

## Dates to Remember

**Thursday 6 August - Faction Cross Country**

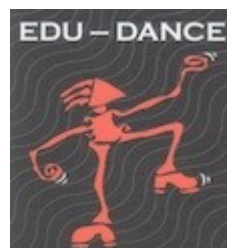
## Update from the Principal

Kaya everyone

Welcome back all. I hope you were able to enjoy the school holidays as spaces reopened. Our thoughts are still with staff and families who aren't yet able to reconnect with loved ones in person due to restrictions beyond our border. At school, we continue to sanitise high-use areas and objects, but please help us remind students to keep washing hands. For the bigger people, we also need to be mindful of social distancing and the preferences of others to maintain their personal space. Our admin area can get congested, so we have some distancing notices to remind each other to keep apart. We will continue with our online assembly for Week 2, and hope that we can move to a live, though initially restricted, assembly later in the term.

Over the break, we had a particularly thorough end of term clean. This was helped by some timely minor works being completed to enhance the look and feel of our learning environment: some classrooms (and Mr Sachse's office) recarpeted, and our balcony area is now safer and temp-fence free.

Term 3 means an extra special fresh start for learning. Teachers will be embarking on new learning outcomes. We also have EduDance, and so students have been keeping warm with regular dance classes and playground practising. Families, do feel free to learn some new moves so you can support the kids on performance day at the end of term. ☺



We welcome Christina Plaistowe into Room 12, taking over from Mrs Tripi who has embarked on maternity leave. We wish her good health and happiness. It's great to have Christina continue to be a part of the school community, this time as a teacher.

Keep well and warm everyone.

Go Freo (PS)

Adriano Truscott / Mr T

Principal

**24 July 2020  
Issue 10**

- *Principal's message*
- *Assembly News*
- *Community News*

## Be You

### What is separation anxiety?

Separation anxiety is the common and normal fear that children have of being away from their families.

A developmentally appropriate level of separation anxiety reflects the close attachment between children and their families. But it tends to lessen with age.

However, if the anxiety becomes excessive, it can interfere with the child's daily functioning and learning, and they may be at risk of developing an anxiety disorder.

***Read more about  
Separation Anxiety  
[HERE.](#)***

# Merit Awards Thursday 2 July 2020

Congratulations to the following students who received merit awards

PP1: Finn W and Charlie A  
 PP2: Indiana Z, Matilda K and Jack T  
 Room 1: Leo B and James A  
 Room 2: Albie L and Maddie S  
 Room 11: Otis T and Amelie C  
 Room 12: Dylan F and Aki L

Room 14: Elisa G and Leo M  
 Room 5: Taj M and Gemma H  
 Room 6: Livia K and Bibak D  
 Room 7: Hunter G and Olive W  
 Room 8: Maxence G and Huni H  
 Room 9: Luka W and Iyla C

## UNIFORM SHOP NEWS

Super exciting news!

Our wonderful uniform shop is now open for business—properly!

Wednesdays 8:30am to 9am

Fridays 2:45pm to 3:15pm

During the school term

Orders can be placed at [freopc.tidyhq.com](http://freopc.tidyhq.com)



Friendly Reminder hot shots coaching is commencing

## Term 3 Fremantle Before School Tennis Program



-All new enrolments receive a free hot shots Tennis Racquet.

-Friday 31st July 8 week program from 8.00-8.45 am @ Fremantle Primary Campus (we use mini tennis nets)

-To enrol or inquire please contact Brendan on 0401565051 or

[fremantletopspintennis@gmail.com](mailto:fremantletopspintennis@gmail.com)

## HAPPY LUNCH BOX

Healthy Lunches. Happy Kids. Happy Parents & Carers.

### HOTHOMEMADE VEGGIE SMUGGLER MEALS (serving size approx. 225gr)

<small>GREEN TRAFFIC LIGHT</small>	
Napolitana Organic Pasta w. Cheese*(v)	\$5
Vegetarian Fried Rice with Omelette & Veggies (v)	\$5
Red Lentil Coconut Dahl with Basmati (v)	\$5
Macaroni & Cheese (Cheddar Based) (v)	\$5
Swedish Meatballs w. 5-Veggie Napolitana & Organic Pasta	\$5
Bolognese Beef, Organic Pasta w. Cheese*	\$5
Bolognese Roo-Low-Carbon-Foot-print, Organic Pasta w. Cheese*	\$5
Butter Chicken (free range) w. Rice	\$5
Chicken Drumsticks Honey/Soy (Free Range~150g)	\$4
<small>AMBER TRAFFIC LIGHT</small>	
Nachos Organic corn chips, Bean Salsa & Cheese*(v)	\$5
Sausage Roll (beef) Veggie Smuggler	\$5
Spinach & Ricotta Roll w Zucchini (v)	\$5

