

# Delivering Educational Excellence - every child, every opportunity



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# **School Information**

Principal: Ms Sheri Evans sheri.evans@education.wa.edu.au

Associate Principal: Mr Michael McInerheney michael.mcinerheney@education.wa.edu.au

Associate Principal: Stacey Young <a href="mailto:stacey.young@education.wa.edu.au">stacey.young@education.wa.edu.au</a>

WEST LEEDERVILLE PRIMARY SCHOOL

58 Northwood St West Leederville WA 6007

Ph: 08 9366 9750

westleederville.ps@education.wa.edu.au

https://wlps.wa.edu.au

School App: https://www.schoolstream.com.au/download/

Canteen: https://quickcliq.com.au/

Ph: 0481 145 600

Uniforms: <a href="https://quickcliq.com.au/">https://quickcliq.com.au/</a>

Facebook: https://www.facebook.com/westleedervilleprimaryschool/

Absences: absence.westleederville.ps@education.wa.edu.au





# Introduction

Pre-primary is five full days each week. This may feel quite unusual if you are used to having your child home with you during the week.

What happens during the day?

Your child's Pre-primary classroom will be set up with fun and engaging learning activities to start the day.

All students from Pre-primary to Year 6 have specialist teachers for learning areas including music, art, drama & physical education. Early in 2023 you will find out what day these are timetabled.

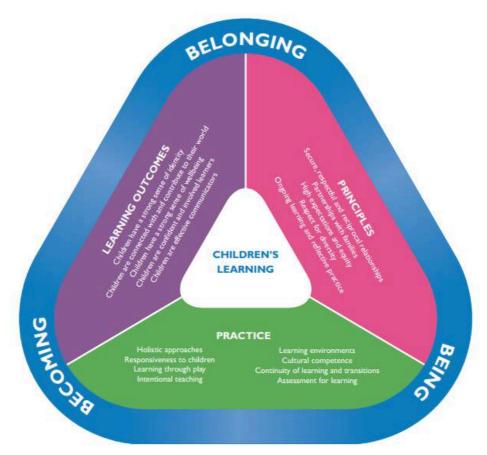
West Leederville Primary School has a set day for physical education and visiting the library. Make time to read library books or other favourite books with your child. This not only promotes good reading habits, its also a great way to spend time together as a family.

Your child and family are very important members of the school community. Welcome to West Leederville Primary School!

## **National Quality Standard**

The Australian Government has recognised the importance of increasing the focus on the early years to ensure the well-being of children throughout their lives and to lift the productivity of our nation. The drive for change is based on clear evidence that the early years are very important for present and future health, development and well-being. A National Quality Framework for Early Childhood Education and Care has been developed. This sets the National Quality Standard (NQS) that all early childhood programs, including schools from Years K to 2, must meet. There are 7 quality areas: educational program and practice, physical environment, children's health & safety, relationships, collaborative partnerships with families and communities, staffing and leadership.

# **Our Curriculum**



This figure is a diagram showing the relationship between outcomes, principles and practice which centres on children's learning. The three themes of Belonging, Being and Becoming are included, thereby overlapping all of these elements.

Our classrooms are designed to welcome your child, spark their imagination and arouse their thinking. They feature colourful displays of children's learning materials, artwork, books and construction materials.

All children enter Kindergarten with different skills and experiences. Teachers develop appropriate teaching programs catering for the student's individual needs and following the National Curriculum and Early Learning Years Framework.

The Early Years Learning Framework and the Australian Curriculum are complementary and articulate a pathway of learning. These both recognise that personal and social competence, health and well-being and literacy and numeracy should be core focused areas for young children's learning.

Fundamental to the Framework is a view of children's lives as characterised by belonging, being and becoming.

# **Belonging**

Belonging acknowledges children's interdependence with others and the basis of relationships in defining identities. In early childhood, and throughout life, relationships are crucial to a sense of belonging.

# Being

Being recognises the significance of the here and now in children's lives. It is about the present and them knowing themselves, building and maintaining relationships with others, engaging with life's joys and complexities, and meeting challenges in everyday life.

