



Friday, 24 September,
Newsletter No: 6



INDEPENDENT PUBLIC SCHOOL

NEWSLETTER



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SCHOOL WATCH: 1800 177 777



FROM THE PRINCIPAL'S DESK



Dear Parents/Carers,

We have had a wonderful term experiencing many academic and sporting achievements acknowledging and celebrating the talents of our students.

In Week 6 we had the infamous Book Week Parade and I would like to thank Mrs Williams for organizing the dress up parade, Miss Phillips for being MC and the judges for making the hard decisions.

This term we have been so fortunate to turn the weather on to suit our sporting event days. We were lucky to have fine weather for the Cross Country and the Faction Carnival. The Interschool Team have been training hard to prepare for the Interschool Carnival next term.

Thank you to the P&C for supporting the Fathering Project. We had a successful launch event for the Pizza and Paper Plane night with over 100 Dads/Grandads and 150 students attending. Thank you to Mr Ellis for coordinating the event.

We have had a few staffing changes this term due to staff illness and long service leave. Ms Pratt & Mrs Abbott are going to be on leave for Term 4 and returning in 2022.

Today the P&C organised our very first Colour Explosion Fun Run and it was amazing. The students, staff and parents enjoyed the beautiful afternoon in the sunshine. A big thank you to Amanda Green & Nicky Stott for coordinating our inaugural event. Many thanks to the other P&C parents and Faction Captains who assisted on the day.

Please ensure you are up to date with Connect and check your messages regularly, particularly if we send out COVID updates.

On behalf of the school, I wish you all a safe and happy holiday.





SCHOOL NEWS

FACTION ATHLETICS CARNIVAL

The Faction Athletics Carnival was held on the 8th and 10th of September. The students did their best to win individual and faction points. They had a fantastic time cheering on their faction and competing. It was great to see so many parents and other family members who helped and encouraged the children during the week.

The results for the Year 3 to 6 champion, runner-up and points total are shown below.

Faction	PLACE	Points
Red	1	733
Gold	2	707
Green	3	684
Blue	4	676

Thank you to the P&C for their support, and for organising the coffee van on the Friday.

The interschool competitors have been training for the Interschool Athletics Carnival which will be held on the 19th and 21st of October.

Year		Champion	Runner-up
3	BOY	Jake	Ruben and Curtis
	GIRL	Manea	Sophia
4	BOY	Harry	Daniel
	GIRL	Lilliana	Sophie and Ava
5	BOY	Griffin	Christian
	GIRL	Eva	Niah
6	BOY	Noah	Charlie
	GIRL	Eliza	Amelia





SCHOOL NEWS

JUNIOR AND SENIOR CHOIR NEWS

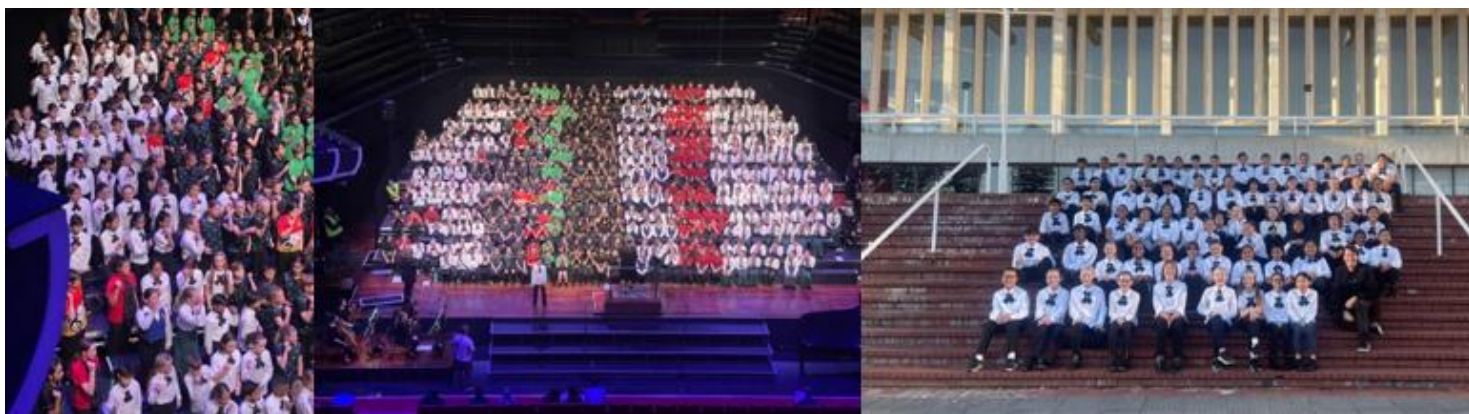
This term our choirs had the opportunity to perform at two of Perth's prestigious venues.

