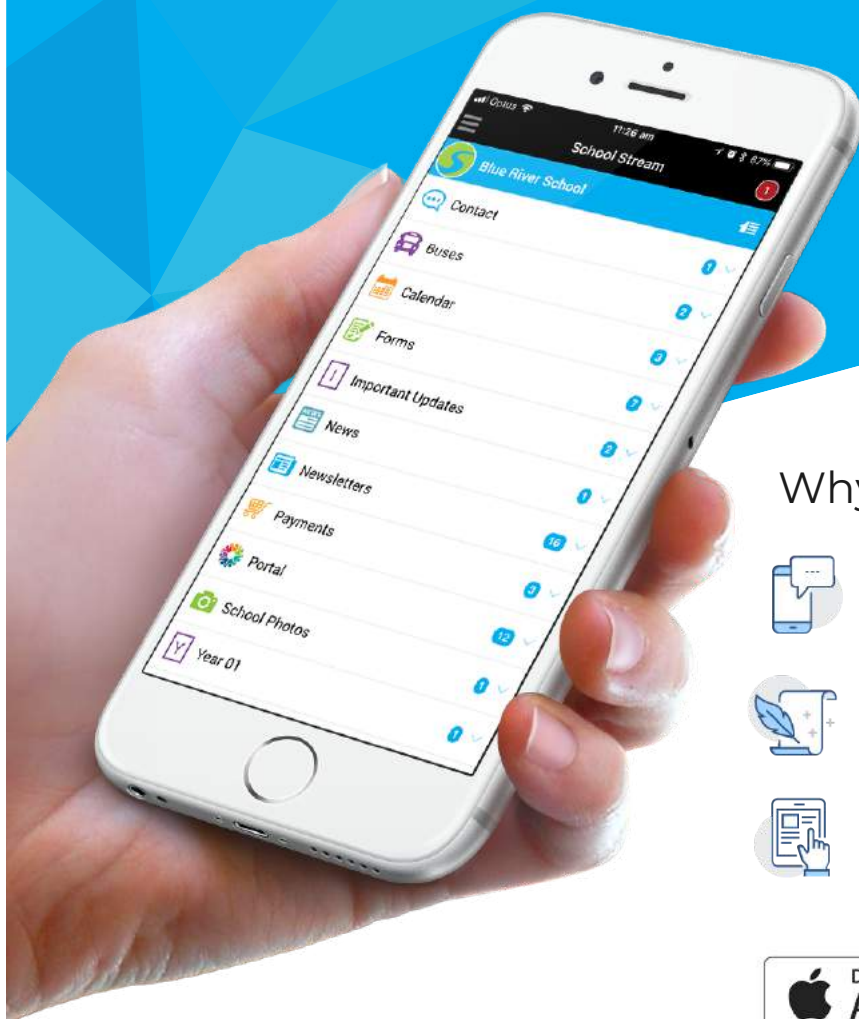
Rinzen Chan-Lim
Elise Di Lollo
Elena Casas Huelin
Jaime McDonald

24 June

Otilie Nash
Maria Troumpetaris
Emily Flynn
Emily Hewson



Download our school app for free!



Why download the app?



Receive instant notifications for important news.



Easily register absentees and excursions.



Keep up to date with events and set reminders.



Download instructions:

1. Go to the App Store and download "School Stream" to your phone.

2. Open the app and type the school's name into the search bar to load the school's profile.

3. Make sure you agree to Push Notifications when prompted.



Department of
Education

Shaping the future

Is your child starting Kindergarten next year?

You can apply to enrol your child if they are turning four years old by 30 June 2022. Contact your local public kindergarten or community kindergarten for more information. Apply by 23 July 2021.

Every day of a child's education matters.

To find a public school in your area visit education.wa.edu.au/schoolsonline



INSIGHTS

Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

parenting*ideas

Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night (Source: <https://aifs.gov.au/sites/default/files/publication-documents/lSac-asr-2018-chap4-sleep.pdf>)



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.