



NEDLANDS PRIMARY SCHOOL NEWSLETTER

'Experience the Opportunities'



Swimming Carnival 15 March 2019

Wednesday 20 March, 2019

6009

Proud to be a
**Waterwise
School**

35 Kingsway
Nedlands WA

ph: (08) 9386 2278

web: <http://www.nedlandsp.s.wa.edu.au>

email: Nedlands.ps@education.wa.edu.au

Families are reminded that SafeUnsubscribe is located at the bottom of the newsletter should you no longer wish to be on our mailing list.

From The Principal's Desk

Dear Parents and Friends

Building Resilience - purchase tickets now.

Your school Board, in collaboration with the P & C, have organised a series of parent information sessions to support the very important work of families in the holistic development of their children.

The latest in this series will address the topical and very significant issue of resilience and is suited to families with children of all ages. It is to be held at the Altius Centre on Monday April 1 at 7:30pm and will feature renowned presenter Claire Orange. Information has been distributed through Connect, posters around the school and more detail later in this newsletter. We thank our Board for this initiative and encourage families to purchase tickets now, through this link <https://www.trybooking.com/479512> or contact Caleb Jones at nedslads@gmail.com for further information.

Safety after school.

Our school is blessed with wonderful play spaces as a result of the work of successive parent and staff initiatives, however we cannot rely on other families to supervise our children as they play. Large numbers of families enjoy the play and catch up after school, however we cannot overstate the difference in the way children play when in large groups compared to a family visit to the park. All manner of creative ideas pop into the heads of children at play and this is to be encouraged but monitored by an adult, to prevent the re-enactment of 'Zombie Death Killers' or high level of risk taking from spiralling into dangerous or violent behaviour that ends badly. Please make sure that children on-site, after school, can see their adult and the adult can see them.

Visitors on site. Sign in at the office.

It is a requirement that all visitors to the school during school hours, sign in at the office. This allows us to maintain a secure workplace for students and staff as well as meet our obligations under care and safety in the event of an unexpected or emergency situation. We remind families that parents need to come to the office first, before moving around the school during the school day.

Ride2School. Friday March 22.

Families would have received the connect message regarding our involvement in the National Ride to School Day on Friday. We hope that we can leave our cars behind and ride, scoot or walk to school. Everyone who chooses active transport options will receive a sticker and be included in our survey.

Anyone who chooses to ride will also be able to try their hand at the obstacle course on the oval between 8:00am and 8:30am before we move in to the assembly. Let's all get behind this national initiative.

Interschool Swimming Carnival-

date change from term planner. Wednesday April 3.

The organisers of the interschool swimming carnival have confirmed the date as Wednesday April 3 at HBF/ Challenge Stadium, not the 10

th as listed in our initial term planner. Competitors and reserves will bring information home about the day as well as the preparatory training session in the larger pool at Claremont pool.

Russell Bembridge
Principal

House Swimming Carnival - 15 March 2019



Congratulations and thank you to everyone who contributed to Friday's swimming carnival and carnival café. We had volunteers and spectators throughout the day and finished the pack up in record time. Special mention to our year one families for arranging and hosting the Carnival café this year.

The champion house was won by Armstrong (416points) followed very closely by Bruce(410), Winthrop(399), and Gallop(299)

Neddies cup went to Gallop (240points) who cheered and supported each other magnificently throughout followed by Armstrong (190), Bruce(120) and Winthrop(110)

Our attention now moves to the Interschool Carnival with selection and preparation for the events on Wednesday 3 April.

Lost Property has moved.

Lost property items were restricting entrance to the Art room and room 8 so a decision has been made to shift the smaller box to the hall area. We will cull the box every 2 weeks to prevent the build up. We urge families to label all items, check labels at home (some students accidentally take another child's items and to practise placing items in the school bag and zipping it up. We have a wide range of swimming items (goggles, bathers, footwear and towels) as well as hats and jumpers in the box. Please check for anything you are missing.

Year 6 Camp - 25 to 27 March 2019

We wish our year 6 students and staff all the best as they embark on one of the highlights of their leadership year, the school camp. Staff have arranged a challenging and exciting

range of activities and we look forward to hearing about their adventures when they return.

Special thanks to Mr Ferguson and Ms Morris-Hall for co-ordinating the program as well as Mrs Fullgrabe, Mrs Cottam and Mr Jones for their time to assist the students take up this opportunity as well as our families for supporting what promises to be another enjoyable and powerful learning activity.

Fees and Contributions - Have you paid?

We remind families who use the direct deposit payment system to make payments to school, that some apps or smaller device based banking processes do not allow you to include enough detail to identify who has made the payment or...what it is for.