In August, our Junior Choir performed at the Perth Arena. They joined together with 67 other schools to form a huge choir singing as 'One Big Voice'. Our students did a fantastic job learning the ten songs, and they performed professionally and with enthusiasm.



Our Senior Choir performed in September at the Perth Concert Hall for the Massed Choir Festival. Over the year they have learnt 11 songs. They joined together with seven other schools, and under the direction of conductors Mary-Anne Goyder and Mirelle Hopwood, finely honed the songs to a very high standard.

Our very own Sophie performed a fantastic solo for the song "We Will".





SCHOOL NEWS



This year Bull Creek Primary School has become an official Crunch&Sip® school.

Each child received a **Packed with Goodness** bag with fruit which the children took home.

A big thank you to Nicky Stott for assisting with this health promotion and the lovely parents who gave up their time to assist in the school.

Our local Woolworths have been very generous with donating both fruit and vegetables. Bull Creek Primary School hosted a **Packed with Goodness** presentation and dieticians from the Cancer Council WA spoke about tips for packing a healthy lunch box, label reading and making the best drink choices for their children. Thank you to the parents who attended this successful event.

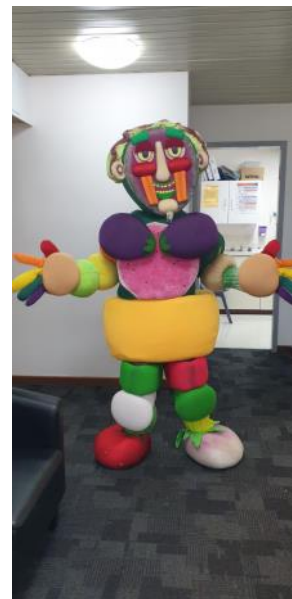
On Friday the 17 September we partnered with the Cancer Council WA to promote **The Great Vegie Crunch!**

Thank you to Nicole Toia from the Cancer Council WA for coming to our assembly and for assisting our school with this wonderful initiative.

At the assembly each child received their own personal Crunch&Sip® container filled with vegies. Children can use these daily at school for their Crunch&Sip®.

We also welcomed The Vegie Man to Bull Creek Primary School and it was very exciting to have him up on the stage. He helped us with measuring the loudness of our whole school **CRUNCH!** Our crunch was very successful and came out as a **Crocodile Crunch on the Crunch-O-Meter!**

Well done, Bull Creek Primary School!





SCHOOL NEWS

HOW MUCH SUGAR IS IN THAT DRINK?



The World Health Organisation (WHO) recommends children have **less than**

6 teaspoons of 'free sugars' per day

(like the sugar in sugary drinks)

If your child drinks a 500ml bottle of orange fruit drink every day for a year they will consume

19 kilos of sugar



Drinking sugary drinks each day increases your child's risk of

tooth decay and erosion



16 teaspoons

Cola
(600mL)



14 teaspoons

Energy drink
(500mL)



13 teaspoons

Apple fruit drink
(500mL)



13 teaspoons

Chocolate milk
(600mL)



9 teaspoons

Sports drink
(600mL)



0 teaspoons

Water

1 teaspoon = 4 grams of sugar

LiveLighter® [FACTS ABOUT SUGARY DRINKS],
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Supported by





SCHOOL HEALTH NURSE NEWS



Promotional resource kit



About the Better Health Program

Overview

The Better Health Program is a healthy lifestyle program that focuses on eating habits, physical activity and behaviour change. The program has been created by nutrition, exercise and psychology professionals. It is for children aged 7-13 who are above a healthy weight and encourages the whole family to form lasting, healthy habits.

How does it work?

For 10 weeks, families can attend face-to-face, group sessions or complete online activity sessions which are supported by telephone coaching calls. The weekly sessions focus on topics such as nutrition, physical activity and behaviour change.

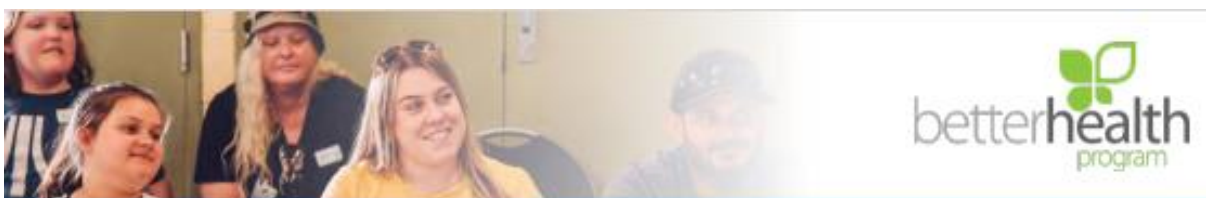
Supportive resources are given to families throughout the program. These include educational handouts, posters, physical activity equipment, a serving cup, label reading tool and a fitness tracker* to encourage activity.

