

# Newsletter

Term 3, Week 10

Floreat Park Primary School



## Cyber Safety Parent Workshop

The world of social media & technology is fast becoming the centre of our children's universe. It can be a challenging task for parents to stay on top of the dangers of social media and technology, while monitoring their child's online behaviour and finding balance.

Floreat Park Primary School is funding a workshop for parents on Tuesday 9 October from 7:00-9:00pm at the Cambridge Bowling Club. The presentation will focus on managing children's technology use, including an introduction into the most popular social media platforms that children and teens are accessing, and practical tips for keeping kids safe online. We will also cover information on setting boundaries around technology, online behaviour management, and tools for managing technology both in and outside of the home.

This session will be facilitated by Jordan Foster, a Clinical Psychologist and the founder of ySafe, a now nationally-adopted household name in the field of cyber safety. Travelling nationally, Jordan is formally recognised as one of Australia's foremost cyber safety experts, having provided online safety education to school communities throughout Australia, presented as a subject matter expert at several prestigious universities, and is a go-to media commentator in the field of cyber safety.

If you've ever struggled with getting your kids off their games and into bed, worried about knowing what your child is accessing online, or felt concerned that your child was spending too much time in the digital world, this workshop is for you!

**Registering for this event is essential as tickets are limited.** Please follow the link provided. <http://bit.do/floreatparkps>



Dear Parents and Caregivers

We have had much to celebrate over the past couple of weeks.

The Town of Cambridge Art Exhibition opened at the Boulevard Centre on Thursday 13 September. Our students left with 8 awards which is a fantastic achievement. Congratulations to all our entrants and a very big thank you to Mrs Kettell for wonderful program and opportunities she provides in visual arts. Exhibits are on display in the Floreat Forum until tomorrow.

The choir sang at the opening of School Sports WA District High School Country week at the Bendat Basketball Centre on Monday morning. It was a great experience for them. Thank you to Miss Hadley for organising this.

Many congratulations also to our Interschool Athletics team, led by Year 6 students Jack and Delia who placed a very commendable second at the carnival on Wednesday. Wembley Primary School were deserving winners. Of note was the improvement in our skills in the team games from last year. A big thank you to Miss Tropicano for the extensive work she put into the selection and training program and to the many teachers who supported her. A big congratulations to Sam, Year 4 Runner Up Champion Boy and Ivy, Year 5 Runner Up Champion Girl.

I think all the students and staff are ready for a well-earned break. Term 3 is always a big term in the calendar.

I wish all our families a restful and healthy holiday.

Jane Rowlands  
Principal

## **Student Council News**

### **Wheelchairs For Kids Fundraiser!**

Everyone get ready, because on Friday the 19<sup>th</sup> of October, our school is hosting a fundraiser for Rotary's Wheelchairs For Kids.

We'll have fun activities on throughout the day, these will include some wheelchairs for students to try out as well as an amazing guest speaker to share their personal life of being in a wheelchair.

Students are encouraged to arrive at school in free dress with at least one item of blue clothing, don't forget to bring a gold coin donation! We hope to see you supporting this great cause!

- *Student Council*



## **Music News**

### **School Orchestra**

Congratulations to the School Orchestra who participated in the W.A. Schools' Junior Orchestra Festival on Sunday September 9 at Churchlands Senior High School. The orchestra received an overall grade of Excellent in the String Orchestra Novice Division. Congratulations to all students who participated in the festival and a special thank you to their conductor Mrs Rochat.

### **Floreat Park Instrumental Music Program Information Evening**

This is an early reminder that an information afternoon will be held in Term 4 for all interested parents who would like information on the instrumental music program at Floreat Park. Instruments are only offered to students in Years 3, 4, and 5 but this information is valuable for all parents from K – 6 who would like a better understanding of how the instruments are selected and what the expectations of the program include. Dates to be confirmed shortly.

