

Fremantle Primary School



Dates to Remember

Thursday 24 October - Assembly Rooms 11 & 12

Friday 25 October - Interschool Athletics Carnival

**Tuesday 29 October - Yr 4/5 Transition to Secondary School
information afternoon**

Wednesday 30 October - 2020 Kindy Parent info morning

Thursday 31 October - Year 6 Graduation Photos

18 Oct 2019

Issue 15

- *Principal's message*
- *Assembly News*
- *Parent workshops*

Update from the Principal

Kaya all and a hearty welcome to our new families, and welcome back to others,

I hope the holidays were kind to you all, and that you've managed to have some quality family time.

Next week, our dear Year 1s from Mrs Covich and Mrs Allen's classes will be performing an item at assembly. While there are other notable events this term, such as interschool athletics carnival (Friday, 25th October), swimming lessons (weeks 5 and 6) and graduation (13th December), the learning still continues in earnest across the school. Teachers will be doing their final assessments for reporting which will take place this term. We had our first Values Assembly (with Year 1-6 students) of the term. We talked about help, and how everyone needs help from time to time. We discussed reasons why people don't ask for help, and brainstormed people who we could ask for help. As we develop our nurturing and safe space for students, it's important that we regularly make sure they know who they can approach at home and at school when they need help.

Finally, I am happy to announce that the Hon Simone McGurk MLA will be coming on Friday 25th October at 3pm to visit the school. We'll all have a chance to say hello as we'll spend some time soaking up the Freo after-school vibe on the oval.

Kind regards and Go Freo (PS)!

Mr T

SCHOOL DISCO

Wednesday

23 OCTOBER 2019

@FREO SOCIAL

**See page 2 for further
details**

EARLY ARRIVAL

A reminder that students are not to arrive at school before 8.30 and on arrival they are to go to the library and wait quietly until dismissed by a teacher

Thank you

Assembly News - Friday 27 September 2019

Congratulations to the following students who received merit awards at the last assembly.

Yr 1/2 Rm 1 - Oscar F
Y 1 Rm 11 - Hunter P and Alana K
Yr 1 Rm 12 - Leo M and James A
Yr 2 Rm 2 - Arlo S and Livia K

Yr 3/4 Rm 5 - Liliana A
Yr 3 Rm 6 - Lily A and Sky T
Yr 4/5 Rm 7 - Maxence G and Asta H
Yr 5/6 Rm 8 - Saffi L and Jesse S
Yr 5/6 Rm 9 - Kale N and Fin K

HAPPY LUNCH BOX

Healthy Lunches. Happy Kids. Happy Parents & Carers.

Happy Lunch Box is serving Thursdays & Fridays this Term.

Please order online using: www.quickcliq.com.au
or by paper bag in Order Box by Canteen.

All meals are prepared from 'scratch' & All meals are 'Veggie Smugglers'.



NUDE FOOD LUNCHES. FROM KITCHEN TO PLATE.

- Homemade Sausage Roll Beef & Hidden Veg
- Homemade Ricotta & Spinach Roll (v)

SUBSCRIPTION DEAL:
Voucher Book valid for main meals x 10 \$45

For Deals, News & Recipes:

Join Happy Lunch Box FB Page



Food available to purchase from venue. Dessert table provided by year 6 kids.
Tickets available through Moshtix (link on Freo Parents Facebook page & Skoolbag app)

BUY TICKETS HERE:

<https://moshtix.com.au/v2/event/freo-primary-big-night-out-freo-social/116540?previewId=F8D778BB-03BA-4F5F-9B3D-5B1D40CCFA50&skin=FREO>



Protective Behaviours - Parent Workshop

This workshop, presented by PB West, is a must for parents and carers.

A proactive approach to equipping children with positive life skills such as assertiveness, emotional literacy, and problem solving. These are skills which assist children in better coping with anxiety, stressful situations and safely assessing risks, knowing where to go for help and how to speak up against peer pressure, bullying and abuse

Event Details

When	Friday 25 October 2019 9.30 to 11.30am
Where	Meerilinga Cockburn 219 Winterfold Road, Coolbellup
Cost	Free
Crèche	Unavailable



Registration & Further Information:

Contact Meerilinga Parenting email: Belynda.Smith@meerilinga.org.au
or phone 9331 2211



SOUTH WEST METROPOLITAN PARENTING PARTNERSHIP



Parenting by Connection Starter Class

Want stronger, sweeter connections in your family? Parenting by Connection supports parents in the vital work of raising children; it is an evidence-informed approach, aligned with current neuroscience and psychology research. It is backed by over 40 years of experience, and the fundamental cornerstone is a simple one - listening. Parenting by Connection supports parents to make empathy and connection their go-to response for challenges in their lives, while giving them confidence to set the limits their children need.

Event Details

When	Wednesday 23 rd October 10-12 for six weeks
Where	Fremantle Leisure Centre, 10 Shuffrey Street, Fremantle
Cost	Course is offered free, with a \$60 materials fee
Creche	Available, please direct enquiries to Fremantle Leisure Centre

Further Information

Contact Belynda Smith on Belynda.smith@meerilinga.org.au for further information.



SOUTH WEST METROPOLITAN PARENTING PARTNERSHIP



Sweeter Sibling Connections

Brothers and sisters want to get along. They want to have fun with each other. But sooner or later, every child with siblings gets upset with his brother or sister. This workshop will outline two Parenting by Connection tools for building better relationships.

Event Details

When	Friday 22 nd November 10.30am-12noon
Where	Meerilinga, 219 Winterfold Road, Coolbellup Free tea/coffee provided
Cost	Free
Creche	Unavailable

Further Information

Contact Belynda Smith on belynda.smith@meerilinga.org.au for further information.
Visit www.parentingbyconnection.org.au for further information about the Parenting by Connection approach.



SOUTH WEST METROPOLITAN PARENTING PARTNERSHIP



Family Fun Time

Songs, stories and games to help your child with tricky times and transitions.

This three week class will give parents fresh strategies to help daily tasks and activities go more smoothly. **Bring along your 0-5 year old and:**

- enjoy rhymes, games and stories for everything from nappy changes to brushing teeth to car journeys;
- learn some great connection games to help with tough times, especially in areas like sibling rivalry and separation anxiety;
- learn about how books, stories, rhymes and games can help your child's development.

Event Details

When	Fridays 10.30-11.30am on the 1 st , 8 th and 15 th November
Where	Meerilinga, 219 Winterfold Road Coolbellup Tea/coffee will be available for parents
Cost	Free

Further Information

Contact Belynda Smith on belynda.smith@meerilinga.org.au for further information.



SOUTH WEST METROPOLITAN PARENTING PARTNERSHIP