*Online program only





SCHOOL HEALTH NURSE NEWS



Promotion and presentations

Promotional presentations

Health professional and/or promotional staff from Better Health Company are available to deliver presentations about the program in local communities. Presentations can be delivered face-to-face or via your preferred online platform (ie Zoom, Teams etc).

Promoting the program

The following pages include links to digital and physical resources that can be used to promote the Better Health Program.

Physical resources can be distributed anywhere that children and families visit, including schools, religious venues, community spaces and sports facilities.

Digital resources can be shared on social media, attached to emails, added to websites and used in digital advertising.

While we love any opportunity to share the program, please take care when promoting the program and ensure that the setting is appropriate to the program messages.

More information

For more information you can visit www.betterhealthprogram.org

To organise a presentation, or to find out more about how you can promote the Better Health Program, please call 1300 822 953 or email info@betterhealthcompany.org



www.betterhealthprogram.org



Finding the Better Health Program online

Social media

Better Health Company can be found on Facebook and Instagram by searching for betterhealthcompany.

Facebook uses the tag [@betterhealthco](https://www.facebook.com/betterhealthco)

Instagram uses the tag [@betterhealthcompany](https://www.instagram.com/betterhealthcompany)

There is also a closed Facebook group for the parents and carers of participants who complete the online version of the program.

Website

www.betterhealthprogram.org

The Better Health Program website is a useful resource for health professionals and families who wish to know more about the program.

It is also where participants log in to manage their learning modules, download useful resources and complete program surveys.



www.betterhealthprogram.org



SCHOOL HEALTH NURSE NEWS



Physical resources

Promotional Resources - Print

Printable, promotion resources can be downloaded [here](#).

Among these are A3 posters, A5 flyers, A4 folded brochures and an information document for health professionals. They can be downloaded and printed, or be used as digital signage and attachments.

Some physical resources can also be supplied by Better Health Company on request.

1300 822 953
info@betterhealthcompany.org



www.betterhealthprogram.org



Digital resources

Promotional resources - Social

Digital, promotion resources can be downloaded [here](#).

These can be used across social media, in emails, on websites or for digital signage.

Useful hash-tags to use are...

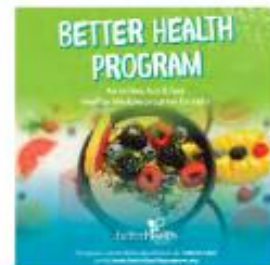
#betterhealthprogram #betterhealth #childrenshealth #healthylifestyle #livewell #eatwell #health #fitness #nutrition #childrensnutrition #childrensfitness #kidslifestyle #healthylife #fresh #goodfood #getactive #healthyeating #kidshealth #familyhealth #active #lifestyle #feelgood #familyfitness #familylifestyle #kidslifestyle #healthyliving

If you need other resources then please contact the Better Health Company.

1300 822 953
info@betterhealthcompany.org

Promotional resources - Video

Promotional YouTube videos can be found [here](#).



www.betterhealthprogram.org



SCHOOL HEALTH NURSE NEWS



Parent company and other programs

Better Health Company

Better Health Company are the creators of the Better Health Program. With years of experience delivering lifestyle programs for all age groups, the organisation delivers large scale, high quality, statewide program roll outs to communities across Australia and NZ.

All programs are carefully developed by dietitians, psychologists and other health professionals to make sure they are suitable for the age and lifestyle of the participants. They are also consistent with Australian government guidelines and recommendations. www.betterhealthcompany.org



Partners

The Better Health Program is free for West Australian families to attend through funding from the WA Department of Health (WADOH).



Government of Western Australia
Department of Health



www.betterhealthprogram.org



Get in touch

Get involved

If you are interested in promoting the Better Health Program or delivering coaching for the program, we would love to hear from you!

Likewise, if you are an organisation or government department interested in running the Better Health Program, please don't hesitate to contact us.

Contact us

Better Health Program details

Call: 1300 822 953

Email: info@betterhealthcompany.org

Visit: www.betterhealthprogram.org



www.betterhealthprogram.org



SCHOOL NEWS

2022 KINDERGARTEN ENROLMENTS

The School is currently taking enrolments for Kindergarten in 2021. If you are a parent, or know of a parent with a child that was born between **July 1 2017 and June 30 2018** they are eligible to attend Kindergarten in 2022.

Please enrol your child by coming into our school office.

You must provide ORIGINALS of the following documents:

- Birth Certificate
- Passport and Visa Information if applicable
- Immunisation Certificate - must be no more than 2 months old.
- Medical records where applicable (e.g. asthma, allergies, disability)
- Family Court Orders
- Proof of residence e.g. lease agreement, a current Synergy, Alinta, Telstra account showing your name and residential address.