## **Sustainability News**

### **Recycled Winter Sport Uniforms**

Recycled winter sport uniforms can now be bought to school to be recycled, ideally in team groups, and given to children in remote areas and other countries.

This is being undertaken as part of our sustainability program. All donations are gratefully appreciated so get together with your friends and let's see how many teams of uniforms we might be able to gather for these children.

Please bring uniforms to the school reception where a box is set up. The Student Council Sustainability Team and Chaplain Sue will take care of the rest. Last date for collection is Friday 2nd week Term 4.

Thank you so much for your support in this initiative. We are hoping this also will follow on after for summer sports and be an ongoing sustainability program for the school.



The P&C is having another 'old school' disco this year on Friday 26 October in the schools' undercover area.

Kindy – Year 2 students will be dancing away from 4.30pm – 6.00pm.

Year 3 – Year 6 students will be busting the moves from 6.30pm – 8.00pm.

Students will be required to remain in the undercover area for the duration of the disco, except to use the bathroom. A DJ and entertainer will be there to keep the students entertained with dancing, games and lots of fun and frivolity!

A light meal and glow sticks will be included in the ticket price. **Students are to bring a clearly named water bottle to the disco.**

Dress up is encouraged, but not compulsory. More details to follow early Term 4.

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## **DESIGN THE DISCO TICKET AND WIN!!**

NAME \_\_\_\_\_ Room \_\_\_\_\_ Year \_\_\_\_\_

**Create the winning design for the disco ticket (junior and senior disco) to win a free family pass to the 2018 FPPS P&C HALLOWEEN DISCO.**

Information to include: time, date, location, Floreat Park PS P&C.

Make sure the design stays within the lines of the box below, colour entries, black & white entries and digitally created entries are welcome.

Entries due Monday 15 October, winners notified at assembly Friday 19 October.

Submit entries to the Front Office by school pickup Monday 15 October.





## TOWN OF CAMBRIDGE ART EXHIBITION 2018

The Town of Cambridge recently hosted their annual local schools Art Exhibition. This initiative aims to enhance the development of young artists within the Town. Floreat Park Primary was well represented in the exhibition with pieces of beautiful art submitted from Kindy to Year 6. The students have been working so hard in their art classes and it was a very difficult decision for the teachers to choose the pieces to be entered. The students whose artwork was submitted are to be congratulated, and can feel proud of their efforts and achievement.

At the Art Exhibition's Opening Ceremony, nine of our talented students were selected and awarded for their beautiful artwork. These students were:



### High Commendation Awards

- Kindy – Georgia (Under the Ocean)
- Pre Primary – Amelia (Barry the Bear)
- Year 1 – Ela (My Colour House)
- Year 2 – Gretel (Whale Watching at Rottneest)

### Encouragement Awards

- Pre Primary – Aaron (Fluffy the Owl)
- Year 1 – Tate (Texture Owl)
- Year 3 – Tandia (The Flourish of the Black Swan)
- Year 5 – Zeina (Nesting Kookaburra)
- Year 6 – Gemma (Pug)

Congratulations to our award winners and to all of the students whose artwork was selected for the exhibition.





## **Protective Behaviours**

The Term 4 Curriculum Focus for Health will be Child Protection. Two main resources will inform teachers during the course of this program (beginning this week). These evidence-based resources cover practical strategies that cater for safety online and day to day. Please see the links below for more information.

<https://www.esafety.gov.au/education-resources>

[Education resources | Office of the eSafety Commissioner](#)

[www.esafety.gov.au](http://www.esafety.gov.au)

The Office offers a range of school based educational resources and programs to assist teachers guide students to become responsible digital citizens.

<https://www.protectivebehaviourswa.org.au/parent-information>

[Parent Information | Protective Behaviours WA](#)

[www.protectivebehaviourswa.org.au](http://www.protectivebehaviourswa.org.au)

EDUCATION IS THE KEY TO PROTECTION! Further to professional training we also offer parents and carers the opportunity to participate in our customised Parent Workshops that can be held on behalf of an organisation such as a playgroup, sporting or community group or alternatively parents may attend our regular Parent Workshops that are held at different times throughout the year at the PBWA ...