# **Becoming**

Children's identities, knowledge, understandings, capacities, skills and relationships change during childhood. Becoming reflects the process of rapid and significant change that occurs in the early years as young children learn and grow.



# Avoiding the last minute rush

# All Pre-primary sessions commence at 8.40am.

Doors open at 8.20am.
Children are encouraged to arrive with an adult

Children are encouraged to arrive with an adult just prior to the start of Pre-primary sessions. Try to leave home with plenty of time to get settled before the school day starts.

Punctuality is one of the most important character traits that we can instil in our children. At school, arriving 5 minutes late is not only disruptive for the whole class, but can mean missing out on a major teaching point.

# Saying goodbye

Your child can unpack their water bottle and say good-bye at the door. Given the opportunity your child will build their independence.

We were overwhelmingly surprised how quickly the students rose to the occasion demonstrating their independence, during the restrictions necessitated throughout the time of COVID.

# Food, food!

A shared morning tea or fruit time every day is a routine which provides for social learning. Students will not be sharing food, however they will eat together which provides for social learning where the children are encouraged to use acceptable table manners and chat with their peers.

will be required to bring their individual healthy snack, such as fruit. They may also bring healthy alternatives

such as dried fruits, cheese, rice crackers or vegetable sticks.

The children will need to bring a packed lunch in a named container. Ensure your child can manage to unwrap any food wrappings and open any containers, lunch boxes and drink bottles. Please distinguish between lunch and recess with your child.

Students may order their lunch from the canteen on Mondays, Wednesdays and Fridays. Orders should be placed online at <a href="https://quickcliq.com.au/">https://quickcliq.com.au/</a> or at the canteen.

Each child is to be supplied with a named drink bottle which they can open and close independently. For the protection of children with allergies, please support our 'Nut Aware' policy by not bringing products containing nuts or traces of nuts to school. As we have a number of students who are allergic to nuts, we ask you to pay particular attention to this policy so that these students are not placed at risk.

# **Birthdays**

We are very happy to celebrate your child's birthday at Pre-primary and you are welcome to bring individual cup cakes to share on your child's birthday. When catering for the class, remember there will be at least 27 serves required and check with staff if there are any allergies or cultural needs to be considered. Please keep portions small.

# **Looking after belongings**

Label all your child's belongings and show your child where these labels have been placed.

In the event of lost property check with the class teacher.

# Picking up children

### The Pre-primary session concludes at 2.50pm.

The children will sit inside on the mat until staff sight their parent or caregiver and call the child's name. Parents need to wait outside the door for their child to be called. This is important for staff to ensure that all children are accounted for and are safely collected by the nominated person.

Children will only be allowed to go home with their parents or nominated adults. If someone else is to collect your child, notify the staff as well as writing the details on the notice board collection sheet.

Please ring the school if you know you are going to be late or if arrangements change, so that we can let your child know and prevent them from becoming worried or distressed.

\* Please note: staff meetings are held Wednesdays commencing at 3.00pm. If the parent/caregiver is not present the child will be taken to the front office for collection.

## Communication between home and school

The primary form of communicating with parents is via digital means, through the School Stream app or email.

Instructions on how to download the School Stream app are at the following link: <a href="https://wlps.wa.edu.au/school-stream/">https://wlps.wa.edu.au/school-stream/</a>

Teachers communicate classroom information & updates through the Seesaw app.

Notices will also be placed on the notice boards outside the classrooms.

Parents of separated families are encouraged to agree on methods of communication between home and school so that everyone is included.

# Travelling to and from school

Parking at WLPS is at a premium. Car pooling or walking is a great option. Council rangers patrol areas around the school and it is advisable to take note of any parking restrictions. Younger siblings must not be left unattended in cars during drop off and pick up times.

Students are encouraged to ride scooters and bicycles to school but are not permitted to ride them within the



# **Making friends**

- Your child will make lots of new friends at school. As they go from one year to the next, they are likely to have different children in their classes.
- Making friends is one of the most important social skills children learn at school. You can encourage this by:
- chatting with your child about how they talk with other children
- getting your child to share their toys
- teaching your child to listen to others
- teaching your child to say 'please' and 'thank you'.

