



# Sawyers Valley Primary School Newsletter

## ISSUE 16

### Tuesday 21 October

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### Wednesday 22 October

Lunch Order Day

### Thursday 23 October

Early Close 2.30pm

### Friday 24 October

School Banking 8.30-8.45am  
Interschool Athletics

### Monday 27 October

Uniform Shop 3.00-3.30pm

### Thursday 30 October

Early Close 2.30pm

### Friday 23 October

School Banking 8.30-8.45am  
Constable Care

## Dear Parents and Caregivers

We welcome several new families to the school this term, which is really exciting. I trust that you will enjoy Term 4 and I look forward to seeing new families at assemblies and events this term.

I would like to extend a HUGE thank you to the Sawyers Valley PS P&C for their initiative in applying for a grant from RAC to assist with raising awareness about road safety. This is timely as children returned to school last week, schools received some information about the alarming figures that reveal a record number of students being hit by cars. **It was announced that 22 public school students had been hit by cars so far this year – a shocking 145% increase on 2013 statistics.** Last year, just nine students were struck by cars. Children are vulnerable road users, meaning they are more likely than other road users to be injured on the roads. In areas where there is a high concentration of children and young people, such as schools and parks, drivers should always be alert and on the lookout.

I am currently finalising the planning for the initial bike safety skill sessions for students in Year 2 and above as well as a whole school assembly presentation. Students in K-2/3 will have Constable Care visit on Friday 31<sup>st</sup> October @ 9.30am to go through some road safety.

I am also able to let the community know that on Friday 14<sup>th</sup> November we will be holding a memorial assembly for Mrs Marion Gard at 9am. All parents and community members are welcome to attend.

Once again this term is busy with swimming, our 130<sup>th</sup> celebrations, the Leaver's Camp, Graduation and the Presentation Ceremony. Make sure that you keep an eye on the calendar, emails and information posted on the school's website for what's coming up!

Have a great fortnight,  
*Leanne Sheardown*

Representatives from The Australian Youth Choir were at our school on today over lunch time. They met with students from Years 2-7 who are interested in finding out some more about the choir. They had a sing along together and some information about the Youth Choir was handed out. For more information, check out <http://www.niypaa.com.au/>

## MISSION STATEMENT

**Sawyers Valley Primary School aims to create and foster an environment where students become independent learners, enabling them to take responsible control of their lives and contribute meaningfully to society.**



# HEALTHY LUNCH IDEAS

## How to have a healthy lunch box week

Planning your family's meals for the week is a cost effective, time saving and hassle free way to ensure your children have nutritious food to eat every day of the week. And by discussing with your child which healthy foods they prefer to eat, involving them in shopping for and/or preparing their meals, food does not end up squashed at the bottom of a bag or in a bin.

### Planning a healthy lunch box

Aim to include at least one food item from each of the *Australian Guide to Healthy Eating* food groups in your child's lunch box every day.

#### Vegetables and salads

- Salads - tomatoes, carrots, cucumber, celery, lettuce
- Vegetables - stir fried, corn on the cob, capsicum slices
- Low fat potato salads

#### Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

- Sliced bread, bread rolls (preferably wholegrain or wholemeal)
- Pita/pocket bread
- Lavash bread (wraps)
- Fruit/raisin bread
- English muffin
- Pasta or noodles
- Rice (preferably brown)
- Plain crackers, crisp bread or rice cakes

#### Fruit

- Piece of whole or chopped fresh fruit e.g. apple, orange or banana
- Fruit salad e.g. container filled with grapes, strawberries, melon, apple or orange
- Tinned fruit e.g. pears or peaches
- Dried fruit e.g. packet of sultanas

#### Dairy - Milk, yoghurt, cheese and/or alternatives, mostly low fat for children over 2 years of age

- Chilled long life milk popper
- Yoghurt tub or popper, preferably plain
- Cheese slices or stick

#### Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

- Sliced lean meats - lamb, ham, chicken, beef, turkey
- Boiled eggs
- Tuna/Salmon (fresh or tinned)
- Baked beans
- Lentils – including chickpeas, butter beans, etc

#### Drinks

- Include a bottle of water every day

#### Packing a healthy lunch box

A healthy lunch box contains four items.

