



## ISSUE 3

**Tuesday 4 March**

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## IN THIS ISSUE

### **TUESDAY 4 MARCH**

Uniform Shop 3.00-3.30pm

### **WEDNESDAY 5 MARCH**

P&C Meeting 9.00am

### **THURSDAY 6 MARCH**

Early Close 2.30pm

### **FRIDAY 7 MARCH**

School Banking 8.30-8.45am

### **THURSDAY 13 MARCH**

Faction Swimming Carnival

# Sawyers Valley Primary School Newsletter

## SCHOOL FEES

**A voluntary contribution of:  
\$50 per student**

**Many thanks to the families who have already paid and we encourage others to do the same.**

**These funds benefit all students.**

**Payment is taken at the school office but unfortunately we do not have EFTPOS facilities.**

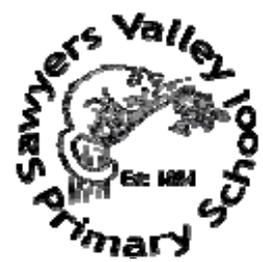
**We are more than happy for fees to be paid in installments if that helps families.**

## **Dear Parents and Caregivers**

We are half way through this first term already! It is great to see new families out and about the school and I extend a warm welcome. To families not new to the school this year, it is wonderful to see you involved with the school once more. The students in PP-Yr 2 have been involved in On Entry testing, mandated by the Education Department of WA. Under a State Government initiative that started in 2010, the foundation literacy and numeracy skills of all pre-primary students in public schools will be assessed. The diagnostic assessment tools will support teachers' professional judgements and help them develop their teaching and learning programs. The assessments are part of a comprehensive strategy to improve literacy and numeracy standards in Western Australian public schools. The testing will be completed by mid March.

I am pleased to announce that the School Board has made the final decision on the school logo. Last year, a survey was published for parents in the school community seeking feedback on the school logo. The students were also surveyed and the results were presented to the School Board late last year. The logo is used on uniforms, school signage and stationery.

*Stationery/Signage    School Uniform    Leavers Shirts (white)*



## 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.**



I mentioned in the previous newsletter about the ongoing concerns in the car park.

Whilst we are very lucky to have good parking facilities at this school, it is not reasonable to expect to always find a parking spot in the car park at peak times. Instead, you can park beyond the Early Childhood Centre and walk down; or for older students it is suggested that pick up be delayed by 10 mins as many parking spaces are then available. We are encouraging children NOT to walk across the car park and as such children will not be allowed to walk unaccompanied across the car park to reach the car. Rather they will wait near the duty teacher until an adult collects them and escorts them back to the car. Thank you to those parents who already park and collect their children from the school grounds.

School car parks are a major risk for children.

Every one is in a hurry and many, especially children are tired in the afternoon especially.

They are very busy places, with many distractions and everybody seems in a hurry.

Pedestrian injuries can be severe and are a significant cause of child disability.

### **Why children are at risk.**

Children are not “little adults”. They are less well developed physically, cognitively and in terms of their traffic experience. For example, children:

- are small and can't see over bushes or parked cars. Drivers cannot see them easily either, especially
- in busy and active car parks.
- are constantly on the move and can dart out into traffic.
- may believe that if they can see a driver, the driver can see them and can stop instantly
- imitate inappropriate behaviour, especially from people they look up to (e.g. parents or older siblings)
- have difficulty telling where sounds are coming from and may expect traffic from the wrong direction.
- have trouble judging the speed of cars reliably.
- tend to concentrate for only a short time, and may only notice one thing at a time.
- tend to focus on what is in front of them. Unless they turn their head, they may not notice cars to the
- side of them may behave differently when they are with other children, and forget about traffic.
- may “freeze” if they find themselves in the path of a car, rather than jump out of the way.

Because of differences like these, while we can teach children about road safety, care needs to be taken about expecting them to use safe behaviour consistently.

A pedestrian struck by a car travelling at 30kph has a 95% chance of surviving, a 60% chance when struck at 50kph and only a 20% chance at 70kph.