Often children have so much fun at school that they want to have more fun after school. They may ask to have a play date. This is a great way for you to get to know your child's friends and their parents. Meet at a park or play at each others homes.

school boundaries. All students are required to dismount and walk their bike/scooter through the school grounds and secure it at the bike/scooter racks during school hours. The school is not responsible for the safe keeping of bikes/scooters; an appropriate locking device is recommended.





# PRACTICAL MATTERS

We encourage you to keep in regular contact with your child's teacher to discuss activities in which your child is involved, to find out how they are adjusting to school and assist the teacher to find out more about your child's interests. Keep the teacher informed of any changes in your child's life that may impact on their work or enjoyment of school. Pre-primary teachers are sensitive to the needs of young children and will be there to help and guide them.

Keep talking to your child about Pre-primary, ask them about their new experiences, what they like and what they find difficult. Organising time for your child and their new friends to play together outside of school will help to consolidate relationships.

## **Attendance**

Pre-primary is compulsory full-time schooling and students at West Leederville Primary School commence from the first day of the 2023 school year, on Wednesday 1 February.

Once enrolled in Pre-primary, it is important that children develop regular attendance habits.

Teachers plan learning programs sequentially, so when children don't attend school regularly, they miss out on important information, learning and skills. Children who are regularly absent risk missing out on the basic building blocks in core learning areas.

If your child is absent from school, please notify the school via the School Stream app, our website, by phone, or email - absence.westleederville.ps@education.wa.edu.au. If your child is absent from school without parental notification, we will email you to ascertain the reason.

If possible, please make medical/dental appointments outside of school hours.

# **Session Times**

8.40am- Start of Pre-primary session

2.50pm- End of Pre-primary session

#### **TERM DATES**

TERM 1: Wed 1 Feb - Thurs 6 April TERM 2: Mon 24 April - Fri 30 Jun TERM 3: Mon 17 July - Fri 22 Sept TERM 4: Mon 9 Oct - Thu 14 Dec

# SCHOOL DEVELOPMENT DAYS

Monday, 30 January 2023 Tuesday, 31 January 2023 Friday, 2 June 2023

Friday, 18 August 2023

Monday, 9 October 2023

Friday, 15 December 2023

#### **Term dates**

Schools have school development days each year for staff professional development and school planning. The term dates for students in 2023 are as outlined in the table (page 8).

# **Outside school hours care**

Operating out of one of our classrooms, Camp Australia Childcare offers before and after school care.

Operating from Lake Monger, Mulberry Tree offers before and after school care and a shuttle service to and from the WLPS site.

Vacation Care programs operate from the WLPS site through the various school holidays in the year.

Contact Camp Australia West Leederville OSHC on <a href="mailto:info@campaustralia.com.au">info@campaustralia.com.au</a> or 1300 105 343.

Mulberry Tree Lake Monger OSHC on <a href="mailto:Wembley.kidsclub@mulberrytree.com.au">Wembley.kidsclub@mulberrytree.com.au</a> or 0429 513 537.

### **Uniforms**

# The School Board endorses the wearing of the school uniform.

The wearing of the uniform creates a sense of belonging, pride and unity in the school and so engenders a positive school spirit. The uniform meets the guidelines of Sun Smart policies and is designed to be attractive and comfortable.

Uniforms can be purchased online via <a href="https://quickcliq.com.au/">https://quickcliq.com.au/</a> or directly from the School Uniform shop. The shop is operated by a sub committee of the P&C and is open for direct sales on the first Thursday morning of each term, from 8.30am to 9.15am, in the school hall. Orders placed online will be delivered to the classroom. Further information about ordering uniforms is on our website.

In line with the recommendations from the Cancer Council of WA, our school has adopted the 'no hatplay in the shade' policy.

# **Contact details**

The safety of all students and staff is paramount. In case of an emergency, it is important that the school has your current contact details. Details can be updated via the weblink on our website, or via the School Stream app.