Protective Behaviours is an Internationally acclaimed personal safety and child abuse prevention program endorsed by the Department of Education in Western Australia. The program is based on two themes:

"We all have the right to feel safe at all times" and  
"We can talk with someone about anything, no matter what it is"

The staff at this school have participated in Protective Behaviours Professional Development Workshops and will be integrating the Protective Behaviours Program into the curriculum from Kindergarten through to Year 6.

The 10 main Protective Behaviours topic areas include:

Theme One "We all have the right to feel safe at all times" & Feelings

Early Warning Signs (the physical sensations we experience in our body when feeling unsafe or excited).

Safety Continuum (safe / fun to feel scared / risking on purpose / unsafe) & Problem Solving (How could someone feel safe even if...?).



Theme 2 "We can talk with someone about anything, no matter what it is" & Secrets.

Networks (Identifying adults that we can talk with and ask for help if we feel unsafe /scared / worried).

Persistence Expectation (Persisting in asking for help until you feel safe again).

Body Awareness and Ownership & Private and Public parts of the body (including teaching and using the correct anatomical names for private parts of the body), Private and Public clothing / Private and Public places / Private and Public Behaviours.

Personal Space (social distance) & Safe and Unsafe Touch.

Assertiveness (body language/ tone of voice / NO GO TELL).

Theme and Program Reinforcement

If you would like to learn more about the Protective Behaviours Program and what you can do to help your children develop skills and strategies to stay safe, please speak with your child's teacher or contact Protective Behaviours WA (Inc) on [info@protectivebehaviourswa.org.au](mailto:info@protectivebehaviourswa.org.au) or view the PBWA website at [www.protectivebehaviourswa.org.au](http://www.protectivebehaviourswa.org.au)

Please find attached the Protective Behaviors Parent Resource Package, this resource is particularly helpful in providing strategies to support your child.

Kind regards,

Emily Eldridge  
Social and Wellbeing Coordinator

## Community Noticeboard

Please check out our online "[Community Noticeboard](#)" to see if there are any events which are or interest to you.



PESA has an extensive list of recommended Apps to assist parents and classroom teachers.

The following two Apps are particularly helpful in lowering anxiety and improving the mood of your child.

Emily Eldridge - Social and Emotional Well-Being Coordinator

## Smiling Mind

A modern meditation, a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.



**Free**

## What's Good: Daily Gratitude

What's Good is a simple tool designed to make you happier – by helping you notice and appreciate the good things in each day.

We naturally tend to focus more on the bad things than the good. This instinct helped us survive as a species, but it's not so helpful in cultivating happiness. What's Good helps you retrain your brain to notice the good things too.

The science behind this is surprisingly strong: just one week of noting good things has been found to bring increases in happiness, and may significantly reduce your risk of depression.

This app asks you each day to reflect on and enter three things that went well that day. Then you'll record your happiness score for that day.



**Free**

Taking time to regularly note what you're grateful for can not only boost your happiness, it may also bring other benefits, including greater compassion, lower blood pressure, and even a stronger immune system.