Children are smaller and hit more in the upper body and head, so their chances of living are a lot less than these figures, even at lower speeds.

### **How should adults behave around car parks and schools?**

#### ***Slow down!!***

Speed kills! Even in car parks. And the child could be yours or a close friend's!

#### ***Watch out!!***

Children can move very quickly. And your reaction time is unlikely to be fast enough.

#### ***Obey the signs!!***

Car park signs are there to help you and the children. Obey them!

#### ***Set a good example!!***

Reinforce the school's safety messages – the life you save might be your own child's.

#### ***Take time!!***

Do not rush in and around schools. Time gives you flexibility to act properly.

### **Please do not distract the teacher on after school car park duty.**

I thank you for your cooperation in car park matters.

# Honour Certificates

## ROOM 2

Ryan Philby  
Montana Bonusiak

## ROOM 3

Oliver Turpin

## ROOM 4

Kara Wood  
Ashton Tugwell  
Jasmine Manchip

## ROOM 5

Mia Curtis  
Joel Roth  
Kyra-Lee Wastell

## ROOM 6

Jade Netherway  
Ziggy Taylor  
Felix Pole

## ROOM 7

Riley Hausler  
Ivan Curtis

## ROOM 8

Juliah McAuliffe  
Bella Huby  
Matthew Day



Leanne Sheardown  
Principal

## P&C NEWS

At the request of parents the P&C will be holding a daytime meeting this term, this meeting will be:

**P&C General Meeting**  
**Wednesday 5<sup>th</sup> March at 9am**  
**in the Staffroom**

Please join us to find out our plans for this year so far and to present any ideas you may have.

We invite all parents – new and existing – to attend and become a member.

Financial membership costs \$1 per year; you are then entitled to vote on any decisions being made.

*No previous experience is required all you need is a desire to supplement your child's educational journey.*



The **Crunch&Sip** program is an easy way to help kids stay healthy and happy! **Crunch&Sip** is a set break to eat fruit or salad vegetables and drink water in the classroom. Students re-fuel with fruit or vegetables during the morning or afternoon, assisting physical and mental performance and concentration in the classroom. This gives kids a chance to refuel, a bit like putting petrol in a car. Each day students bring fruit or salad vegetables to school to eat in the classroom at a set time. Each child has a small clear bottle of water in the classroom to drink throughout the day to prevent dehydration. Through **Crunch&Sip**, schools demonstrate their commitment to nutrition education in the classroom, by making links with the curriculum and creating a supportive school environment. The **Crunch&Sip** break gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all. **Crunch&Sip** happens in all classrooms @ Sawyers Valley – please check with your child's teacher if you have any queries.

## ***Ideas for Parents***

The daily ritual of school lunch boxes waiting to be filled are back, where as parents we try to come up with interesting options, only to be disheartened when the lunch boxes return home at the end of the day largely untouched.

And despite our good intentions, what often ends up happening is we decide to choose less healthy but more popular options. But the evidence indicates that children who eat well during the school day are more likely to concentrate and generally perform better at school. Children eat around a third of their daily food intake at school so filling a lunch box with foods from each food group is an easy way to ensure kids get all the nutrients they need.

The start of the new school year is a great time to start afresh with healthy resolutions. And that's where Cancer Council WA has come up with a list of quick and simple tips to help ensure children put their healthiest step forward this year.

Plenty of fruit and vegetables is the key. Carrot and celery sticks, snow peas, broccoli, cherry tomatoes, cheese cubes, frozen yoghurts and hard boiled eggs all make good healthy snacks. And if you have fussy eaters at home, cutting up fruit and veg into unusual shapes is one way to entice them.

It's so easy to think we are doing the right thing. Did you know that some muesli bars, which are marketed as healthy options, can have as many calories as a similar sized chocolate bar! And you need to eat 5 snack bags of Tiny Teddy biscuits to get the same amount of fibre as a medium sized apple, and 6 snack bags to get the same fibre as your average pear!