Please check that you have included our Reference Number *and* Student Surname when making payment and check that your device allows this to be displayed. Consider using the full version rather than a minimised option on your mobile device.

Thank you to all the families who have made payments already and just a reminder to hand in the tear off slip to the office.

'SHORTEST CONCERT EVER'

Wednesday 10th April - The *Altius* Centre - 7.30 - 8.00pm
[the last week of the Term]

There are several performances planned throughout this year starting with this performance.

The instrumental students have been rehearsing very diligently in term one so we would like to give a short performance of what we have prepared so far this year.

The year always starts a little slowly as each ensemble is basically a very different combination of students to the previous year. The young musicians in the Orchestra, String Quartet and Year Six Senior Concert Band have started 2019 enthusiastically so are looking forward to this opportunity to perform for you.

A letter will go home with all students this week.



Senior Choir Performance

Congratulations to the Senior Choir and Mrs Conroy for a wonderful performance on Tuesday at Government House Ballroom for the annual Commonwealth Youth Harmony Service.

The special guest at the service was the Governor of Western Australia, the Honourable Mr



Kim Beazley AC. The youth performances for the service were presented by Penrhos College String Orchestra, Hampton Senior High School Gifted and Talented Dance students and the 130 members of our Senior Choir.

Our students sounded wonderful and looked magnificent on stage thanks to Amber Oakley and her 'band' of helpers who, over the past few weeks, have spent considerable time checking and issuing the Performance Uniforms to over 140 students. A huge task - thankyou.

Thank you also to the large group of Nedlands parents who attended the service in support of the Nedlands students' performance.

Dental Therapy Mobile Van

The Dental Therapy Mobile van will be coming on site as of 25th March.

The children that have previously been enrolled will be collected from class for their clinical check-up.

If you wish to be present please advise the Dental mobile : 0417180553.
New families to the service will be invited to attend scheduled appointments.

Toonschool Incursion

In Week 5, Year 1 to Year 6 Nedlands Primary School students had the opportunity to meet the cartoonist Joffa (Jeff Taylor). We all had a one and a half hour session in the Altius Centre. Joffa taught students about the importance of listening. We also experienced learning about how to have a positive mind set when you are trying to do things, especially when they are new. During the session students learnt how to create cartoons. We had the opportunity to take home our own Toonschool cartoons. It was a hilarious and entertaining incursion where we learnt to follow instructions, how to think positively and trust in ourselves.

Charlotte and Hamish
Nedlands Primary School Health and Wellbeing Councillors



Nut Free School

An important issue at Nedlands Primary School is the number of enrolled students, who have a severe allergy to nuts, and in particular peanuts. The WA Department of Health warns that the occurrence of nut allergies is rising and is of concern within the general community.

Our duty of care at this stage is focused upon the students in our care who exhibit a variety of symptoms, from minor to extremely severe, arising from even the slightest contact with nut based products.

The difficulty is that in several instances even the smallest contact with nuts, nut dust and nut based spreads including peanut paste and hazelnut spread can cause a severe reaction.

As a result of discussions with the Department of Health and parents we are asking that parents of all students ***avoid all nuts and the use of nut based spreads in the provision of snacks and lunches to students at the school. This means avoiding peanut paste, hazelnut spread and bags of nuts. This may also include a number of muesli bars.***

Communicable Disease Alert

The school has had a confirmed case of Hand, Foot and Mouth Disease. We advise families

to keep an eye out for the following symptoms: fever, blisters in the mouth and on hands and feet.

As this infection is highly contagious, it is important that your child is ***NOT*** sent to school. On having the infection confirmed by a doctor, please inform the school immediately so that appropriate precautions can be taken. Your child should not return to school until the doctor has advised you that your child is no longer contagious to others.

Thank you for the prompt action taken by parents to inform the school.

Nedlands Primary School Health and Wellbeing

The 'Health and Wellbeing Word of the Fortnight' is "Square Breathing".

SQUARE BREATHING is a type of deep breathing that you can use to self-calm. Being able to self-calm yourself when you feel tense is a great life skill. Square breathing will relax you in five minutes.

Square breathing has four parts which you repeat.
Sit with your hands on your lap and feet flat on the floor.

For a slow count of five on each:

1. Inhale, breathe in, and exhale, breathe out, through your nose only
2. Inhale, breathe in, through your mouth and exhale, breathe out, through your mouth.
3. Inhale, breathe in, through your nose and exhale, breathe out, through your mouth.
4. Inhale, breathe in, through your mouth and exhale, breathe out, through your nose.

Repeat all four parts.

