Dear Parents and Friends

In Term Swimming Lessons
You will have seen in last week’s newsletter In Term swimming lessons are due to occur early on next term. (Between Week 3 and Week 7). Unfortunately we were unable fit the entire school into one fortnight and as such our school’s program will be covered in two consecutive fortnights. (ie one group of classes in one fortnight and another group in the next fortnight). As has occurred almost every year the cost of attending these lessons has increased again, some of this is about the cost of pool entry and some about the cost of having buses with seatbelts.

For those of you who may find paying for these lessons difficult I would urge you to start paying some of this cost off at school in the coming weeks to reduce the burden as we get closer to the time of the lessons. Those with real difficulty in relation to this may like to make contact with me to organise a longer time to make payment. The tuition is free and so this does, for many, represent the best opportunity to develop a child’s swimming skills. The earlier this development takes place the better as it becomes more difficult as children get older to get them involved in such activity.

I hope to see a full involvement of children from our school in this program this year.

School Board Meeting
At our last School Board meeting last week a number of agenda items were covered:
• We are in the process of developing a current school vision statement, a statement that endeavours to encapsulate the key direction for our school. A draft statement was produced that will be shared across the school for feedback and further redrafting before it is finally accepted by the Board.
• Our School Development Plan and school budget was ratified.
• Our Annual Report for last year was also ratified and will be uploaded on the Department’s website.
• Our new School Board makes provision for a further member who will come from the wider community, someone with a profile and possibly from a business background. Our group discussed the possibilities with this and may seek to advertise this position in the community.

Volunteer needed for Reading Program
Working in partnership with the Great Southern Employment Development Committee (GSEDC) and our own PaCE program we are looking to establish a team of volunteers who will be able to listen to children read. Children who read aloud often to a skilled listener can improve their reading skills significantly. If you or someone you know has time to commit to this, contact our front office and register your interest by filling out the required form. Not a lot of time is needed, you will be able to choose the day, how often and how long to sign on for – any help will be greatly appreciated and will make a difference. GSEDC are also seeking expressions of interest from the wider community to access the volunteers needed.

We will be targeting those year levels and students who will most benefit and are hoping to get this program started next term. I hope you or someone you know can help out.

Parenting Support Available Online
Parenting WA a branch of the Department of Communities is now available through Facebook. This is a convenient online resource where parents can access up to date information on parenting topics and parenting courses.

The web address is www.facebook.com/ParentingWA

Parenting WA also has a helpline that runs 24/7 – the phone numbers are 92791200 or 1800 654 432. You can also e-mail parentingwaline@communities.wa.gov.au

Happy Easter
As we head to a longer holiday than usual for Easter, I wish everyone a safe and happy break. Drive safely, if you are travelling to a different destination.

Alan Dowsett - Principal
PS. Hope to see you at the Easter Hat assembly tomorrow!

PLEASE NOTE: As part of the Easter Break school will be closed on Tuesday 2nd April.
**Key Dates**

<table>
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<th>Event</th>
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<tr>
<td>Easter Hat Assembly</td>
<td>Thurs 28 Mar</td>
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<td>Good Friday Holiday</td>
<td>Fri 29 Mar</td>
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<td>Easter Monday Holiday</td>
<td>Mon 1 Apr</td>
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<td>Easter Tues Holiday</td>
<td>Tues 2 Apr</td>
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<tr>
<td>Next Assembly</td>
<td>Fri 5 Apr</td>
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<tr>
<td>Interschool Swimming</td>
<td>Thurs 11 April</td>
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**Spencer Park Primary School**

**Code of Behaviour**

- Respect other people, their rights and their property.
- Be courteous.
- Let others learn.
- Treat others as you would like to be treated.

**Cricket Results**

Spencer Park scored its third win in a row last Friday against Albany PS. Albany Primary batted first and made the modest total of 44 off of its allotted 20 overs. Starring with the ball was Sam Rm 11 who took a hat trick and finished with 3 for 3 off his 2 overs. Jordan Rm 11 also had the amazing bowling figures of 3 for 1 off two overs. Spencer Park easily accounted for the Albany total reaching the target in the 6th over and finishing with a total of 5 for 103. Top scorers were Josh Rm 9 with 24 not out, Tristan Loo 10 not out and Cooper Rm 9 9 not out. Our last game is against Yakamia after Easter – this game will probably decide the winner of the competition.

**HONOUR CERTIFICATES**

We congratulate the following students who received certificates at the last assembly.