## KEY DATES




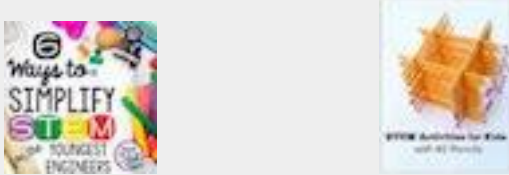

Monday 8 October 2018	First Day of Term 4 – Students Attend this Day
Monday 8 October 2018	Year 3 Bike Ed
Wednesday 10 October 2018	Year 3 Bike Ed
Friday 12 October 2018	Year 3-6 Joy of Wood
Friday 12 October 2018	Year 1-2 NAO Incursion
Monday 15 October 2018	Year 3-6 Joy of Wood
Tuesday 16 October 2018	Year 3-6 Joy of Wood
Thursday 18 October 2018	Retirement Assembly for Sally Cousins
Monday 22 October 2018	Year 3 Bike Ed
Tuesday 23 October 2018	Board Meeting
Wednesday 24 October 2018	Year 3 Bike Ed
Thursday 25 October 2018	Year 3 Bike Ed
Monday 29 October 2018	Year 3 Bike Ed
Tuesday 30 October 2018	Music Night (C.S.H.S.)
Wednesday 31 October 2018	Year 3 Bike Ed
<b>Friday 2 November 2018</b>	<b>School Development Day (students do not attend this day)</b>
Monday 5 November 2018	Swimming Lessons Year 2 & 3 - Run daily for 2 weeks
Monday 5 November 2018	Year 3 Bike Ed
Wednesday 7 November 2018	Year 3 Bike Ed
Thursday 8 November 2018	Choir Excursion – Ocean Village
Friday 9 November 2018	Book Fair
Friday 16 November 2018	End of Swimming lessons for Year 2 & 3
Friday 16 November 2018	Year 5&6 Term 4 Sport
Monday 19 November 2018	Swimming Lessons PP and Year 1 – Run Daily for 2 weeks
Monday 20 November 2018	Activity Week Year 6, 20-23 November 2018
Friday 23 November 2018	Year 5&6 Term 4 Sport
Saturday 24 November 2018	Orientation day for children commencing Kindergarten in 2019
Tuesday 27 November 2018	Board Meeting
Thursday 29 November 2018	Whole School Concert 5pm
Friday 30 November 2018	Year 5&6 Term 4 Sport
Wednesday 5 December 2018	Kindy Red and Yellow Christmas Concert
Friday 7 December 2018	Kindy Blue and Green Christmas Concert
Friday 7 December 2018	Year 5&6 Term 4 Sport
Friday 7 December 2018	Volunteers Morning Tea
Friday 7 December 2018	Leavers Assembly (for students other than Year 6's that are leaving this year)
Wednesday 12 December 2018	Year 6 Graduation



## Floreat Park- OSHClub



Come join us at Floreat Park OSHClub for many fun activities!  
We are running a different club each day, so book now!!

<p><b>Monday</b></p> <p>Sports &amp; Games</p>	<p>Join us on Mondays to get involved in a variety of team games and fun group Activities including; basketball, table tennis, handball, AFL and more!</p> 
<p><b>Tuesday</b></p> <p>Arts</p>	<p>Get creative and use your imagination on Tuesdays!! Today we are offering drawing,origami, painting and more!!</p> 
<p><b>Wednesday</b></p> <p>DIY Projects</p>	<p>Come in and make some things to take home today!! We can make cupcakes, bracelets,Lego and more!</p> 
<p><b>Thursday</b></p> <p>Science</p>	<p>Science Day!! We can be very creative and explore!! We can do STEM projects and have a fun day!!!</p> 
<p><b>Friday</b></p> <p>Music &amp; Movement</p>	<p>What a way to end the week!! Join us today to get involved in lots fun!! Including charades, dancing,karaoke,Zumba etc. !!</p> 

For booking please visit: [www.oshclub.com.au](http://www.oshclub.com.au)

or Contact us at the service

Email:

[floreatpark@oshclub.com.au](mailto:floreatpark@oshclub.com.au)

Mobile: 0427 627 153

Michelle & Yasmin



## Coles Reusable Bag Competition

Coles are giving all primary and secondary school students across Australia the opportunity to design the new range of Coles reusable shopping bags and win fantastic prizes. Our Sustainability Team will be promoting the competition over the next week.

Each selected bag design will be rewarded with \$5000 for your school to spend on an environmental or sustainability project, plus a \$500 Coles Gift Card awarded to the student who created the winning design. No less than 7 amazing bag designs will be selected.

