

Welcome to Week 5 Term 4 2019

Monday 11th November 2019

**Lest We Forget
Remembrance Day 2019**



Today our school observed a minutes' silence on the 11th hour on the 11th day of the 11th month to remember all those who have died fighting to protect our nation.

In Australia and other allied countries, including New Zealand, Canada and the United States, 11 November became known as Armistice Day – a day to remember those who died in World War One. After World War Two, the Australian Government agreed to the United Kingdom's proposal that Armistice Day be renamed Remembrance Day to commemorate those who were killed in both World Wars. Today the loss of Australian lives from all wars and conflicts is commemorated on Remembrance Day.

Congratulations to Felicity

At our last community assembly Constable Webster presented a citizenship certificate to Felicity. We are very proud of Felicity's achievement and we are very grateful to the support from the Rockingham Police Station.



Thank you Judith Hill

Last Friday we took the opportunity at our community assembly to thank our Foundation Board Chair Mrs Judith Hill for her service to our school and our School Board over the last three years. Judith's local knowledge, rich experience in education and her passion to engage with children and young people in the Baldvis area has made her such an asset to our Board. Thank you Judith!



Before School Sandwich Making

Our before school sandwich making has been very successful. Our staff and a small group of parents are once again offering your children a chance to make their own healthy sandwich before school. This will happen on Wednesday 13th November from 8.00 am in the covered assembly area. It is fun! It is healthy! So send your child with an air tight plastic lunchbox to store their sandwich in and a gold coin and let them make their own lunch. One less job for you!

Community Breakfast is this Friday from 7.30 am in the Covered Assembly Area

It is a school event not to be missed. Set the alarm nice and early so you can be at school by 7.30 as the staff cook up a really healthy breakfast for you and your family. You need to bring your own plastic crockery and cutlery and a gold coin donation to help us cover costs.

Colour Fun Run

Friday is a big day and in the afternoon we will all put on our white T shirts and head to the oval for the Colour Fun Run. Mr G does a super job of organising this fun event to raise money for our school. This year Mr G is hoping to raise enough funds to provide interschool sports uniforms for all our students who participate in interschool sporting events. So don't forget to log on and sign up your children. It is the easiest way to raise funds for our school and we really appreciate the parents who have already done this. And of course there are prizes to be won!

White T shirts can be brought to school in the children's bag or they can wear them under their school uniform shirt.

<https://schoolfundraising.com.au/>

Subway Lunch This Friday

Your Subway lunch orders must be in and paid for by tomorrow Tuesday. Don't miss the cut off day if you want your child to have a Subway order.

Updated Uniform Price List

Please see the updated school uniform price list attached to this newsletter. Our new providers are Nell Gray.

<https://www.nellgray.com.au/>

Parent Survey

One last chance as we must close this survey on Friday. This is the link and we would love to see every parent have a chance to give feedback to our school. Thank you to the 87 parents who have taken the time to do this survey.

<https://www.schoolsurvey.edu.au/s/BGParentSurvey2019>

Voluntary Contributions and Possible Charges

Attached is an outline of our Voluntary Contributions and Possible Charges Costs for 2020. This has been approved by our School Board and I encourage parents to carefully consider the importance of paying voluntary contributions and other charges related to additional learning experiences for your children. We are working very hard to provide your children with a quality education in a well maintained and well resourced environment. Your financial support allows us to ensure your child has the best possible school experience.

Booklists

By now you should have received your 2020 booklists. Ziggies is our provider and they return an excellent commission to our school which we are most grateful for. However, if you wish to buy your school book list items from another retail outlet you are free to do so. The most important thing is that your child has all their requirements at the beginning of the school year.



A general meeting will be held at 6pm on the 25th of November at the school in the staff room. We would love to see as many parents as possible attend. We will also be handing out nomination forms for next year's Executive Committee and office bearer roles. If you would like to know more about our P&C, and you would like to be added to our mailing list. Please email us at Baldvisgardens.pandc@gmail.com

Thanks
Anita Lakic
President

Parenting : The toughest job you will ever do!

Parenting is really hard! You do it on your own and there are many challenges to parenting in today's society. Lack of time to spend with your children due work commitments, the interruption of phones and screen time and the breakdown of relationships and the family unit, are all contributing to children who feel increasingly insecure, anxious and unable to focus on their learning and unable to build positive relationships. Children need a secure safe place to grow up and they need to clear boundaries and consistent consequences for inappropriate behaviour. If they do not get these things their future happiness and well being is threatened. The early years (0-4) and the primary school years are so very important, and that is why parents have the greatest influence on their children's lives as they spend so much time with you through these years. If you want to be the best parent you can be there is help available in our community. If you would like some help and guidance in supporting your children to grow up to be the best person they can be, I encourage you to seek out

some support through your GP or through some of the links below. If you would be interested in forming a parent support group in our school please email or speak to me and I would be more than happy to support this initiative.

Meerilinga <https://www.meerilinga.org.au/parenting-courses-services/> is proud to be partnering with [Kwinana Early Years Services \(KEYS\)](#) and the [City of Cockburn](#), to provide the new [South West Metropolitan Parenting Service \(SWMPS\)](#).

[See all current SWMPS courses.](#)

Dogs on our School Site

To ensure the safety of our students and to respect the medical needs of students and staff with allergies to dogs we request that **dogs are not brought on to our school site**. As we know animals and children are unpredictable and therefore there is a risk a dog may respond in a way that could injure one of our students. We also have children with allergies to dog hair. If there is a special request for a dog to visit a classroom then this must come through the classroom teacher who will request approval through me. If you have any queries in relation to dogs on school sites please contact me on 9523 7000.

Sporting Schools

Our school recently secured funding from Sport Australia to run a Sporting Schools program. *In Term 1 Netball, Term 2 AFL & Term 3 Table Tennis*. We know the students loved this program and it was a great way for children to find their 30 at school, however, while adults need 30 minutes of physical activity a day, children need 60. So, as well as finding 30 at school, they need to be finding 30 at home.

Sport Australia has provided us with some useful information on how parents and carers can continue

to nurture a child's participation in sport and physical activity and find their 30 at home.

Physical literacy provides the foundation for a lifelong connection to sport and physical activity. It is about developing the **skills, knowledge and behaviours** that give us the confidence and motivation to move more and lead an active, healthy life. You can help develop your child's physical literacy by creating good habits with daily physical activity by increasing the opportunities for play-based activities at home. Entice your children away from screen-time and teach them how to climb a tree, fly a kite, kick a footy or go for a bush walk together as a family. Encourage your children to: help choose and plan the activities; set goals; and talk about how they feel while engaging in the activities. As a bonus, research has shown that children who are physically active achieve greater academic success and maintain higher attention levels during class at school.

See more examples of how you can support your child to develop their physical literacy and some activities you can do together as a family <https://www.sportaus.gov.au/findyour30/challenge>. We can all develop our physical literacy at any stage of life, so why not do it together! Find a new sport or physical activity you can try with your family this term. See the attached note about financial assistance available to support your child getting involved in community sport.

Icy Pole Day Tomorrow

And don't forget icy poles are for sale at recess TOMORROW TUESDAY 12th OCTOBER to raise money for next year's Year 6 camp.



Have a great week and enjoy the sunshine. Don't forget to let me know if you would be interested in nominating for the School Board. Email me at Jayne.ebsworthy@education.wa.edu.au or call me on 9523 7000. I would love to hear from you!

Jayne

Jayne Ebsworthy
Principal