



Forrestfield Primary School Newsletter



Dear Parents, Students and Community Members,

Last week I had the pleasure of attending the performance of Snow White and the Dreadful Dwarfs. Bianca Batty, Jacilyn Hadley, Kiriona MacRae, Yarren Jacobs, Natasha Williams and Billy Peters joined students from Wattle Grove, Woodlupine and Dawson Park to perform the play under the direction of Mr Joe Isaia, Drama teacher at Darling Range Sports College. I know that our students enjoyed this learning activity and we were all very proud of them.



On Thursday parents and students in the Pre Primary enjoyed an afternoon tea to farewell Mrs Carol Downes who has commenced Long Service Leave. Mrs Downes has been our much loved Pre Primary Education Assistant for 24 years.



IMPORTANT DATES

SEPTEMBER

25	Parent Newsletter TED ASSEMBLY ROOM 4
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27	Last Day of Term 3
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**Term 4 begins Tuesday 15th
October**

23	Dance Program begins Newsletter and Student Assembly
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28	Interschool Athletics Carnival—am
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30	Dance Program
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Our Parent Survey has been sent home to approximately forty families across the school and I hope that you will all provide feedback about our school. This important survey can be completed on line or in paper form. please note the last day to provide your feedback is Friday 27th September.

In preparation for our end of year concert on Wednesday 18th December **The School of Dance, Activated Group** will be running dance classes next term commencing on **Wednesday 23rd October**. Students in Pre Primary to Year 7 will take part in the dance lessons.

This week we have been reviewing our NAPLAN test results in preparation for our **School Development Day on Monday 14th October**. NAPLAN student reports will be sent out with all students in Years 3, 5 and 7 on Tuesday 15th October.

The Darling Range Learning Community has approved the following School Development Days for 2014

TERM 1—30th/31st January

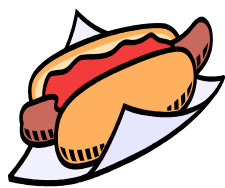
TERM 2—28th April,

TERM 3—21st/22nd July

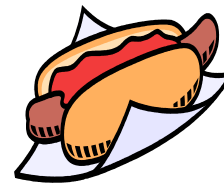
TERM 4—13th October and 19th December.

These days have been endorsed by our School Council. Please place them on your calendar for next year.

Diane Greenaway - PRINCIPAL



Footy Dress Friday



To celebrate a West Australian Football Team playing in the AFL Grand Final and the end of a busy term, we will be holding a Free Dress Day.

Come dressed in your favourite Football Colours.

There is a Sausage Sizzle for \$1.00 and it is a gold coin donation to come in Free Dress.

Funds raised will go towards the Graduation Assembly and Presentations at the end of the year.

Fun for Juniors

Term 4 Starts Week of 14 October 2013

Enrol Now!

All programs are \$63.00 for a 10 week term or \$7.00 per class.



JUNIOR SH'BAM™ (6-10yrs)

Mondays: 4.00pm - 5.00pm
Hartfield Park Recreation Centre

JUNIOR SQUASH (8-12yrs)

Tuesdays: 4.00pm - 5.00pm
Hartfield Park Recreation Centre

KINDYGYM (1.5-5yrs)

Wednesdays & Fridays
(1.5-2.5yrs) 9.30am-10.20am
(2.5-5yrs) 10.30am-11.20am
Hartfield Park Recreation Centre

SOCCER (3-5yrs)

Wednesdays: 3.30pm-4.15pm
Hartfield Park Recreation Centre

ZUMBATOMIC (6-10yrs)

Fridays: 3.45pm-4.45pm
High Wycombe Community & Recreation Centre

Hartfield Park & High Wycombe Community & Rec Centres
P: 9359 1700
E: kala.shire@kalamunda.wa.gov.au
www.kalamunda.wa.gov.au



Kids Cooking Club

School Holidays @ High Wycombe Rec Centre

Kids Cooking Club will teach children how to prepare healthy & hearty foods.

The children will learn how to follow simple recipes and instructions while also helping them to learn the basics around the kitchen.



Details:

9:00am-12noon
\$24.00 per child, per session

LIMITED PLACES, ENROL NOW!



October Holiday Dates

Tuesday 1 October, 2013
Wednesday 2 October, 2013
Thursday 3 October, 2013
Tuesday 8 October, 2013
Wednesday 9 October, 2013
Thursday 10 October, 2013

January Holiday Dates

Monday 13 January, 2014
Wednesday 15 January, 2014
Friday 17 January, 2014
Monday 20 January, 2014
Wednesday 22 January, 2014
Friday 24 January, 2014

200 Newburn Road, High Wycombe
P: 9257 9978
E: kala.shire@kalamunda.wa.gov.au
www.kalamunda.wa.gov.au



CONGTATULATIONS

Congratulations to the following lucky people who were winners of prizes in the Sports Day Food Hamper Raffle.

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|--------------------|-----------------|
| 1. Santana | 2. Megan Slater |
| 3. Jenny O'Brien | 4. D Cain |
| 5. Alista Mafile'o | 6. Jayde F |
| 7. Trinity Stacey | 8. Barry Sloan |
| 9. Nick Abraham | |

We thank all families for donating hamper items.

Congratulations!