If your child is not born in Australia, you must provide:

- Evidence of the date of entry into Australia
- Passport Number
- Visa Grant Number (This is the unique number assigned to the visa and shown on the letter that notified you of your visa grant)
- Passport or travel documents
- Current visa and previous visas (if applicable)





SCHOOL NEWS

WATTLE 2

Wattle Two has had an extremely busy, yet fun, Term 3!

In Week 5 we attended the “One Big Voice” concert at Perth Arena. This was a culmination of many, many weeks of hard work in choir with Mr Marshall. “One Big Voice” involves schools from all over Perth coming together to sing in unison, a number of songs which we have practiced. We had such a great day and were very lucky to be involved. Here’s what some of us thought about the experience-

“On Friday we went to One Big Voice. We sang Moondyne Joe, Mary of York, Jigsaw Family, From Now On and I was born. We sang the songs at Perth Arena. I loved One Big Voice because it was very easy to sing and we had a practice round.” – Manea.

“I loved One Big Voice because there were so many schools there. We all sang songs and the teachers sung From Now On with all the children, which was my favourite part.” - Elizabeth.

“I loved One Big Voice because of all the voices singing in unison, which sounded so beautiful. Also, I really enjoyed the songs which we sun, my favourites were: Moondyne Joe, Mary of York and From Now On.”- Ruben.

“When I went to One Big Voice, it was one of the most exciting experiences of my life! I had never been to any kind of concert before and it was really fun singing wonderful songs with other schools! I loved it!!”- Clarice.

This term we have also been busy learning about the Olympics, celebrating Book Week, practising for the athletics carnival and writing information reports. We are now able to organise our sentences into paragraphs according to the content, an achievement which we are very proud of!

We are all very excited to go on holidays and we look forward to our last term in Year 3!

Ms Tloczek & Ms DiFonzo
Wattle 2 Teachers

WATTLE 4



Wattle Four has just finished reading another fabulous book by best-selling author David Walliams. The **Mega Monster** was the monster to end all monsters. It had three heads on top. One was that of a shark, one of a bogey man and another of a dinosaur. One of its arms was an Atomic Amoeba, who was of course multiplying rapidly. The other arm had become entangled with Meteor Man and was blazing as hot as the sun. The belly of the beast was a Slug Monster. As for the legs, one side was Grunt the science assistance and the other slimy leg was a Giant Jelly. BUT the worst bit was... the monsters were all gummed together by a giant bogey. EEEWWWW!!!! The students used the descriptive language provided and their imagination to create and draw what they thought the Mega Monster actually looked like.

Mega Monster was a huge hit in W4 so please read some of their reviews below.

I recommend students in Years 2-6 to read this amazing story. The author uses descriptive language like onomatopoeia, similes, metaphors and last but not least, alliteration. The author’s purpose was to entertain and he sure did make us want to keep reading. So, if you love adventure and drama then you will love this book. – By Imran

I think this book would be enjoyed by both girls and boys from 5 years+. It has many surprises and lots of super funny jokes that are still stuck in my head. – By Morrie

Mega Monster is an adventurous, funny and descriptive book with some pretty dramatic parts. The illustrations are well drawn and shown lots of detail even without being in colour. – By Mia

I recommend people age 6 and up should read this funny book. David Walliams uses lots of onomatopoeia such as Plop! Sizzle! Slurp! And Kaboom! – By Natalie

The main character Larker is a brave girl who gets sent to “The Cruel School” for putting a whoopee cushion on her teacher’s chair. It is set on a volcanic island and surrounded by man-eating shark infested water. Larker tries to help all the students escape by getting them to work together as a team. – By Muchen

Mrs Austin—Wattle 4 Teacher





SCHOOL NEWS

WATTLE 8

Wow!!! Term 3 has gone so fast. It has been very busy and we have done so much. Huge congratulations to our Year 1's who participated in their first Cross Country. We were so proud of you. Then we celebrated Book Week and we looked awesome in all our costumes. Next came our Faction carnival. We had practiced a lot and had so much fun on the day. We loved cheering on our team mates. Last week we were lucky enough to have a visit from Farmyard on Wheels. The animals were all friendly and we learned so much about taking care of them.

"I loved it because I saw some cute lambs," said Ella.

"The best part was seeing the rabbits because they were super fluffy," said Adnan

Tatsuki said, "The big goat was the best because he liked to eat what I gave him to eat."

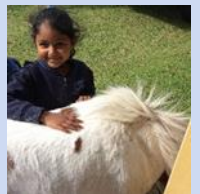
Caleb said, "I liked the horse because he ate the grass."

"I loved it because I got to feed the goats," said Alysia.

We celebrated our Term with a fun filled Teddy Bears Picnic today. It was awesome!!!!

Ms Abbott

Wattle 8 Teacher



HAPPY HOLIDAYS EVERYONE !



SCHOOL NEWS



Help Bull Creek Primary School continue to reduce the amount of waste going to landfill by being a Nude Food Warrior.



What is Nude Food?