All primary and secondary schools in Australia are eligible to participate. All you need to do is encourage your students to take part and make sure their entries are submitted by midnight on **Monday 22nd October 2018**. Entries may be submitted in the library or online at <https://www.coles.com.au/corporate-responsibility/community/bagdesign>

Government of Western Australia  
Child and Adolescent Health Service



### Triple P - Positive Parenting Program<sup>®</sup>

A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.

#### Who is this program for?

Parents, carers and/or grandparents of a child aged between 3 and 8 years.

#### What is involved?

- Seminar Series – 90-minute talks on:
  - children's behaviour – the tough part of parenting
  - raising confident children
  - raising emotionally resilient children.
- Discussion Group – small, 2-hour groups:
  - misbehaving
  - fighting and aggression
  - hassle-free shopping with children.
- Group Triple P – 8-week parenting course.



#### Program details:

Place: Doubleview - Discussion Group "Managing Fighting & Aggression"

Date/s: 30th October, 20th November 2018

Time: 9.30am - 11.30am Cost: FREE

To register please see below

Note: creche is available - please contact venue

#### How do I book?

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups).  
If unable to book online, contact the Child Health Booking System on 1300 749 869.

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups) for more information.

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### Triple P - Positive Parenting Program<sup>®</sup>

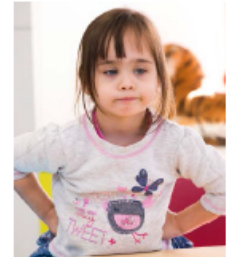
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  - misbehaving
  - fighting and aggression
  - hassle-free shopping with children.
- Group Triple P – 8-week parenting course.



#### Program details:

Place: Doubleview - Discussion Group "Managing Challenging Behaviour"

Date/s: 23rd October 2018

Time: 9.30am - 11.30am Cost: FREE

To register please see below

Note: creche is available - please contact venue

#### How do I book?

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups).  
If unable to book online, contact the Child Health Booking System on 1300 749 869.

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups) for more information.



## COMMUNICATION

**As a result of feedback from parents and as part of our New Business Plan, we will be streamlining our communication channels over the next year within and across the school.**

Currently we use a number of methods to communicate with parents to help let you know what is happening in the school and with your children:

**FlexiBuzz** (previously TiqBiz) – This is our main form of communication as it is easily accessible by parents. We strongly encourage all parents to download and use the FlexiBuzz app.

**Emails**—important notes are emailed to parents by the office staff on a regular basis. Class teachers also send emails to their class parents about information relevant to their students. For information specific to your child, please call in and speak to the teacher to make an appointment or email the teacher directly.

### School News Feed, Calendar and Facebook page

[Click here to subscribe to our school news feed.](#)

[Click here to subscribe to our school calendar](#) or you can like our page on Facebook so you can keep up to date with what is happening at our school.

### Stay in touch with FlexiBuzz

**STEP 01** Sign up for FlexiBuzz and then login  
Search "FlexiBuzz" in your app store. Go to [web.flexibuzz.com](http://web.flexibuzz.com) and click "Sign Up".

**STEP 02** Connect to us  
Select the 'Search' icon and type in our name. Select us from the results.

**STEP 03** Select your communication groups  
Click the 'Add' icon beside the communication groups that apply to you.

**STEP 04** Get started  
Click the 'Home' icon to view our recent posts.

For further information or assistance please visit our website [www.flexibuzz.com](http://www.flexibuzz.com) or email us via [support@flexibuzz.com](mailto:support@flexibuzz.com).

### How to Update FlexiBuzz Boxes

- Open FlexiBuzz app
- Click on green triangle in the top right hand corner

- Click on the three lines in the top right hand corner

**Remove**

- Click on the **Remove** button next to the boxes you need to remove

**Add**

- Click on the **Add** button next to the new boxes for your child's class.