# **Voluntary contributions**

The West Leederville Primary School Board endorses the schedule of Contributions and Charges each year. The schedule is broken into five sections and will allow you to calculate all costs that may be incurred throughout the year. The costs outlined are maximums that the school will not exceed and actual costs for most parents will be well below these figures. The schedule is supplied to all students and is available on the school website. The P&C also ask that you support the school by paying their annual voluntary contribution. The West Leederville Primary School community are involved in a number of fundraising activities which require your ongoing support; the main ones being the biennial fete and the annual auiz night.

# What to bring to Pre-primary each session

- Large backpack (40cm x 30cm)
- Piece of fruit, vegetable, cheese or crackers for morning tea
- Lunch
- Hat
- Drink bottle- filled with water only
- Spare set of clothes (for occasional accidents)



# **Excursions**

From time to time there are excursions or activities which will require a payment. Parents will be notified of excursions, incursions and events through the School Stream app and email. We are able to offer the facility to pay in advance for future excursions and costs which occur throughout the year. We suggest an initial payment of \$100. As students participate in activities the cost will be deducted from your child's account.

Payment can be made in the following ways:

Via Direct Bank Deposit

Name: West Leederville Primary School

BSB: 036 044

Account No: 123672

(use child's name & Student acct. as reference).

- Visa payment by telephone- please telephone on 9366 9750 or call in at the office.
- Cash/ Eftpos at the front office in the Administration building.

Any excursions or outings require a signed consent form. Parents subscribed to the School Stream app have the means to send a digital consent and direct payment from their child's school account (our preferred method). Alternatively, parents may download the note from the website and send cash to the office.

# **Support for students**

Government schools are for all children. Diversity among students and their families is recognised and welcomed.

All school staff and teachers are committed to working with you to provide every possible assistance and support for the wellbeing of your child.





WLPS engages the expertise of the 'School Health Services' each year for all Pre-primary students and any new students/families to WLPS who require the school nurse services.

School Health Service's role is to work with children, families/guardians and classroom teachers for the early detection of physical and psychosocial health and development issues which may impede health, wellbeing and school achievement. Care provided to individual children and their families may entail assessment, brief intervention, health information, referral, monitoring and support. The School Health Service (school nurse) will implement the School Entry Health Assessment program for all Kindergarten students which includes vision, hearing and developmental screening and BMI assessment.

Services are available to support students who have additional needs including psychologists, speech pathologists, occupational therapists and other related professionals. These professionals are involved in a range of activities, including student and family support, assessment, crisis response, consultation with school staff, group work and the facilitation of early intervention programs in schools.

If you would like any further information regarding support services, ask your Pre-primary teacher for advice.



# If your child is sick at school

If your child gets sick or is injured at school, we will contact you and administer first aid if required. You will be called to collect your child if they are too sick to remain in class. For this reason, it is important to keep your contact details current. Contact details can be updated via the school's webpage.

# If your child is sick at school

If your child is obviously unwell or you think they are becoming unwell, please err on the side of caution and keep them at home, as we have a lot of children and teaching staff that can subsequently become ill.

Please keep your child away from school and see your doctor if your child has:

- a fever of 38°C or above
- vomiting or diarrhoea
- severe cold or flu symptoms
- · rashes of unknown origin
- · persistent cough

## **Immunisation**

Children enrolling in Kindergarten must be up to date with all the scheduled immunisations for their age

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to be able to attend school. You are required on enrolment to show your child's Australian Immunisation Register (AIR) Immunisation History Statement

as proof of immunisation.

From Pre-primary onwards, if an outbreak of an infectious disease occurs at the school, parents of children who do not have an up to date immunisation status will be asked to keep them at home, until the danger has passed. You can check your child's immunisation status online: <a href="https://www.medicareaustralia.gov.au/public/online-services/">www.medicareaustralia.gov.au/public/online-services/</a>



# **Medical conditions**

If your child has a medical condition, you are required to inform the teacher and the Principal. In particular, the school should be informed if your child has epilepsy, haemophilia, asthma, diabetes or severe allergic reactions to bee stings or certain foods, etc. All children with a significant medical condition or illness will have a health support plan based on the medical advice from your child's doctor.