- Main item, such as a sandwich/wrap/roll, rice, pasta or vegetables, soup, egg and vegetable frittata, sushi or homemade English muffin pizza
- Fruit or vegetable snack, such as whole fruit, cut up veggie sticks or canned fruit
- Second snack such as reduced fat yoghurt, grainy crackers with reduced fat cheese, plain popcorn, a slice of raisin bread, a boiled egg or can of tuna
- A bottle of tap water or plain, long life milk to drink

Make sure you include an ice brick in your child's lunch box to keep the food cool and safe to eat.

Information supplied by NAQ Nutrition (formerly trading as Nutrition Australia QLD).

For further information, recipe, snack and sandwich filling ideas, food safety tips and menu planning tools visit the Food Smart Schools website – [www.foodsmartschools.org](http://www.foodsmartschools.org)

## Canteen Bandanna Day Friday 31st October



### CANTEEN BANDANNA DAY - FRIDAY 31st OCTOBER

When cancer strikes, young people need support. Cancer effects one in every two families. The chances are that you know someone who has been affected.

A diagnosis is devastating for anyone - which is why CanTeen aims to support any young person living with cancer. Our programs are tailored for 'patients', 'siblings', and 'offspring' and those dealing with death and loss.

**Bandannas are on sale in  
the office for \$4.**

'The hardest thing about getting cancer was losing my left eye. At first, I felt very different to everyone else, I thought that people were staring at me. Without the support from my friends at CanTeen I wouldn't be as outgoing as I am, I wouldn't be as happy'



## **Bushfire season**

I am sure that you are aware that we are now in Bushfire Season. As our school is in the Bushfire Zone, we are required to have an additional risk management plan submitted to our Regional Office by the end of October. Our plan has been collaboratively planned with representatives of DFES, Mundaring Shire and the Department of Education. In the event of a fire or an emergency our foremost focus is on the safety and wellbeing of your child or children. If you would like any information about the school's bushfire plan, please feel free to email the school at [sawyersvalley.ps@education.wa.edu.au](mailto:sawyersvalley.ps@education.wa.edu.au)

### **2015**

We are currently looking at classroom structures for next year as well as staffing. Once more we will hold transition sessions in weeks 9 and 10 of this term. At the transition session, students will attend a session with their 2015 class mates, their 2015 teacher in their 2015 room. At this session, students will complete a letter home to let you know the class arrangements for next year. Requests for class placement along with educational reasons are welcome and will be considered when allocating students to classes but are not guaranteed. To assist in making up classes for 2015, please advise in writing/email if you are aware that you **WILL NOT** be here next year.



Congratulations to Rm 2 for an attendance rate of 95% for Weeks 9 and 10 of Term 3.

Did you know that childhood sleep problems are really common? It is thought that about 40% of primary school kids have an issue of some sort, and the rates are higher in early childhood.

It makes sense that sleep and a child's mental health and wellbeing go hand-in-hand. In fact, insufficient and broken sleep has been associated with numerous issues, such as: increased behavioural, social-emotional and academic problems; trouble starting primary school; ADHD-like symptoms (ie concentration, attention, and impulse-control difficulties); and even depression.

Associate Professor Harriet Hiscock, paediatrician and researcher with the **Centre for Community Child Health** at The Royal Children's Hospital Melbourne, says that behavioural sleep problems make up the bulk of issues seen in kids. Chances are you've already experienced some of them at your place. For example, she says children may:

- want to co-sleep with adults
- use stalling techniques ('just five more minutes', wanting a drink etc)
- refuse to go to bed (engaging in long conversations, tears or tantrums)
- get out of bed frequently (for a drink, the toilet, to talk)
- wake often
- have difficulties getting to and returning to sleep (e.g. lying awake worrying)
- experience anxiety-related insomnia (more common in primary-age children)
- have nightmares or night terrors.

According to Associate Professor Hiscock, there are many possibilities for why sleep issues are so wide-spread.

"There's most likely better recognition and help-seeking for sleep problems so more kids are coming to health professionals," she says. "There's definitely an increased use of mobile devices and computers in the bedroom that can cause difficulties quieting down, and which reduce the brain's production of melatonin that helps us go to sleep. Kids are

## **CLUBS**

Our clubs this term (Weeks 1-4) have the focus of sustainability. We have a butterfly garden being developed, bird watching, growing strawberries, Natureplay, children learning about the water cycle and the paper cycle. There is art & nature, Aboriginal studies and Eco Kids. It has been wonderful to see some of the parents helping out.