- Chad Rm 3
- Shane Rm 3
- Lahni Rm 8
- Aleesh Rm 17
- Marcus Rm 7
- Rhianne Rm 10
- Cameron Rm 19
- Jack Rm 1
- Udoka Rm 2
- Cleve Rm 1
- Silver Rm 4
- Frevvy Rm 11
- Mason Rm 18
- Callum Rm 8 and family

- Nicole Rm 3
- Dannon Rm 5
- Terraley Rm 5
- Tobey Rm 17
- Sebin Rm 10
- Bailey Rm 19
- Tom Rm 19
- Matthew Rm 2
- Callum Rm 4
- Lyndsey Rm 4
- Darcie Rm 11
- Mitchell Rm 11
- Deacon Rm 18
- Aaron Rm 7

**THANK YOU**

A huge THANK YOU to CULLITY’S, The Laminex Group on Cockburn Road for donating wood to the Kindy class so we could make frames. Thank you for supporting your local school.

**BREAKFAST CLUB**

Every Tuesday morning at 8.00 there is Breakfast Club in Room 6. All students are welcome to attend and enjoy a healthy breakfast before school.

**IN TERM SWIMMING LESSONS**

This program will commence for Spencer Park students in Week 3 of Term 2. The cost for these lessons has increased slightly from last year and will be $6.00 per day per student.

If your child has ALAC membership the cost will be $3.00 to cover the cost of transport. Please supply your classroom teacher with your ALAC membership number.

**Don't be caught short!** You may commence making payments for this program now to alleviate the cost coming all at once.

More information and a timetable of lessons will be published in future newsletters.

**CONCERT AND FREE DRESS DAY**

We will be holding a concert on Wednesday 10 April from 1.10pm in the school hall. All classes will perform their songs. This will also be a Free Dress day so please bring a gold coin donation for Telethon.

**Breakfast makes smarter kids**

Numerous studies have reported that children who eat breakfast perform and behave better in school. Another recent study has reinforced this notion.

Around 100 primary school students in Boston were studied over a six-month period. The study found that those who ate less than half of the energy recommended for breakfast demonstrated significantly poorer attendance, punctuality and grades at school and also reported more behavioural problems. After consuming breakfast at school for six months, their attendance, mathematical grades and behaviour improved. The results are attributed to not eating breakfast causing blood sugar levels to be too low to concentrate. Although this finding was from children, it is thought that the concept is probably applicable to people of any age.

Here are some healthy breakfast ideas!

- wholewheat breakfast biscuits with berries and milk
- wholegrain toast spread with cottage cheese and topped with sliced banana + a glass of milk

**THANK YOU**

A huge THANK YOU to CULLITY’S, The Laminex Group on Cockburn Road for donating wood to the Kindy class so we could make frames. Thank you for supporting your local school.
Tuesday morning about 9:30 the Crew headed out to Camp Quaranup. The weather wasn’t as good as we had hoped for. Swimming on the Tuesday morning was a no go. I drove out after school on Tuesday for dinner with the students and parents. Everyone was having a great time. The past two years the camp was held at Camp Kennedy so it was good for the students to have a change of venue.

Wednesday morning they went to Whale World. I would like to thank Whale World for not charging for the carers. It would have made it a very expensive exercise.

I wish to thank Shelley Redmond on behalf of the students, parents and myself. Also a big thank you goes to all the staff who attended. The staff members who were able to stay overnight deserve special thanks.

Shelley and Ben Riemer stayed both nights. Lara Eyles stayed over on Tuesday night. Education Assistants staying two nights included Cicle Finlay, Fiona Roberts, Leonie Williams, Tracey Sambell, Warren Barrington, Wilma Tognetti. John Brogmu staying over on the Tuesday. Marissa Paull stayed over on the Wednesday night.

Without the care, compassion and commitment of our dedicated teachers and EAs events like these would not be possible. I’ll share photos of the camp next week.

The Easter break is well earned by the children, teachers and EAs.

There are a few special days I think are important to be aware of:
I missed mentioning 21 March 2013. It marks the 8th anniversary of World Down Syndrome Day, a global awareness day which has been officially observed by the United Nations since 2012. Each year the voice of people with Down syndrome, and those who live and work with them, grows louder.