So instead of packaged snacks, why not try making some fruit muffins, date or cheese scones, a date and walnut loaf, or a carrot and nut cake. You can make it on the weekend and have it frozen ready for the week ahead. You can also freeze yoghurt; just spoon some into small containers, put it in the freezer overnight and it'll be ready to go. You could also try making your own popcorn, or cutting up some veggie sticks to have with low fat hommus, tatziki or tomato salsa dip.

And don't underestimate the value of getting the kids involved in the shopping and preparation for the week. Try doing a special shop each week and allow the kids to choose (with some parental guidance and consultation with food labels) what they want for lunch. After that, you can get them to pack it themselves. And try changing one item very day just to keep it interesting!

# STUDENT LEADERS

I am eager to introduce the elected Student Council for 2014. The Student Council is run by Leanne Sheardown and Rachelle Zarb and last year was the year of building foundations for student councillors and their role as voice of the student body. Last year the Student Council raised funds for our Cambodian sister school, had free dress days and put on the dodgeball competition in Term 4. This year we are planning on more activities!

This year, because we have all year 6 and Year 7 students graduating we decided to open up the number of School captains that could be elected. We have two class representatives from Year 3 upwards and two Year 6 School Captains and two Year 7 School Captains

Year level	Room	Student Council
2/3	8	Juliah McAuliffe and Matthew Day
3/4	6	Laura Mees and Ellen Mees
4/5	7	Sebb Hoffman and Emily Zarb
5/6	5	Mia Curtis and Toby Mees
6/7	4	Max Netherway and Cole Curtis
Year 6 Captains		Daniel Lobo and Kayla Powell
Year 7 Captains		Jed Aldrich and Jasmine Manchip



## SUSTAINABILITY at SAWYERS

The year has begun on a high after being told that our grant proposal for a school based chicken run has been approved by the Waste Wise program! This is our second grant from Waste Wise.

At this stage we are drawing up plans and deciding on a suitable site.

There are many good reasons to have chickens at our school, however their primary purpose will be to recycle all of the organic waste produced by the students/staff. Other benefits will be the sale of locally produced eggs, *yum yum* and the use of their manure, *yukyuk* to improve our soil/compost.

So, this year the big focus will be to educate students about recycling their food scraps. The aim is to have our bins free of organic waste! We CAN DO IT! Until we have our chicken run up and *running*, suitable organic waste will make its way into the classroom chicken buckets to be sent home with students. If you have chickens at home and DO NOT WISH TO PARTICIPATE, please inform your class teacher. All scraps will be fresh from that day, nothing stinky will make it home to your house...



The Sustainability team is a group of dedicated staff and parents that meet once a term to discuss important issues and make action decisions on behalf of our students. Occasionally we get together for a fun *working bee* to action our projects. To date we have: built 2 fridge worm farms, planted a food forest in the early childhood area, built beautiful recycled material raised garden beds and built a set of 3 compost bays of one cubic metre each! Yee-har, it's a chicken run NEXT! The school now has its own student green team and we are involved in a range of recycling programs such as cartridges, mobile phones, paper and batteries.

If you would like to join us, please talk with Leanne, Fiona, Danielle or Lucy.

### DID YOU KNOW?

ORGANIC WASTE INCLUDES ANY ANIMAL OR PLANT BASED MATERIAL AND DEGRADABLE CARBON SUCH AS GARDEN ORGANICS, FOOD, TIMBER, PAPER AND CARDBOARD. WHEN SENT TO LANDFILL THE ORGANIC MATERIAL UNDERGOES ANAEROBIC DECOMPOSITION, GENERATING A POTENT GREENHOUSE GAS, METHANE.

**56 litres of water is saved for every kilogram of food that is recovered.**

Organic materials decompose in landfill to form greenhouse gases including methane, which has a global warming potential **25 times higher** than carbon dioxide.

MULCHED OR COMPOSTED GARDEN AND FOOD ORGANICS ARE A VALUABLE NUTRIENT DENSE MATERIAL THAT CAN BE USED TO CREATE AND MAINTAIN A HEALTHY GARDEN

## Being Cybersmart!

### What to do if somebody is being mean to you online:

The internet lets us watch videos, play all kinds of games and find out interesting stuff. But sometimes people can be mean on the internet, just like some people are mean in real life.

