Dear Parents and Carers

I know that I often mention how quickly the year has passed by but I am wondering whether the planet has been placed on ‘fast forward’ this term because the days and weeks seem to be rushing towards our final day of the year way too rapidly! There still seems to be so much to get done with a dwindling number of days in which to do it!

I have been working with the Administration Team for many weeks to plan for next year under the new funding guidelines for schools. This is a complex task to ensure that the needs of all students are met with reduced funding. At this stage we will be running with 7 classes unless our student enrolments change dramatically. As part of the transition from one year to the next, we will again hold a transition session for all 2015 students with students going to their 2015 classroom with their 2015 class mates to meet their 2015 teacher/teachers. At this session (Week 9 Thursday 11th Dec between recess and lunch), students will complete a letter to parents informing them of the class details for next year. A number of parents have provided written requests for class placements and considerations for next year. I am only accepting written requests and ask that any requests are provided to me by the end of Week 5 Friday 14th November at the very latest. All requests are considered but not guaranteed. If you are aware that you will not be a part of the Sawyers Valley PS community next year could you please inform the school in writing as soon as possible?

I am happy to announce that we have secured the EHSHS Auditorium for our presentation ceremony this year. Feedback from last year’s ceremony was taken on board and by securing the high school’s (flash) auditorium we are able to outwit any weather that presents on the day! Please mark (in your diaries) Wednesday 17th December @ 5pm for our Presentation Ceremony.

This is the last week of our Sustainability themed clubs this term. The diversity of topics, content and activities offered the all students has been fantastic and I have no doubt that you will see some of the fruits of their labour around the school in the coming weeks.

Finally I extend a warm welcome to parents and community to attend the memorial assembly for Mrs Gard next Friday 14th November, starting at 9am in the undercover area.

Have a wonderful fortnight

Leanne Sheardown
Principal

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.
Congratulations to Rm 2 with the highest attendance rate (97.2%) for Weeks 1 and 2 of this term.

2015 CLASSROOM STRUCTURES
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 sessions 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.

GROUNDS UPDATE
I have heard on the grapevine there is some concern over the lawn in the Early Childhood Area. This lawn has been and unfortunately will always be a challenge. This is due to the amount of rock directly underneath and also with the amount of foot traffic. Normally, over the Christmas holidays I can manage to get it back a bit, so hopefully it will be the same this year. Please know that every effort is made to keep it alive.
Thank you
Mrs Kent
Gardener

HEALTHY LUNCH IDEAS
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

INTERM SWIMMING LESSON
Swimming lessons for Years 1-7 begin on Monday 10th 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. Please ensure you have completed the Swimming Enrolment Form and return to your classroom teacher with your payment before this Friday 7th November. 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.
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

P&C NEWS

Thankyou to everyone for your assistance at the Interschool Sports Carnival last week. We raised $535!!

Swap Meet Sunday 16th November
On Sunday the 16th 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
If you are unable to assist on the day but would like to help we would welcome any donations of eggs, bacon, cans of cool drink or bottled water to help keep our costs down.

P&C General Meeting
Wednesday 12th November at 8.50am
in the Staffroom

Items for discussion at this meeting:
Swap Meet
Term 4 Free Lunch

Thank you some wonderful friends of the school who helped us out recently and commenced the extension of the limestone wall work in the Junior Primary sand pit area. We had originally organised for the work to be carried out by a labouring team but due to unforeseen circumstances they were unable to commence the work. It looks great and will assist in keeping the sand in the sand pit! It is with the helping hands and goodwill of parents and community members that we are able to continue to develop this wonderful school.
SWAP MEET

Hosted by

Sawyers Valley Primary School
Sunday 16th November
Mundaring Recreation Grounds
Mundaring Weir Road, Mundaring

Sellers from 6am, $6 a bay
Buyers from 8am $2

bacon & egg burgers, sausage sizzles
coffee, tea and cold drinks
will be available for purchase

PERCY’S PRACTICE
Perth Central and East Metro Medicare Local has launched a fun and innovative public health campaign to help improve health in the local community and promote the convenience of using GP after hours service. The campaign is fronted by a wise, friendly cartoon owl character called Percy and supported by a multi-lingual website www.percyspractice.com.au. FREECALL number 1800 323 333 plus a range of additional activities including shopping centre visits.
NATIONAL SCHOOLS SURVEY
National Schools Survey—receiving feedback about our school is a requirement each year of all schools in Australia. The parent survey will be coming out very soon in a separate email with a request for parents to complete the survey so that we are able to take on board the feedback and action changes were necessary. The survey that we are putting together is aligned with our school's Business Plan and you will have the opportunity to respond to the survey relevant to the year level of each of your children.
Cricketing great Justin Langer will lead this summer’s *Are You Ready?* bushfire campaign as Western Australia’s new Bushfire Ready Ambassador. The recently launched campaign drives home the message that preparing for bushfires is a team effort and everyone needs to get ready before the hot weather sets in. Emergency Services Minister Joe Francis said bushfires continued to be a real threat to the community, with southern parts of WA expecting an above average risk of bushfires this season. “There’s no doubt there will be bushfires again this summer – and we know from bitter experience they can start without warning and cause enormous damage and heartache,” Mr Francis said. “Everybody who lives or travels near bush needs to get ready now. This includes developing a bushfire plan, packing an emergency kit and creating a 20-metre building protection zone around your home or workplace.”