Purple Day (26th March) is a global effort dedicated to raising epilepsy awareness. Purple Day was founded in 2008, by nine-year-old Cassidy Megan of Nova Scotia, Canada. Motivated by her own struggles with epilepsy, Cassidy started Purple Day in an effort to get people talking about the condition and inform those with seizures that they are not alone. She named the day Purple Day after the internationally recognised colour for epilepsy, lavender.

Easter Tuesday is April 2nd. It is also World Autism Awareness Day. Every year it is an opportunity to celebrate and be involved in helping raise awareness about Autism Spectrum Disorders. As a matter of fact April is Awareness month. So one of the things you can do is Go Blue for Autism Awareness Day.

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**MegaSkill Number 5: Initiative**

Initiative is the ability to assess and initiate things independently. This is a very important quality to have and an essential part of a child’s development.

**Communication Tips that Foster Initiative in Children and Adolescents**

- Shift from a language of “Prizes and Praising” to a language of “Ongoing Regard.” Instead of giving praise for all the things children “do,” communicate appreciation for who they are.
- Help kids learn to solve their own problems and navigate obstacles. Allow them to fail. Be a mentor in the process!

**How Parents and Educators Foster Initiative through Mentoring**

- Be on the sidelines to help facilitate children’s learning.
- Encourage children to get back on their feet after a fall – because you believe in them.
- Be a helpful guide as children identify challenges, reflect on their choices, arrive at decisions, adjust strategies, and plans next steps. Listen and encourage.
- Be a role model. Show them how you get things done but don’t do things for them that they can do for themselves.

The above was taken from: [http://rootsofaction.com/blog/initiative-children-adolescents/](http://rootsofaction.com/blog/initiative-children-adolescents/)

What can you do to help your child develop their initiative and become more independent?

Please feel free to discuss any of your concerns with me. It is best to make an appointment by calling 9841 1537 to be sure I will be available.

Diane E Edwards, Principal

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**DISABLED PARKING BAYS**

These bays are available at both, the car park at the Education Support Centre and the public car park in Reidy Drive. At this stage these bays are to be utilised in the same way as in other areas of the City. That is, you must have an approved ACROD sticker for your car. Information about how to obtain such a sticker is available at the school.

We also ask, that if possible when you are picking up or delivering a disabled child, you vacate the bay as soon as you have completed this process. This will enable others to make use of these bays during the day as well as at school arrival and departure times. We don’t have an abundance of these spaces and a number of families rely on these bays to get their children in and out of the school safely. It is important that people are thoughtful and considerate in their use of these areas.
Beat the Easter egg weight gain blues

Do you stress out every Easter because you gain a few kilos after eating all those yummy Easter eggs? Easter, like Christmas, is a well-known time of the year for weight gain, but armed with some easy-to-use skills you can beat the Easter egg weight gain blues. Here are some tips – try as many as you can.

- If you are given so much chocolate that it really is too much to eat over just a few days, then ration it over the next few weeks or months. You could give some chocolate away too, but be mindful of who you give it to, of course. If you know someone is battling a weight problem then give it to someone else.

- Do more exercise to burn-off the extra kilojoules that you eat. The Australian Physical Activity Guidelines recommend adults do at least 30 minutes of moderate physical activity on most, preferably all, days of the week. If you can, enjoy some regular vigorous physical activity for extra health and fitness. The guidelines recommend that children do at least 60 minutes, and up to several hours, of moderate-to-vigorous physical activity every day.

- Give alternative gifts to chocolate. Active toys for children, like skipping ropes, tennis rackets, cricket bats, soccer balls and skateboards, are great to encourage physical activity.

What are some examples of physical activity of different intensities?

- Light: cycling (very light effort), walking slowly, dusting and golf (powered cart).

- Moderate: brisk walking, tennis (doubles), golf (pulling or carrying clubs), scrubbing floors and washing windows.

- Vigorous: high impact aerobics, football, soccer, cycling (uphill or more than 16 kilometres an hour), fast dancing, running, jogging, power walking, tennis (singles), squash, circuit training, fast rowing and swimming laps.

So enjoy the Easter break, but don’t let it be overshadowed by after Easter weight gain. Eat sensibly and exercise often.

The Heart Foundation saves lives and improves health through funding world-class cardiovascular research, developing guidelines for health professionals, informing the public and assisting people with cardiovascular disease. As a charity, the Heart Foundation relies on donations and gifts in Wills to continue its lifesaving research, education and health promotion work.

For more information on heart health, contact the Heart Foundation on 1300 36 27 87 or visit www.heartfoundation.org.au