ROOM 13 TED ASSEMBLY

Congratulations to the students in Year 1/2, Room 13 who compered today's TED Assembly and presented the item. Students sang a song about punctuation and about the Solar System. We were all very impressed by how well they led the assembly and their knowledge of the planets. Well done students! Congratulations to the following students who were presented with awards.



Writer of the Month

Rm 2	Christian Bavadra, Stephen Rodrigo
Rm 4	Zachary Jacobs, Kahlan Fernie-Keep
Rm 9	Zac Purtle, Yarren Jacobs
RE 12	Simran Qambari, Maddison Batchelor
Rm 13	Breehanna Lampard, Tanya Blessy-Suku
Rm 16	Casey Slater, Sarah Jafari, Lachlan West

Honour Certificates

Rm 2	Sasha Trutwein, Omid Juma
Rm 4	Steven Little, Ben Vua
Rm 9	Kelly Clemett, Brendan Schiller
Rm 12	Aaron Bin Sali, Blake Godfrey, Simran Qambari
Rm 13	Sean Madizividza, Celeste Pereira
Rm 16	Jaons Alver, Sophie McIntosh
Music	Jacob Gilbert, Billy Peters, Katrina Rynbeek, Germano Masino
Other	Brett Anderson, Jake Dalziell, Ally Hammond, Dylan Harvey, Mitchell Hubbard, Ebonie Kickett, Giada Masino, Bradley Mills, Brian Richards, Sasha Trutwein, Jordan Woods



Virtues Vouchers—Self Discipline

Rm 2	Christian Bavadra, Giada Masino
Rm 4	Keisha McRae, Katika Criddle
Rm 9	Tarni Bin Sali, JayDee O'Donnell
Rm 12	Aaron Bin Sali, Jack Coffey
Rm 13	Dayna Plese, Mitchell White
Rm 16	Katrina Rynbeek, Lescyn Murace



GOOD BEHAVIOUR HOLIDAY HELPERS!

Children do as we do. Our children watch us to get their clues on how to behave in the world, so they use our own behaviour as a role model to guide them. What we do is often much more important than what we say. If we want our child to say 'please', we should say it ourselves. If we don't want our children to raise their voices, we need to keep our own voice at a reasonable level too.

Please

Catch them being 'good'. This simply means that when our child is behaving in a way we like, we can give him or her some positive feedback, for example, 'Wow, you are playing so nicely. I really like the way you are keeping all the blocks on the table'. That works better than waiting for the blocks to come crashing to the floor before we take notice and bark, 'Hey, stop that'. This positive feedback is sometimes called 'descriptive praise'. Try to say six positive comments (praise and encouragement) for every negative comment (criticisms and reprimands) — the 6-1 ratio keeps things in balance. It also pays to remember that if left with a choice between no attention or negative attention, children will seek out negative attention.

Get down onto their level. Kneeling or squatting down next to children is a very powerful tool for communicating positively with them. Getting close allows us to tune in to what they might be feeling or thinking. It also helps them focus on what we are saying or asking for. If we are close to him or her and have their attention, there is no need to make them look at us.

'I hear you'. Active listening is another tool for helping young children cope with their emotions. They tend to get frustrated a lot, especially if they can't express themselves well enough verbally, so when we repeat back to them what we think they might be feeling, it helps to relieve some of their tension and makes them feel respected and comforted. It can diffuse many potential temper tantrums.

Keep promises. Stick to agreements. When we follow through on our promises, good or bad, our children learn to trust and respect us. So when we promise to go for a walk after he or she picks up their toys, we should make sure we have our walking shoes handy. When we say we will leave the library if they don't stop running around we should be prepared to leave straight away if they continue. No need to make a fuss about it — the more matter of fact, the better. This helps them feel more secure, as it creates a consistent and predictable environment.

Points adapted from the Raising Children Network's "Encouraging good behaviour: 15 tips", at http://raisingchildren.net.au/articles/encouraging_good_behaviour.html/context/267 I wish you and your family a great holiday and lots of enjoyable times together over the next two weeks, from your school chaplain, Paul Johnston. I will be back here for you at Forrestfield Primary on Mondays and Tuesdays next term.



WATERWISE TIP OF THE WEEK- DRINKING WATER AND RINSING HABITS

In summer we all enjoy a cool glass of water. Instead of running the tap until it's nice and cold, keep a jug of water in the fridge. You'll save around 5 litres of water each time you have a drink. Don't let water run while carrying out tasks such as rinsing dishes or washing fruit and vegetables. A tap running strongly can waste up to 20 litres of water a minute. Use the plug in the sink instead.



ZERO WASTE LUNCH DAY

Every Wednesday this year our School is holding Zero Waste Lunch Day !!!!!

We encourage all children to bring their lunch and recess in a re-usable container— like a lunch box or takeaway plastic food container. Please try not to use any plastic wrap like Gladwrap, plastic wrappers, plastic bags etc.

Zero waste lunch days are linked to our Sustainability Focus for 2013 and makes kids and parents aware of what we throw out and our need to recycle as much as possible.



VIRTUES AND BEHAVIOUR FOCUS

Our focus virtue is currently **SELF DISCIPLINE** and our focus behaviour is **"In the Garden we"**.

We ask parents to reinforce these behaviours.

-  Keep out of the garden beds.
-  Play on hard and grassed areas.
-  Walk on the paths and around the garden beds.
-  Leave flowers and vegetables on the plants.
-  If we go in the garden we are careful.