### Medication

Sometimes children need to have medication during the day and whilst it is preferable for parents to administer them, we are able to do so when you have given us adequate information and completed and signed an <u>Administration of Medication Request Form</u>. The medication should be handed to the teacher or front office and not left in student backpacks.

# **Allergies**

If your child has an allergy you must advise the school and provide an allergy action plan which has been developed by your doctor, along with your child's medication, including a labelled EpiPen, if prescribed.

#### **Head lice**

It is common for school children to get head lice at some time and it has nothing to do with hygiene. Head lice can spread when children are in close contact, but head lice do not cause any harm to your child's health.

#### To prevent your child getting lice:

- check your child's hair regularly.
- keep long hair tied back.

#### If your child has head lice:

- remove tangles with a large comb, then comb hair with a thick, white hair conditioner using a fine-tooth comb to get rid of head lice and their eggs (nits) daily until there are no more eggs.
- continue to send your child to school after treatment.
- inform the school so they can ask others to check their children's hair; your child does not have to be identified.

#### For more information:

https://healthywa.wa.gov.au/Articles/F I/Head-lice



# **Anaphylaxis**

Anaphylaxis is a severe, rapidly progressive allergic reaction that is life threatening.

If your child suffers from any food allergies it is important that you inform the school administration and classroom teachers.

An individualised anaphylaxis care plan (risk minimisation plan) developed in consultation with parents, will be put in place for each student at risk. ASCIA Action Plans (medical management plan) completed by the child's treating doctor or nurse practitioner should be included in the individualised anaphylaxis care plan. The purpose of this care plan is to document the child's allergies, treatment to be administered in the event of an allergic reaction including anaphylaxis, and the risk minimisation strategies that will be put into place to prevent exposure to known allergens. Individualised anaphylaxis care plans must be updated at the start of each calendar year

We ask parents not to send foods containing nuts, sesame seeds or shellfish to school to prevent other children being put at serious health risk.



# **BEING INVOLVED**

Children love to see their parents and carers at their school, whether helping out in the classroom, canteen or being involved in other ways. Research shows that students perform better at school when their parents or carers take an active interest in their school work. Your contribution to the school is needed and valued.

In order to provide a wide range of experiences and to give the children the attention they need, help is required to prepare for the activities we provide. If you have special skills or hobbies you would like to share, let us know so you can help to enrich our program.

Rosters are displayed on the notice board and we encourage you, your partner, or grandparents and relatives to be involved. Hopefully, each child will have someone come along at least once a term. The children get a great deal of pleasure and pride when you come to a Pre-primary session and it is a valuable opportunity for you to see how your child is developing and growing in a school setting. All family members who would like to participate in school activities will be required to sign a confidentiality declaration available from the classroom teacher or school office.

We have a roster to take home a bag of laundry (tea towels, aprons, dress ups) at the end of the week. We really do appreciate your help.

Ways you might like to get involved:



- help in the classroom
- participate in the laundry roster
- listen to children read
- help with school excursions
- volunteer to be the Class Parent Representative
- join the Dad's Army
- Join FOWLS (fathers of West Leederville Primary School).





#### P&C

The Parents and Citizens' Association (P&C) at our school is involved in making decisions about the school and how it spends the funds it raises. If you can't get involved in the P&C meetings you can get involved in other things for the school, such as fundraising and social events. P&C meetings are held in week 3 & week 8 of each term in the school library, commencing at 7.30pm.

## **School Board**

WLPS is an Independent Public School. Independent Public Schools set their own strategic directions, have authority for day-to-day decision making and are in an ideal position to make decisions that best cater for their students. Parents and community members have an important and enhanced role in this initiative through the School Board.

The School Board meets week 3 & week 8 of each term. Details of our current Board members are available on the school website. Notice of the upcoming elections to the School Board will be indicated in the school newsletter and on the school website.