Nude food is food that is not wrapped in plastic, foil or other commercial or plastic type packaging.

Our targeted rubbish free days are every Tuesday and Thursday. There will be no bins available on these two days. Any rubbish will need to be taken back home in lunchboxes.

Bring a healthy rubbish free lunchbox to school every

TUESDAY and THURSDAY

*Our aim is to achieve rubbish free lunchboxes **EVERY** day of the week. Please do your part for the environment by eliminating throw away packaging in your child's lunch box.*





DATES FOR YOUR DIARY

Term 4 - Week 1

Monday, 11 October	PD Day—No school today
Tuesday, 12 October	School starts today
Thursday, 14 October	Edu-Dance

Term 4 - Week 2

Monday, 18 October	Edu-Dance
Tuesday, 19 October	Interschool Athletics—Day 1
Thursday, 21 October	Interschool Athletics—Day 2
Thursday, 21 October	Edu-Dance
Friday, 22 October	Assembly

Term 4 - Week 3

Monday, 25 October	Edu-Dance
Tuesday, 26 October	P&C Meeting
Wednesday, 27 October	Children's Day
Thursday, 28 October	Edu-Dance
Friday, 29 October	Assembly—Music
Friday, 29 October	Sculpture Walk

Term 4 - Week 4

Monday, 1 November	Edu-Dance
Wednesday, 3 November	Board Meeting
Thursday, 4 November	Edu-Dance
Friday, 5 November	Assembly—FLDC

Term 4 - Week 5

Monday, 8 November	Edu-Dance
Thursday, 11 November	Edu-Dance





BCPS P&C NEWS

Email: bcpspanc@outlook.com

Facebook: www.facebook.com/BullCreekPrimarySchoolPC

NEXT P&C MEETING – 26 October 2021 - 7.00PM (SCHOOL LIBRARY)

UPCOMING FUNDRAISING EVENTS

Colour Explosion Fun Run – 24 Sept



To celebrate the last day of Term 3 a Colour Fun Run will be held. This is where the kids run laps of the oval and get covered in non-toxic coloured powder to add to the fun.

Wear a white shirt and bring a towel/change of clothes.

Thanks to everyone who has collected donations from family, friends and workmates. It's not too late to contribute to fund key projects for next school year. Cash donations will be accepted at the P&C stand on the day, or please use the online registration myprofilepage.com.au to set up your child's fundraising page.

If you've raised over \$10 don't forget to [nominate your prize](#).



The event is for all children to participate regardless of whether they've fundraised.

Movie Night – Friday 19 November

The Fundraising Committee is planning to hold a movie night as an end of year social event. Save the date :-)

FUNDS RAISED IN TERM 3

Thanks to everyone who has contributed to various fundraisers this term:

- Father's Day Stall - \$819
- Gilberts Fresh - \$176
- Containers for Change - \$121
- Entertainment Book \$556
- Book club - \$250 in vouchers
- Your Move Program - \$799 grant funding

P&C FUNDING COMMITTED

At our last meeting we committed the following funds:

- Kindy/PP playground work & bike path- \$31,000
- Tear drop flags for Athletics Carnivals - \$500
- Book Club Vouchers - Kindy - \$200
- Book Vouchers – Celebration Night - \$340

ANNOUNCEMENTS

Kindy/PP Playground works

After many years of discussions, the P&C have committed to funding some nature play upgrades in the Kindy/Pre-Primary area. These works are likely to be undertaken in Term 4. It includes improvements to the area around the fort such as plumbed river bed (for supervised use with water added on occasion), updated playground borders (rocks/logs), new [softfall](#). You are welcome to contact us to see the proposed playground designs.

What should P&C spend our money on?

Have [your say!!](#) At our next meeting 26 October P&C members and teachers/staff will have their say about what they think the funding priorities should be for the P&C next year. We have already received a number of great suggestions. If you have a view on what your P&C contributions and fundraising efforts should fund please let us know by early October bcpspanc@outlook.com. We'd also love to have you at the meeting to have [your say](#) about priorities.

Share your talents

Do you have skills that could improve the school? Would you like some volunteer/ admin experience? We are looking for people with any of the following skills or interests:

- Marketing
- Book keeping
- Grant writing
- Volunteer coordination
- Cultural event coordination
- Traffic management/ Sustainability
- Administration

Some of our long standing committee will be moving on, or taking on a reduced role. We hope to continue the P&C's momentum next year with more successful community building and fundraising events. If you are interested in being part of the P&C [team](#), please consider attending a meeting or letting us know. Many hands make light work. All are welcome.



RECENT EVENTS

Pizza and Paper Planes Launch Event

The P&C funded the catering and paper at the Fathering Project launch event. It was fantastic to see such a large uptake from dads and kids. We hope the momentum continues for future events.