The Nedlands Primary School Health and Well-Being team would like to have a regular 'Health and Well-Being Tip' in the school's newsletter. If anyone has a 'Health and Well-Being Tip' or even a healthy eating snack you would like to share with the School Community please let us know.

Health Wellbeing Team

CONNECT for parents

All parents have been issued with a P Code for CONNECT.
Options for accessing CONNECT:

- Access the Internet and use your P-Code and password to log on at <https://connect.det.wa.edu.au> . Using the internet gives you FULL access.
- Download the CONNECT Now App on your mobile device and log in using your P-Code and password. Access on the App only shows Notices, Photos and Attachments.
- if you are having trouble please email the school and the admin team will issue you with a new password.

If you have forgotten your P-Code or password, please email the office for these to be re-issued.

CONNECT is our main electronic communication, so being online and getting messages is essential.

The Nedlands Primary School Board, together with NedsLads, are proud to present Building Resilience, an evening with Claire Orange.

Join us as renowned parenting expert, author and Mum of four, Claire Orange, shares the very practical ways we, as parents, can encourage and grow resilience in our children. With 25 years' experience in child and family health and wellbeing, Claire lives and breathes her message and mission. Her knowledge and purpose are expressed with humour and empathy as she addresses the tough-stuff of raising children. As Channel 9 & 6PRs Parent Educator, co-author of 16 books and social & emotional trainer, Claire is a true advocate for helping children be the best version of themselves they can be, and empowering families to thrive and flourish.

Details are as follows:

Monday 1st April 2019, 7pm for a 7.30pm start
Nedlands Primary School - Altius Centre
Kingsway NEDLANDS WA 6009

Tickets available online here: <https://www.trybooking.com/479512> and are \$8, alternatively you can purchase tickets at the door for \$10 (cash only).

Please do join us for an informative evening. It's important to note that this event is for Nedlands school parents, their friends and the wider community (including neighbouring school parents), all of whom will benefit from the evening.

Copies of Claire's publications including "Taming your Drama Llama" and "What to Do...Parent Guide Series" will be available to purchase at the event.

This event is proudly supported by the Nedlands Primary School Board and NedsLads, the Nedlands Primary School chapter of the Fathering Project and subcommittee of Nedlands P&C.

For more information please contact us on email at: nedslads@gmail.com

P&C NEWS



P&C MEETINGS - 2019

The P&C meets regularly throughout the year and all members of the NPS community are

welcome to attend. The meetings are held in the school library and start at 7.30pm. Dates for upcoming P&C Meetings for 2019 are as follows:

Wed 27 Mar
Wed 22 May
Wed 19 Jun
Wed 14 Aug
Wed 11 Sep
Wed 6 Nov
Wed 4 Dec (Final for 2019)

Regards
Andrew MacDougall
P&C President

UNIFORM SHOP

The Uniform Shop is open every TUESDAY from 8.45am to 9.15am.

Or you can fill out an order form (see the link below) with your correct payment and class details. Put the order form in the box at the front office. The order will be delivered to your child's classroom. If we do not have your required size or item, we will delete that cost from your order form.

[Uniform Order](#)

We happily exchange or refund NEW items ONLY if you leave on the tags, have not labelled them or washed them.

Second Hand Uniform

We have loads of good second hand uniforms for sale, however please choose carefully as we do not exchange or refund second hand uniforms. Also we do not sell second hand uniforms on the order forms.

P&C Events



NEDSLADS CAMPOUT 2019

(Hosted and sponsored by NedsLads) - (Saturday 9 March)

Another success has been declared for this terrific annual event! Lots of fun was had by all those who attended. If you would like to read more about the NedsLads Campout 2019, please click on the following link...

[NEDSLADS CAMPOUT 2019](#)

CARNIVAL CAFE

(Hosted by Parents of Year 1) - (Friday 15 March)

Thank you to the Year 1 Class coordinators and all the parent helpers for an amazing Carnival Cafe! We are so grateful for all your hard work feeding our children (and us) during the swimming carnival. THANK YOU!

MOVIE NIGHT

(Organised by NPS P&C) (Sponsored by Michelle Kerr of DUET Property Group)
(Saturday 16 March)

Great movie! Great weather! Great food! Another great NPS event!
A BIG thank you to the Year 4 parents for all the support in running a magical movie night.
Thank you to Michelle Kerr of DUET Property Group for the generous sponsorship. And, last but not least, thank you to the school community for supporting this event.