# Tips for getting involved

- use the internet to keep up-to-date with your child's learning and to communicate with teachers
- subscribe to our School Stream app and Facebook page
- read the school newsletter and other school notices
- attend the school Open Night, family events and other special activities at school
- help out with fundraising activities, sports days, excursions and other events
- be involved with the School Board or parent social occasions.





The following communication channels are available so you can be kept informed of your child's experience at school. You can also arrange meetings with class teachers or the Principal throughout the year.

# **School App**

There are three levels of communication used at West Leederville Primary School.

The primary means of communication used by WLPS is the School Stream app, which provides an easy and effective way to disseminate information quickly. The School Stream app is a mobile phone app that communicates directly with iPhone and Android devices. The app provides parents with a convenient way to receive school notifications, newsletters, consent and authorise payment for excursions and events, school notices and alerts.

Instructions on how to download the School Stream app are at the following link: <a href="https://www.schoolstream.com.au/download">https://www.schoolstream.com.au/download</a>

Teachers use the SeeSaw platform to communicate in a more individual and direct

way to parents. Seesaw allows for learning to be captured, through photos which can be shared with families. It is the main platform teachers use to communicate any updates to parents.

Class parent representatives operating under the P&C umbrella, liaise closely with the teacher and communicate to parents via an email distribution list compiled at the start of the year. A weekly email from the P&C parent coordinator is distributed to parents by the class reps.

## School newsletters

The school newsletter is produced once a month and is published on the School Stream app and WLPS website. The newsletter contains important dates and promotes student achievements.

A community newsletter is published in conjunction with the school newsletter.

# **Facebook page**

Our school's Facebook page allows our community to keep up to date with activities through a medium preferred by many. For anyone wishing to use our Facebook page, the best way to receive the updates is to visit <a href="https://www.facebook.com/">https://www.facebook.com/</a> westleedervilleprimaryschool and press the thumbs up 'Like' button. This way when we post updates, you'll receive them in your

# **Annual Report**

Our school provides a concise annual summary of its achievements and progress towards improving student learning, engagement and wellbeing, as well as information on students pathways and transitions on to further education.

Reports are placed online on the WLPS website and on the Schools Online website.

# **Parent- Teacher interviews**

Parent- teacher interviews offer a formal opportunity to speak with your child's teacher about your child's progress.

If you have questions about your child's performance at school at any time, please speak to your child's teacher as soon as possible. You can contact the teacher through SeeSaw for an appointment.

## **Parent concerns**

If you have any concerns about your child's education, you should raise them in the first instance with your child's teacher. If you still feel you need further assistance, contact the school office and request an appointment to speak with a member of the school administration.

## Life at school

Pre-primary builds on all the things your child learnt at Kindergarten. The skills and ideas your child learns are really important for the future.

Literacy, numeracy and social and emotional development are the focus of Pre-primary programs.



# **POSITIVE BEHAVIOUR SCHOOL**

West Leederville Primary School is a Positive Behaviour School (PBS).

This is a whole school approach to creating an environment, which encourages effective learning through the development of a positive, calm and welcoming atmosphere. Introducing, modelling, and reinforcing positive social behaviours is an important step of a students educational experience.



# **Our values**

At WLPS we have selected core values that we aim to learn, promote and uphold.

- Perseverance to tackle new challenges and push through hurdles.
- Excellence to demonstrate our personal best and to be proud in what we accomplish.
- Responsibility to take be prepared for learning and to take ownership of our learning and behaviour.
- Courtesy to brighten the day of those around us.
- Kindness to others, the environment and ourselves.

# HANDWRITING STYLE

# **Correct Pencil Grip**

While technology has impacted on the different ways we communicate, the ability to handwrite legibly remains a vital skill in many aspects of everyday life. It is important to establish and reinforce a proper pencil grip as early as possible. The tripod grip is the preferred grip as it allows for proper control of the pencil. In the tripod grip the thumb, index finger and middle finger form a triangle to hold the pencil with the ring finger and the little finger supporting the middle finger. The pencil should be positioned between the three fingers so there is equal pressure. The index finger should rest on the top of the pencil. All fingers are slightly bent.