Father's Day Stall – 3 Sept

The Father's Day Gift Stall was a big success raising almost \$1,000. Thanks to all those that bought gifts. The students were all very polite and orderly in selecting their gifts with lots of excitement at the stall. We hope the dads are getting lots of use from their vouchers and their torch, jelly beans and/or measuring tape.

BOOK CLUB

Thank you to everyone who continues to support Book Club. Your support this term meant we funded 54 & W4 \$50 vouchers, as well as 22 x \$10 vouchers for Bull Creek Has Talent and 5 x \$20 vouchers for Reading Eggs Reading Challenge in Wattle Block.



Please ensure that you return the Boomerang bags for ongoing use, we'll soon be issuing some new yellow boomerang bags made from old logo faction shirts.

Please make sure you use any vouchers with issue dates in 2020 (or early 2021) by the end of this year. There are two more issues in Term 4 to use their voucher.

CANTEEN – Term 3

Sports day included provision of 250 meals, some of which were provided in partnership with a caterer providing sushi, teriyaki chicken or katsu chicken with rice. Thanks to everyone who continues to support the canteen.



Please consider any help you can give by volunteering at the canteen. The Term 4 roster is now online. Canteen orders increase in Term 4, and some regular volunteers drop off as they move on from the school.



Please help!! to fill two hour shifts. Register via [SIGNUP](https://signup.com/go/SUUavyN) <https://signup.com/go/SUUavyN>, or contact Kylie in the canteen directly.

SAVE on groceries, gifts & more!
Shop for the chance to WIN!



WIN
BIG

WIN 1 of 10 \$200 BIG W Store eGift Cards*

Simply purchase a \$50 Woolworths Supermarket eGift Card to go in the draw to WIN!

Buy now

Gift Card

SAVE 5% off*
BIG W
eGift Card

Buy now



Gift Card

SAVE 5% off*
Dan Murphy's
eGift Card

Buy now

Gift Card

SAVE 4% off*
Woolworths
eGift Card

Buy now



Hurry, competition ends 13th October 2021

*Terms and Conditions apply.

Save over \$400 a year!

Monthly Spend	Monthly Savings	Yearly Savings
Woolworths Supermarket	\$100	\$240
BIG W	\$7.50	\$90
Dan Murphy's	\$5	\$60
BWS	\$5	\$60
Total	\$117.50	\$450

*This diagram is an example of potential savings when purchasing Woolworths branded eGift Cards with an International Membership and is subject to available offers at any one time. The International Membership does have a 3-month trial period over a minimum 12 months.



P & C NEWS

BULL CREEK PRIMARY CANTEEN MENU - TERM FOUR 2021

RECESS (available everyday)

Available to pre-order via [QuickClick](#) or at the Canteen

Chicken fingers (three per pack)	\$1.00
Hash brown	\$1.00
Ham and cheese mini pizza	\$1.00
Popcorn	50c
Hommus and Carrot sticks	\$1.00
Apples	\$1.00
Red Rock Deli Chips	\$1.20

LUNCH TIME TREATS(available after 12.30pm)

Icy pole treats (assorted flavours)	20c & 50c
Creamy icy bar (assorted flavours)	\$1.00
Moosie (assorted flavours)	\$1.60

DRINKS (available everyday)

225ml Brownes Hilo Milk	\$1.50
With a Sipahh straw (assorted flavours)	50c
300ml Brownes flavoured milk (Choc / Berry)	\$2.50
250mL Glee Sparkling Fruit Juice (Blackcurrent / Raspberry / Tropical) (Sour Blueberry / Sour Watermelon)	\$2.50
250mL Emma & Tom's 100% fruit juice (Orange / Cloudy Apple / Fruit Smoothie)	\$3.00
600mL Water	\$1.50

(V) = Vegetarian

TUMMY FILLERS (available everyday)

Lasagne	\$4.50
Macaroni cheese (V)	\$4.50
Gluten-free macaroni cheese	\$5.50
5 chicken nuggets and corn	\$4.00
5 chicken nuggets and salad (lettuce, carrot, cucumber and tomato)	\$4.00
Pizza (Cheese & Bacon / Hawaiian / BBQ Chicken / Margarita)	\$4.00
Corn (V)	\$1.00

SANDWICHES (toasting available)

*Wholemeal bread only

Cheese (V)	\$3.00
Cheese and tomato (V)	\$3.20
Cheese and salad (V)	\$3.80
Ham	\$3.00
Ham and cheese	\$3.50
Ham, cheese and tomato	\$3.70
Ham, cheese and salad	\$4.30
Chicken	\$3.50
Chicken and cheese	\$4.00
Chicken, cheese and salad	\$4.80
Vegemite	\$2.50
Vegemite and cheese	\$3.00
Add avocado	\$1.00
Change to wrap or roll	50c
Change to Turkish bread roll (toasted)	\$2.00