NEDLANDS PS POOL - Saturday 23 March

(Hosted by NPS P&C)

Nedlands Primary will be opening it's swimming pool to the local community on Saturday 23 March, from 3:00-7:00 pm. There will be a lifeguard on duty. Please join us for a fun afternoon! We gratefully acknowledge the support of the City of Nedlands.



NEDSLADS LAWN BOWLS

(Hosted by NedsLads) - (Thursday 4 April)

SAVE THE DATE..... a dads-only event to be held on Thursday 4 April. More details to follow soon.

STAY & PLAY - Friday 3 May

(Organised by NPS P&C)

SAVE THE DATE..... Term 2 P&C activity will be kicked off with a Stay & Play. Please mark your diaries for Friday 3 May.

MOTHER'S DAY STALL

(Organised by NPS P&C) - (Tuesday 7 May)

SAVE THE DATE..... Please mark your diaries for the Mother's Day Stall which will be held on Tuesday 7 May!

NPS ALUMNI FENCE PROJECT

(Sponsored by NPS P&C)

If you would like to participate in this wonderful fundraising initiative, please click on the following link for further information.....

[NPS Alumni Fence Project](#)

P&C Other



ENTERTAINMENT BOOKS

The entertainment books have now launched for the 2019/20 year!
For further information about these fabulous books, click on the following link.

[Entertainment Book](#)

To order the book, you can order online OR order forms will be coming home with the family rep soon.

NEDSLADS

NedsLads is open to all parents and father figures of children at Nedlands Primary School. NedsLads are registered with The Fathering Project. More details about the Fathering Project can be found at <http://thefatheringproject.org/>

If you would like to subscribe to the NedsLads mailing list, please click on the following

link...

[NEDSLADS](#)

P&C FUNDRAISING SURVEY

The P&C Fundraising Survey was distributed in Term 4 2018. Thank you to all those who participated in the survey. Your feedback is valuable to us. The results of the survey are in the process of being collated and the results will be shared soon.

P&C COMMITTEE - POSITIONS VACANT



If you would like to volunteer your time to the NPS P&C Committee, we have plenty of opportunities for you to become involved. If you have further queries regarding the roles, please contact the P&C at nedlandspca@gmail.com or chat directly to any one of the current P&C committee members.

If you would like to learn more about the P&C and what we do, please click on the following link for further information....

[Nedlands P & C](#)

P & C Contacts

| Members | | | |
|--------------------|-----------------------------|--------------|----------------------------------------------------------------------------------|
| Andrew MacDougall | President | 0403 065 945 | nedlandspca@gmail.com |
| Kylie Cheah | Vice President | 0416 069 612 | kcheah@inet.net.au |
| Jane Niedinger | Honorary Treasurer | 0470 299 722 | jane.bailey@hotmail.co.uk |
| Symon Hoy | Honorary Secretary | 0466 445 675 | secretarynedlandspc@gmail.com |
| Pip Hoy | Communications | 0435 532 353 | philippa.hoy@gmail.com |
| Melanie MacDougall | Fundraising | 0419 907 368 | mjwest@inet.net.au |
| Xavier Braud | Building & Grounds | 0423 237 659 | xbraud@gmail.com |
| Todd Grover | NedsLads | 0424 503 711 | tcgrover@hotmail.com |
| Sue Anthony | Uniform Shop | 0413 700 459 | sue_219page@hotmail.com |
| Vacant | School Canteen | | |
| Laura Cutland | School Pool | 0488 401 070 | lcotland@yahoo.com |
| Sally Brauer | School Board Representative | 0408 482 198 | sbrauer11@gmail.com |

School Board

Your School Board

| | |
|--------------|-------------------------------------|
| Fiona Cocks | Parent Representative - Board Chair |
| Sally Brauer | P&C Endorsed Parent Representative |
| | |

| | |
|---------------------|--------------------------|
| Caleb Jones | Parent Representative |
| Richard Tucker | Parent Representative |
| Mei Han | Community Representative |
| Lihong Shi | Community Representative |
| David Norman | Community Representative |
| Russell Bembridge | Principal |
| Catherine Mendez | Board Executive Officer |
| Julie Simpfendorfer | Staff Representative |
| Renu Sahai | Staff Representative |

For more information on the School Board please visit the school's website and click on the 'School Board' tab.