If you have any paint you no longer need we would love to have it for one of the club groups?

**Any colours, especially brighter ones**

## PERFORMING ARTS NEWS

### **ALADDIN**

Sawyers Valley PS has been asked to participate in an end of year pantomime, presented by Grads (Graduate Dramatic Society) at Hackett Hall (where we performed for YouthFest) in December.

This traditional pantomime will feature a different school or performing arts group in each performance, and Sawyers Valley's performance will take place on Sunday 7 December (a matinee).

If your child would like to be considered for a role, they are asked to send a written note to me (Mrs Shaw) or email [Kimberley.Shaw@education.wa.edu.au](mailto:Kimberley.Shaw@education.wa.edu.au) by THIS Friday 24<sup>th</sup> October.

Rehearsals will be after school on a Friday (until 4.15) commencing on Friday 31 October.

Only a limited number of students are able to participate.

Performers will need to sing, dance and act.

Students must be available for rehearsals on Friday afternoons and the performance on the afternoon of 7 December.

Students should demonstrate exemplary behaviour and have a history of commitment to Performing Arts Projects.

Successful students will be notified on Monday 27 October.

### **OPTIMINDS**

A ceremony for Honours winners in Optiminds will be held at Curtin University in the near future. I will advise members of our Maths Engineering Team as soon as I receive the date. I anticipate that it will be on a weekday afternoon, after school.

### **CHOIR**

Choir will recommence for Term 4 this Friday 24<sup>th</sup> October. (Students at the interschool carnival will join us the following week.) We will be working hard for our performance at the end of year Presentation ceremony.

## P&C NEWS

### **Interschool Sports Carnival – Friday 24<sup>th</sup> October**

We will be running a cake stall and would appreciate donations of baked goods to sell along with tea and coffee. (Please ensure ingredients are attached to any items)

Items can be dropped off in the wet area at school in the morning or at the stand on the day if you attending to watch your child. Please note this event is being held at Mundaring Recreation Grounds.

Any people who would be able to help with setting up, cooking/putting together lunches, selling items or packing away on the day would be most appreciated, please contact a P&C member or email your availability to [svpspandc@hotmail.com](mailto:svpspandc@hotmail.com)

### **Swap Meet Sunday 16<sup>th</sup> November**

On Sunday the 16<sup>th</sup> November the P&C are hosting a Swap Meet at the Mundaring Recreation Grounds.

In order for this to be a profitable fundraiser we need help from as many families as possible. If you can donate 1 or 2 hours between 6am and 12pm on the day or help in organization before the event please contact a P&C Member or email your availability to [svpspandc@hotmail.com](mailto:svpspandc@hotmail.com)

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### **P&C General Meeting**

**Wednesday 12<sup>th</sup> November at 8.50am in the Staffroom**

**Items for discussion at this meeting:**

Swap Meet  
Term 4 Free Lunch

If you would like to have input please attend the meeting, we look forward to seeing you there!

# Recyclables needed

We need your help to restock the Technology storeroom with recyclables to use for design and construction projects. We welcome donations of: **bottle top lids, pop top lids, jar lids, CDs, LP records, small wood off cuts, core flute, corrugated cardboard ... anything else that can be reused by creative minds.**

Please drop your donations into the box in the front office. Thanks.

Helen Addison

## Angkor update

Over the past two years the student council at Sawyers valley has organised several fundraising events to support our sister school in Cambodia. We recently received an update report with photos of how the money that has been raised (by Sawyers Valley and other participating schools) is helping several schools. The main achievements are: employment of an English teacher, a microphone and musical set, a table for a desktop computer, repair to some playground equipment, purchase of wooden chairs and cupboards, purchase of learning and teaching materials, a hand washing station, playing fields, toilets, sports uniforms and the installation of water tanks.

## INTERM SWIMMING LESSON

Swimming lessons for Years 1-7 will be held in weeks 5-6 10th-21st November. Lessons will now be held at Bilgoman as the refurbishment will be completed. The cost will be the same as last year—\$37.00 per child. Swimming enrolment forms were sent home with students last term. Please complete them and return them to your classroom teacher with your payment.