DAILY SPECIALS

MONDAY

Nachos – Corn Chips, salsa and cheese	\$4.50
Add beef taco mince	\$1.00
Beef Taco – Jumbo taco shell, beef taco mince cheese and lettuce	\$4.50

WEDNESDAY

Hamburger – beef patty, cheese and salad	\$6.00
Sushi 5 pack (No Mixed Pack) (teriyaki chicken / tuna / vegetable)	\$6.00

THURSDAY

Chicken burger (cheese, lettuce, mayo)	\$5.00
Party Pie Combo – 4 party pies, sauce and brownes flavoured milk (s'berry or choc)	\$7.00

FRIDAY

Cruiser Beef pie	\$3.50
Party Pie	\$1.20
Sausage Roll	\$3.00
Chicken or Beef Noodle Cup	\$3.00
5 nuggets	\$3.50
5 nuggets and 8 potato gems	\$4.50
Sauce sachet	30c
Hotdog – with or without sauce	\$3.50
Add cheese	50c

SALAD TUB (available everyday)

Lettuce, tomato, cucumber and carrot (V)	\$4.50
Add cheese	50c
Add chicken / ham / avocado	\$1.00 each



P & C NEWS

ONGOING P&C FUNDRAISING INITIATIVES TO BE AWARE OF:

GILBERTS FRESH MARKET



Have you joined the Gilbert's SOS Program?

Gilbert's Fresh Market donates 1% of SOS Program customers' total spend to their nominated school every time they shop and scan their SOS card. There are no restrictions on what these funds can be used for at schools. The SOS Program is free to join and available to all customers. Why not join and help a local school? It's so easy!

Please ask our friendly Gilbert's checkout staff for more information.



Join our Support Our Schools Program (SOS)

Gilbert's Fresh Market will donate 1% of the money spent by you to your nominated school every time you shop with us.

Sign up at the checkout and simply present your SOS card for scanning each time you shop to earn funds for your school.

Available to all customers. Get your community involved and help our local schools.

No restrictions on what schools use the funds for -

- new resources & equipment
- improving school grounds and amenities
- subsidising excursions & camps for all to attend etc

Terms & Conditions:

1. Principal's permission is required for the school to participate
2. At least 5 supporters to sign up to the school



Open 7 days
www.gilbertsfresh.com.au



SCHOOL NEWS

Family Partnerships

Working together to promote positive mental health and wellbeing in children and young people.



Our learning community fosters meaningful partnerships between educators and families, to support children and young people's mental health and wellbeing.

beyou.edu.au



With delivery partners



Funded by





SCHOOL NEWS



Anxiety

Feeling anxious is a survival response to situations where there are dangers or threats, however some people react more intensely to such situations.

Anxiety is more than feeling stressed or worried

Whether a diagnosis is made (by a health professional) will depend on how often, how easily and how intensely a child or young person experiences the symptoms of anxiety and how much it interferes with everyday living.

Common signs and symptoms of anxiety include:

- feeling more anxious than others their age and level
- having anxious feelings are consistently very intense
- feelings that persist well after the stressful event has passed
- feeling so distressed that it interferes with their capacity to learn, socialise and do everyday things.

It's estimated that one in 14 children and young people experience anxiety.

There are a range of effective treatments and supports available, focusing on how to enable them to manage their condition.

How do anxiety conditions develop?

An anxiety condition isn't caused by a single factor but a combination of things.

Various factors play a role, including:

- family history of mental health conditions
- personality factors
- a learnt response
- physical health problems
- other mental health conditions
- substance use
- ongoing stressful events.

Possible triggers for ongoing stressful events include transitions (such as starting at a school), change in living arrangements, family relationship problems, major emotional shock following a stressful or traumatic event, being the recipient of bullying, verbal, sexual, physical or emotional abuse or trauma, and death or loss of a loved one.



SCHOOL NEWS

What signs should I look out for?

Feeling anxious is a survival response to situations where there are dangers or threats – it helps us to respond efficiently.

However, some people react more quickly or more intensely to such situations.

Age is important

There are similarities but also key differences in the way anxiety manifests in people of different ages and developmental stages. For example, if a baby cries when an unfamiliar person wants to hold them, their fear seems perfectly normal for this age. But if a 12-year-old withdraws or refuses to talk to new people and avoids situations where it may be expected, this may be a sign of a more serious anxiety issue. No matter their age, both children and young people can have difficulty finding the words to express what they're feeling – their behaviour may be the best clue.

Early childhood

Young children are in the early stages of learning how to recognise, understand and respond appropriately to their emotions. Anxiety disorders are less likely to be formally identified in children under five, partly because certain fears are considered normal – for instance, fear of the dark, visiting unfamiliar places or separating from a family member.