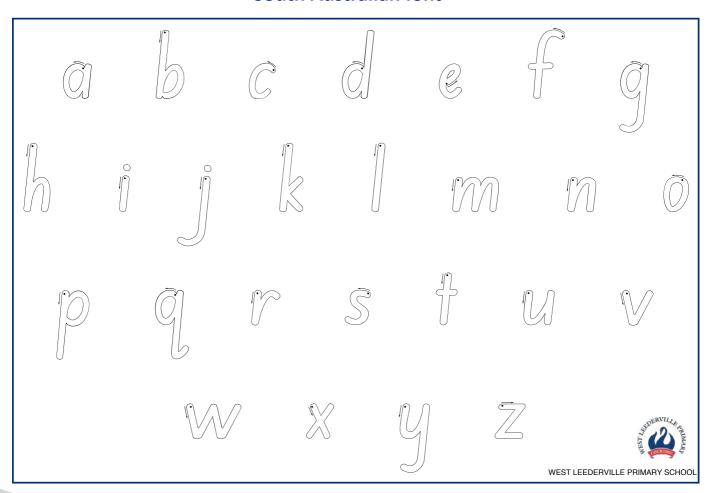


Hold pencil with a light grip.

- I. Thumb holds pencil.
- 2. First finger rests on top of the pencil.
- 3. Pencil rests against third finger.

Left hand Right hand

# **South Australian font**





When you feel unhappy, you can BOUNCE back again and feel better.

Bad times don't last. Thing get better. Stay optimistic.

Other people can help if you talk to them.

Get a reality check.

Unhelpful thinking makes you feel more upset. Think again.

Nobody's perfect.
Not you and not others.

Concentrate on the positives, no matter how small and use laughter.

Every body experiences sadness, hurt, failure, rejection, and set backs sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was because of YOU, OTHERS or BAD LUCK.

Accept what you can't change and try and change what you can.

Catastrophising exaggerates your worries.

Don't believe the worst possible picture.

Keep things in perspective. It's one part of your life.





We have a swan on our blue school shirt That means that we want to be courteous Come and see - our journey At our place we want to be

#### CHORUS

Cos we are the children of West Leederville School And we think that learning is really, really cool At our primary school Cos we are the children of West Leederville School So can't ou see, that we are one, working together to reach our dream (So take the lead)

Eversince 1898

We've been a part of this great big state making friends - under the tree At our place - we want to be

#### CHORUS

Our lives take shape in these big old walls Moving forward, we share a smile and learn Take it in - our journey At our place we want to be.

CHORUS



This is our school, Let peace dwell here, Let the rooms be full of contentment, Let Love abide here, Love of one another, Love of mankind, and Love of life itself. That as many hands build a house, So many hearts build a school.



Public education **A world of opportunities** 

# HEALTHY FOOD AND DRINK CHOICES

**FACTSHEET** 

# Tips for making healthy food and drink choices – Parents and carers

Children's energy needs for a busy day at school require them to eat a variety of foods. Children will have the best chance of getting all the nutrition they need if they are offered a variety of tasty and healthy foods every day.

Over their schooling life children can consume up to 2500 meals. Therefore it is crucial that these meals are nutritious, whether brought from home or purchased from the school canteen. All meals should reflect healthy food choices.

#### Healthy foods allow children to:

- ✓ grow and develop
- concentrate.

#### **Lunches from home reflect:**

- personal choice
- ✓ parental knowledge about health and nutrition.

# Parents and carers can support healthy food and drink choices. When making lunches at home:

- include bread, wholegrains, rice, pasta or noodles (try wholegrain for extra goodness)
- ✓ include reduced fat milk, cheese or yoghurt
- ✓ include some meat, fish, chicken, eggs
- ✓ go for 2 (fruit) and 5 (vegetables).

#### Some lunch ideas:

- ✓ sandwiches, rolls or wraps
- quiche
- mini pizza with cheese and vegetable toppings.