Environment Minister Albert Jacob said the Department of Parks and Wildlife had already completed 39 prescribed burns covering more than 43,000 hectares since July 1, including a 13,000ha burn in the Perth Hills, one of the largest burns undertaken in recent years. “However bushfires can still occur, so everybody needs to take steps to give themselves and their properties the best chance of surviving a fire,” Mr Jacob said.

As we move into the bushfire season it is feasible that some families may be still recovering emotionally from the impact of the fires in January. At a recent Shire of Mundaring Principal’s meeting we were provided some information about the resources and support that can still be accessed. If you would like any further information, please do not hesitate to contact the Principal at the school.

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**Playgroup – 3 year olds**

This is the last ‘call out’ for any parents or community members interested in being a part of a 3 year old playgroup starting next year. I have heard from a number of parents who are keen and we are working on how this can look next year. For those that have previously registered their interest, we will be in touch soon. For those that may have missed earlier information about the playgroup I have included it below for your reference J

Three year old children do not attract funding to public schools under the Student Centred Funding Model, and the School Education Act states that schools are only permitted to offer an educational programme to children in their early education period (i.e., Kindergarten for three year olds) if they have permission from the Minister to do so. At this point, only Remote Community Schools and designated Aboriginal Kindergartens have permission to do so, and only where the three year olds turn four in the second half of the year and where they occupy places that would otherwise remain vacant due to low enrolments. HOWEVER……….keep reading

There is another alternative that may be less burdensome and has the benefit of building the confidence of parents as their children's first educators. **Your school could host a playgroup where a parent/caregiver attends the program WITH their child.** You may have a spare classroom next year or another suitable space that you could offer the playgroup. This is an informal and very productive way to engage families with children from birth to school age. Playgroups are usually run by parents with support from other parents in the Playgroup, and if the school has capacity, could also include support from an early childhood.

If you are interested in the possibility of being a part of a playgroup here at Sawyers Valley in 2015, please register your interest by emailing the principal @ Leanne.Sheardown@education.wa.edu.au
How screen time affects rest

When little ones don’t get enough shut-eye they can become cranky, tired and moody, and run the risk of developing a host of physical and behavioural problems. And with more children using technology (at younger and younger ages), sleep specialists are seeing a clear link between too much screen time – the use of TV, computers and mobile devices – and poor quality of rest.

“The main effect of overusing media devices is that it can decrease the total amount of sleep kids get,” says Dr Sarah Loughran, sleep researcher at the University of Wollongong.

She says excess screen time can hamper sleep in three main ways:

- **Timing** - the use of electronic media can lead to delays in children’s bedtimes, resulting in less time being available for sleep.

- **Content** - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.

- **Light emissions** - light from electronic devices can disrupt the body’s natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.

Being wise to your child’s screen time consumption can have far-reaching benefits for the whole family, for instance, more sleep! It should only take a few adjustments to your evening routine. Dr Loughran suggests the following:

- **Set a ‘bed time’ for media devices** - this should happen one or two hours before kids go to sleep, and applies to adults too so everyone gets into good habits.

- **Tweak their bedtime routine** - let kids wind-down properly in the run-up to bed, replacing screen time with gentle activities like stories, talking or bathing.

- **No media devices in the bedroom** - kids may kick back at first, but you will soon see the rewards of setting and sticking to this tough rule.

- **Replace screen time with exercise during the day** - outdoor exercise in bright light is wonderful for sleep and helps balance their ‘virtual’ and real lives.

- **Limit food and drinks during screen time, especially at night** - electronic devices tend to encourage mindless over-eating and drinking (especially of caffeine), which can stimulate the body and imbalance hormones.
LOST PROPERTY

Items of lost property will be displayed on the walls near the undercover area for the remainder of this week.

Any unclaimed items will be donated to the uniform shop for resale as 2nd hand items at the end of the term.

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Leah & Tarryn’s Girls Night 2014

present

“Alice in Wonderland”

supporting the Breast Cancer Research Centre – WA

Saturday 15 November 2014
7pm until Late

Mundaring Hall, Nichol Street, Mundaring

BYO Drinks and a Plate to Share

$55 DONATION

Bring $$$ for SILENT AUCTIONS  GAMES  PRIZES
CREDIT CARD FACILITIES AVAILABLE ON THE NIGHT

COME DRESSED IN YOUR BEST MAD HATTER’S TEA PARTY ATTIRE !!!

TICKETS available from Sam Williams
0427 788 099