Alternatively you can pay by direct bank transfer to

**Bendigo Bank**

**Account Name: Sawyers Valley Primary School**

**BSB: 633-000 Account Number: 150617231**

**Please ensure you put your family name and swimming in the reference / description Area when making your payment so we know who has made the payment.**

## COMMUNITY NEWS

*The school is often asked to include community news or additional information sheets with our newsletter but please be aware that the school does not necessarily endorse or recommend these particular services.*

**Little Stars Theatre School... in the Midland / Hills Area holds classes in drama, dance / movement, singing, each week, for students aged 4 to 16 years.**

**Please email [littlestarstheatreschool@gmail.com](mailto:littlestarstheatreschool@gmail.com) for further information.**

Midland Dance Studio's FREE WALKING CLUB...Mondays Wednesdays Fridays. Meet 9.15, 8 Stafford St Midland. 1hr Walk followed by 1/2hr coffee stop

Coffee purchased by you. Please SMS YES the days you would like to come and your email address to Tabetta 0406752743. You will be booked in and additional information emailed to you [www.midlanddancestudios.com.au](http://www.midlanddancestudios.com.au)



## Midland Centre Coming Soon

The Autism Association Western Australia is excited to announce the opening of a new centre in Midland in November.

The centre will operate from 10 Mellard Court, Midland, and will provide a range of services, including Early Intervention, School Aged Services and Adult Services.

Our Specialist Clinical Team of Speech Pathologists, Occupational Therapists, Specialist Teachers and Psychologists will be delivering services from the centre and across home, school and community environments.

If you would like to express interest in attending the centre please contact the following staff:

- **Early Intervention:** Children aged 0-7 years, [Rebecca.Letch@autism.org.au](mailto:Rebecca.Letch@autism.org.au)
- **School Aged Services:** Children aged 6-18 years, [sais@autism.org.au](mailto:sais@autism.org.au)
- **Adult Services:** [Jean.Taylor@autism.org.au](mailto:Jean.Taylor@autism.org.au) or [Russell.Thomas@autism.org.au](mailto:Russell.Thomas@autism.org.au)

We plan to hold an opening event to celebrate the new premises and will provide more information soon.



Dear Parents,

Please see flyer above introducing our new Centre that will be opening in Midland.

We are very excited to be able to offer services in another part of the city and hope this will help some of our families that have to travel some distance.

We would love to hear from those families that may be interested in attending the Centre at Midland in 2015.

To help us with our planning, please indicate the sessions that you would be able to attend and whether you would like a full day or half day.

We are planning to open the centre from Monday to Friday for morning sessions and Wednesday and Friday for additional afternoon sessions.

If you have any questions, please do not hesitate to contact Rebecca Letch on 6380 5500 or via email.

T4	MON	TUE	WED	THU	FRI
1	13/10 SDD	14/10 Students Return Term 4	15/10	16/10 Clubs  Early Close 2.30pm	17/10 Assembly
2	20/10	21/10	22/10	23/10 Clubs  Early Close 2.30pm	24/10 Interschool Athletics
3	27/10	28/10	29/10	30/10 Clubs  Early Close 2.30pm School Board	31/11 Constable care show K-2/3 @ 9.30am
4	3/11	4/11	5/11	6/11 Clubs  Early Close 2.30pm	7/11 Merit Certificate Assembly Yr 5
5	10/11 Swimming	11/11 Swimming	12/11 Swimming  P&C Meeting @ 8.50am	13/11 Swimming  Early Close 2.30pm	14/11 Swimming Memorial Assembly for Mrs Gard 8.50am
6	17/11 Swimming	18/11 Swimming	19/11 Swimming	20/11 Swimming K/PP excursion Early Close 2.30pm	21/11 Swimming Merit Certificate Assembly Room 2
7	24/11	25/11 130th History Day P&C Free Lunch	26/11	27/11  Early Close 2.30pm	28/11
8	1/12 Year 6/7 Camp	2/12 Year 6/7 Camp	3/12 Year 6/7 Camp	4/12 Early Close 2.30pm  School Board	5/12
9	8/12	9/12	10/12	11/12	12/12 Assembly Year 6/7
10	15/12	16/12 Year 7 Graduation	17/12 Presentation	18/12 Students Last Day Early Close	19/12