# These foods and drinks are not good choices for school lunches:

- × chips, crisps and similar snacks
- × high fat savoury biscuits and snacks
- × sweet biscuits and cereal bars
- × Iollies and chocolates.





AMBER
SELECT
CAREFULLY



⊗ **RED** Off the Menu



# How To Read With Your Child

# A PARENTS' QUICK GUIDE





Choose the right book! Your child should be able to read **95** out of every **100** words. Higher than this and they could be missing out on further development. Lower, and they could be reading at 'frustration level'. (Test this by reading **100** words with them!)



When reading, **track** the words - use either their finger, a ruler, a pen...



Make a **list** of the words that couldn't be read, and **review** them at the end, then again at the start of the next session.



Spend part of the session **reading** to your child. This models good practice. Show them how you'd blend an unfamiliar word (pretend you don't know one!).

Try substituting the author's words with new ones. Do they have the same effect? Why / why not? Can they tell the characters' feelings by their words or actions?





Read regularly! Several times per week is best. Doesn't have to be a long time each session. Go with the flow and make it fun. Consistency is vital.



Avoid the temptation to compete through the school scheme levels with your child's peers.



Discuss the story so far, or the book's **synopsis** (blurb) from the back cover. Make predictions on what will happen next.



Use a variety of strategies to read the unfamiliar words - i.e. use

context clues, picture clues



(sparingly), **build the word up** (blend) using known **phonic sounds** (s-n-a-p = snap). It's handy to have a pencil and paper at the ready to show words with similar patterns.



Make a **grid** and in each box write a phonic pattern the child is struggling to remember, along with

a corresponding **picture** e.g. for 'ph' write the pattern (grapheme) along with a small picture of a phone, or a dolphin...Review

these graphemes each reading session. Try spelling words containing them. Put them on your fridge!



Vary the reading material. Use a **library**. Include factual as well as fictional.



Try **digital reading** material too. There are many interactive reading apps available.





# **USEFUL WEBSITES**

#### **West Leederville Primary School**

Phone: (08) 9381 1655 https://wlps.wa.edu.au

www.facebook.com/WestLeedervillePS

#### **School Stream App**

https://www.schoolstream.com.au/

#### **WA Department of Education and Training**

Phone: (08) 9264 4111 www.education.wa.edu.au/

#### **Schools Online**

www.det.wa.edu.au/schoolsonline/

#### **Australian Curriculum**

www.australiancurriculum.edu.au

#### Starting Kindergarten & Pre-Primary

http://det.wa.edu.au/schoolsandyou

#### Healthy body, healthy mind

http://nutritionaustralia.org/ www.waschoolcanteens.org.au/

http://heartfoundation.com.au/

http://beactive.wa.gov.au/

http://www.natureplaywa.org.au/

## **Communicable Diseases**

http://www.public.health.wa.gov.au/3/281/2/notification of communicable diseases.pm

#### Anti-bullying and safety online

www.bullyingnoway.com.au www.cybersmart.gov.au

# Gifted and talented education

http://www.det.wa.edu.au/curriculumsupport/giftedandtalented/detcms/portal/

# **Allergies**

www.allergyfacts.org.au

### Lifesaving WA

http://lifesavingwa.com.au/



# Camp Australia West Leederville OSHC

info@campaustralia.com.au or 1300 105 343.

#### **Mulberry Tree OSHC**

Wembley.kidsclub@mulberrytree.com.au or 0429513537

#### **Child Care Benefit**

http://www.humanservices.gov.au/

#### **Best Beginnings**

http://www.dcp.wa.gov.au/ SupportingIndividualsAndFamilies/Pages/ BestBeginnings.aspx

#### **Child and Adolescent Health Services**

http://www.pmh.health.wa.gov.au/

#### **Raising Children Network**

http://raisingchildren.net.au/

#### State Library of Western Australia

http://www.slwa.wa.gov.au/

## Playgroup WA

http://playgroupwa.com.au/

#### **Storyline Online**

http://www.storylineonline.net/

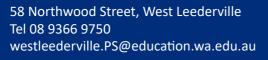


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# every child, every opportunity





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