### If someone is being mean to you while you are on the internet or on a mobile phone:

1. Tell one of these people: your mum or dad, your teacher, an aunty, an uncle, a grandparent, your brother, your sister or a friend. Keep telling them until they help.
2. Don't answer any of their mean comments. Save them and show them to a parent or teacher.
3. Get a parent or teacher to help you block them so they can't contact you any more
4. Report them to the game/video host so they get blocked.

**Remember it isn't your fault if someone is mean online.**

**Nobody should be bullied.**

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

### NEWSLETTERS VIA EMAIL

By the end of Semester 1 we are hoping to be sending our newsletter by email and website only. Thank you for providing us with your email addresses, we have been able to reduce our printed copies down from **108 to 7**.

**Fantastic Effort!!!**

The newsletter is also be available on the School website.  
You may provide us with more than one email address if you like.

Have you seen our school  
website or Facebook page  
lately?

[www.sawyersvalleyyps.wa.edu.au](http://www.sawyersvalleyyps.wa.edu.au)

### AFTER SCHOOL FUN!

Seen and Heard would like to welcome everyone back to the new school year! We are now open for ALL STUDENTS FROM YEAR 7 AND UP, come in and join our fun FREE Youth Program and become one of The Crew! Help us decide what events you want us to put on for you and your friends!

- Time 3.15—4.45pm
- Monday
- Swan View Youth Centre , 116 Salisbury rd, at Brown Park
- FREE fun & food!

We also run a Drop In session on Tuesdays from 3– 5pm

Our goal is to support young people to grow into independent, confident and resilient young adults. We aim to create a space for young people to feel comfortable and safe, where they can socialise with their friends, have fun and meet new people in a drug and alcohol free environment. We build on the positive attributes the young people bring to the programme and the community and acknowledge their importance within the community.

The Seen and Heard Programme is funded by the Shire of Mundaring and delivered by Parkerville Children and Youth Care (Inc.). The Programme incorporates a number of components including an outreach service to all areas within the Shire, advocacy, educational programmes, promotion of the health and well-being of young people, facilitation of events and activities and works with existing community groups and organisations to improve the social, health and educational outcomes for the young people of the Shire.

If you have any questions please contact The Seen and Heard Team on 9255 2570 or by email at [seenandheard@parkerville.org.au](mailto:seenandheard@parkerville.org.au)



### **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.*

The Old Guildfordian Mundaring Hockey Club... registrations for the 2014 winter season are opening soon and we are looking to recruit players – young and old! To enquire further please contact Marg Solig via email at [msolig@bigpond.com](mailto:msolig@bigpond.com). Relationships Australia... Kids and Today's Technology - 17 and 24 March at 22 Southport Street, West Leederville. 6.30-9pm. \$35 per person/ \$50 per couple.

This two week course is for parents of kids between ages 2 and 18 years. Technology is now being used by very young children and most teenagers are proficient users of many aspects of technology. Your knowledge of what's out there, how it's being used and how you manage it in your home will have a direct impact on your kids' learning and safety. For further information please phone 9489 6322.

Relationships Australia... Parent-Child Connection- commencing 17 March x 4 weeks at 22 Southport Street, West Leederville. 6.30-9pm. \$50 per person/ \$75 per couple.

Raising children should be one of life's greatest experiences, but as any parent knows, it is not an easy task. People with children under ten are invited to this four-week course to learn new skills, feel better about their parenting and gain confidence. For further information please phone 9489 6322.

Relationships Australia... Mums Raising Boys - up to the age of 12 years – 5 March at 1 Ord Street, Fremantle and 18 March at 22 Southport Street, West Leederville. 10-12.30. \$25 per person. However well-prepared mothers are logically, the emotional response to having a boy is often still, 'Wow! This is unknown territory.' It is true that for many mothers, the idea of raising a son carries its own set of worries. As the primary female role model in a boy's life, mothers play an important role in the development of their son's identity including their ability to be nurturing. This in turn affects how they relate to others, particularly to girls and women.

For further information please phone 9489 6322.