Behaviours that might indicate they're experiencing higher levels of anxiety than average could include:

- taking a long time to calm or settle following separation from a family member on a regular basis
- frequent tantrums that are more regular or severe than others of the same age
- low interest or significant reluctance to interact in social situations
- unwillingness to get involved in unfamiliar activities
- significant difficulty or distress during change or transitions
- clingy behaviour or inability to separate from a favourite educator.

Many children in early childhood will display one or more of the above behaviours; however, if it happens on a regular basis and interferes with the child's ability to learn and engage in social relationships, then it's a sign they need additional support.

Primary school years

As children's thinking skills expand and become more abstract, they can develop fears of imaginary creatures and monsters. They may also worry about schoolwork, tests and their social relationships. As they grow older, they may have anxiety about family relationships or global issues such as war or famine.

The following behaviours might indicate a primary school age child is experiencing higher levels of anxiety than average:

- Wanting things to be perfect
- Reluctance to ask for help
- Asking for reassurance excessively
- Difficulty joining in
- Requests to go to sick bay
- Challenging behaviour.

Adolescence

During adolescence, common sources of anxiety include starting secondary school, fitting in with peers, exam stress, body image and family relationships. Worrying about these things isn't necessarily a sign of a mental health condition. Individuals may need additional support if they experience the following:

- Appearing withdrawn and reluctant to participate in classroom activities or social situations
- Oversensitivity to criticism or feedback
- Perfectionism and fear of failure
- Missing classes or excusing themselves to go to the toilet on a regular basis
- Negative thinking and always expecting the worst
- Challenging behaviour.

Looking beyond behaviour to try to identify what might be underneath can help you respond with understanding. Anxiety can be difficult to spot because it presents in many ways. The important point is to notice that there's a concern and seek further advice and assistance.



COMMUNITY NEWS



Applecross Senior High School Presents
Young Masters 2021
GATE VISUAL ARTS MINI-COURSE



Year 5 aspiring GATE Visual Arts applicants are invited to experience the Gifted & Talented Visual Arts program workshops at Applecross Senior High through a mini-course offered across three Saturdays & workshops!

OCT 30 + NOV 6 + NOV 13

Welcome the Noongar season Kambarang, and its explosion of native flowers and colours, by developing three themed artworks in three skill development workshops:

PAINTING + PRINTMAKING
+ DIGITAL PHOTOGRAPHY & ILLUSTRATION!

LOCATION: Applecross Senior High School 'A' BLOCK ART DEPT entry via Ardesie St, Ardross, pedestrian gate. NO ENTRY from Links Road gates.

TIME: 9.00 – 12.00 (including a 30 min recess break)

BYO: water bottle, snacks if needed (our special art canteen can be accessed 10.30 – 11am if desired)

DRESS: please wear closed in shoes and casual clothes.

COURSE COST: \$130. Includes tuition and all materials.

BOOKINGS & PAYMENT: to be made via Qkr by **FRIDAY 22ND OCTOBER**

PLEASE NOTE Placements are strictly limited to YEAR 5 students only & fill up fast!



1. Head to <https://qkr-store.qkrschool.com/store/#/home>
2. Sign up if you do not already have a Qkr account
3. Search for Applecross Senior High School
4. Select the mini-course
5. Select "Non Applecross Student" for both Year and Care Group
6. Complete payment details to confirm booking

Preferred Payment Method





COMMUNITY NEWS



**GREAT FOR
CHILDREN
OF ALL
AGES**

**TEACHING YOUR CHILD THE KEY SKILLS OF
SWIMMING AND WATER SAFETY**

**TERM 4
NOW OPEN
FOR ENROLMENT**

Open Monday to Saturday
Ages: 2 years old and above
Levels 1 to Squad
Beginners to Advance

BOOK NOW: (08) 9313 5088



Pool is located at:

Genesis Health and Fitness Bull Creek
77 Wheatley Drive, Bull Creek

Email: bullcreekswim@genesisfitness.com.au



COMMUNITY NEWS

DYSLEXIA AWARENESS WEEK 2021

MONDAY 4th OCTOBER

Identifying Dyslexia in the
Early Years

Online Session
4:00pm to 5:00pm

TUESDAY 5th OCTOBER

What are Specific
Learning Disorders?

Online Session
5:00pm to 6:00pm

WEDNESDAY 6th OCTOBER

October Information
Evening

In-Person and Online
Session
7:00pm to 8:00pm

THURSDAY 7th OCTOBER

Kids' Yoga +
Wellbeing for Children
with SLD session for
parents

9:30am to 10:15am
Children in Year 1 to 3 /
Parent Session

10:15am to 10:45am
Morning Tea

10:45am to 11:30am
Children in Year 4 to 7 /
Parent Session

FRIDAY 8th OCTOBER

Supporting Students with
SLD Using DSF's Free
Resources for Families

Online Session
9:30am to 10:30am

As all sessions are live (not recorded), registration is essential.

Go to the Event Calendar at
dsf.net.au/events for more
information or call 9217 2500.