TERM ONE



| | |
|--------------------|---------------------------------------------------------------|
| Thursday 21 March | Harmony Day |
| Friday 22 March | Kindy Red Assembly Year 4 Room 8 Ride to School Day |
| Monday 25 March | Swimming lessons P/P-Year 3 continues Year 6 CAMP (3 days) |
| Tuesday 26 March | Uniform Shop 8.45am - 9.15am |
| Wednesday 27 March | Year 6 students return from CAMP |
| Friday 29 March | Kindy Blue |
| Monday 1 April | Year 2 excursion (AQWA) |
| Tuesday 2 April | Uniform Shop 8.45am - 9.15am |
| Wednesday 3 April | Interschool Swimming Carnival |
| Friday 5 April | Kindy Red Assembly Year 4 Room 11 |

LAST DAY OF TERM 1 for students - Friday 12 April, 2019

***Term Two commences - for students and staff on
MONDAY 29 APRIL 2019.***

Approved Specialist Programs - Governor Stirling SHS

Approved Specialist Programs

Year 7 places now open for 2020.

Apply Now for Approved Specialist Programs;

- * Specialist Artsmedia
- * Specialist Engineering
- * Specialist Australian Rules Football

Applications close on Friday 10 May 2019.

For more information

Come along to our Parent Information Session, <https://www.trybooking.com/BBIOS>;

W: govo.wa.edu.au or T: 6274 0300 during school hours.

***Approved Specialist Programs are also available to students living outside our local intake area.**

Before and After School Care

Some services near our school:

- UWA - Out of School Care Centre (after school) -Vacation Care - 18 Parkway, NEDLANDS -EMAIL: outofschoolcare@uwa.edu.au PHONE: 9389 1848
- OSHC - Health Services - Before / After School Care - Vacation Care - 22 Verdun Street, NEDLANDS - EMAIL: hsfachildcare@health.wa.gov.au PHONE: 6457 3238

New Chess club is reopened

New Chess club is reopened now and welcomes students of all levels from year two to six. Sessions are on Fridays at 7:30 am in the library. For more information please contact John Pimenov via email at mail@23u.ru or by phone 0449173087.

Nedlands Primary School chess team is a winner of many interschool competitions. Our team finished 7th at 2018 Australian Interschool Chess Championships in Melbourne and won a prize for the best interstate team. If you're interested in playing chess please join our club! Places are limited.

Front Runner Trackstars Run Club Term 2 - 2019

Nedlands Primary School - Kids Endurance & X Country

Wednesdays 7.30am - 8.20am at Melvista Park.

Starts Wednesday 8 May for 8 weeks Program is \$115.00 for age groups

6 - 8 years and 9 - 12 years.

To register: www.frontrunnersports.com.au/trackstars-schools/
or follow the link...

[Trackstars Run Club](#)

Nedlands Primary School Netball Club:

Is looking for expressions of interest for players to join in a new team. Year 2 and Year 3 for the winter season. Both boys and girls are welcome to play. New players are welcome.
For more information please contact Amber on nedlandsnetballclub@gmail.com

Community News



The school does not in any way endorse these products or services. They are community news items included as a Community Service.

Relationships Australia 22 Southport Street West Leederville -
New Parenting Courses available July - December 2018. Contact phone:(08) 6164 0200 to register
or www.relationshipswa.org.au

Behaviour Tonics - Parenting Information Sessions. To enquire/register call 9382 1182 or
www.behaviourtonics.com.au

Triple P - positive Parenting Program - A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.
Visit www.healthywa.wa.gov.au/parentgroups or contact Child Health Booking System on 1300 749 869 for details and more information.

Loreto Primary School (Nedlands) - Autumn Fair on Saturday 30 March from 10.00am to 3.00pm at 69 Webster Street, Nedlands

"Have a Go" Wembley Magpies - Baseball session on Sunday 24 March 2019 at 10.00am to 12pm at Wembley Sports Park, Wembley. Suit ages 6 - 11 boys and girls. visit us on wembleybaseball.com

Splash n Dash - Saturday 23 March 8.00am at North Cottesloe Beach - register now
northcottsplashndash.com

Tennis Factory - April 2019 Holiday Tennis Camp To enrol your child please go to
www.tennisfactory.com.au

Kidz'nSport - School holidays Monday 15 April - Thursday 18 April at Mt Claremont Oval. Yo enrol
www.kidznsport.com.au or Phone: 0432 937 290 or email: juliem@kidznsport.com.au

Creative KidsArt Club - come and join us for exciting art and craft. Ages 4 to 14 years. Visit our website:
www.creativekidsartclub.com.au

HBF Run for a Reason on 19 May. Everyone is invited to join NPS's parent team "We can Hackett" Sign up for 12km or half marathon. To register,; use the password 'hackett' and visit <https://www.registernow.com.au/secure/Register.aspx?E=33190&G=81911> Want to know more? Please contact Lisa Lough at lisa@catalyse.com.au.

NumberWorks'nWords - April holiday tuition Please call 9388 3727 or email www.numberworks.com/au