\*Can be requested Lactose Free

### WHOLEMEAL Toasties

<small>GREEN TRAFFIC LIGHT</small>	
Ham & Cheese, Pineapple & Cheese (v), Double Cheese (v)	\$4.50

### BENTO BOXES (On-line orders only)

#### MONDAY ONLY -Macaroni & Cheese Bento Box

+Apple Juice  
 +Wholemeal Choc Muffin  
 +Cut Fruit or Veggie of the season  
**\$7**

#### FRIDAY ONLY - SUSHI Bento Box (Chicken Teriyaki/ Cooked Tuna / Vegan)

+Apple Juice  
 +Wholemeal Choc Muffin  
 +Cut Fruit or Veggie of the season  
**\$7.50**

#### PLUS two Surprises:

(Varies weekly): Popcorn, Pretzels, Biscuits, Rice Crackers, Seaweed, Mini Choc Pudding, Mini Jelly Cup, Weetabix Clusters w. Berries, Mini Frozen Yogurt, Raisins etc.

For Communication, Updates, New Menu Items & Recipes: Facebook HAPPY LUNCH BOX

MONDAY - THURSDAY - FRIDAY

T2 2020

Place orders by 9.00am Online: [www.quickliq.com.au](http://www.quickliq.com.au) or Order Box by Kitchen

### SUSHI 6pc with Icy Pole (Thurs. & Fri. & on-line orders only)

<small>GREEN TRAFFIC LIGHT</small>	
SUSHI Chicken Teriyaki/ Cooked Tuna / Vegan	\$6.50

### SNACKS

<small>GREEN TRAFFIC LIGHT</small>	
Corn on the cob	\$2.00
Fruit seasonal	\$1
Boiled egg (hard)	\$2
Nori Seaweed x 2 Sheets	\$2.50
Sunraysia (Organic 100% Fruit Juice Freeze)	\$2.50
Fruit straps (no additives - fruit only)	\$2.50
Fruit Frogs - Nice & Natural	\$2
Medium Muffin Chocolate (75gr) (Wholemeal)	\$2
Rice Wheels (Cheese flavour)	\$2
Air popped popcorn	\$2
Frozen Juicies Tubes (100% juice - no additives)	\$2.50
Frozen Low Fat Yoghurt	\$2.50

### DRINKS

Ribena / Apple Juice / Chocolate Milk / Strawberry Milk	\$2.50
---	--------

Connecting Community for **KIDS**

## Dads & Kids Adventure

### Join us for our next Dads and Kids Adventure!

These adventures will take place in a different location each week and are a great opportunity to connect with your kids in the great outdoors! Our next adventure is a walk and treasure hunt around Bibra Lake. This event will be pram friendly.

**Saturday 1 August**  
 Bibra Lake Regional Playground, Progress Drive, Bibra Lake  
 Meet outside main entrance gates near the toilet facilities  
 9.30am - 11am

RSVP via trybooking - [www.trybooking.com/BK0VG](http://www.trybooking.com/BK0VG)  
 BYO water bottle, walking shoes and morning tea.

\* The event will go ahead in light/moderate rain but will be cancelled if there are storms or heavy rain. Please keep an eye on our Facebook page for any event updates.

Supported by 0429 904 324 | [info@connecting4kids.com.au](mailto:info@connecting4kids.com.au)  
[www.connecting4kids.com.au](http://www.connecting4kids.com.au)

**Cockburn Parenting Service invites you to:**

## Circle of Security Parenting

This internationally recognised program offers an opportunity to learn more about the parent/child relationship, the emotional needs of children, and how to meet these needs.

- Understand your child's emotional world and emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem

**When** Thursday 30 July 6 August 13 August 20 August  
 27 August 3 Sept 10 September 17 September  
 (8 sessions)

**Where** Coolbellup Hub, 90 Cordelia Ave, Coolbellup

**Time** 10am – 11.30 am

**Cost** Free

Crèche is not available (babies under 6 months or babies not yet crawling can attend with parent)

For further information and to register contact  
 Cockburn Parenting Service on 94113855  
 Or email [parenting@cockburn.wa.gov.au](mailto:parenting@cockburn.wa.gov.au)

Supported by

Connecting Community for **KIDS**

## NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY 2020

Connecting Community for Kids and KOYA are proud to be taking part in the Aboriginal and Torres Strait Islander Children's Day 2020. Come along and celebrate children within our community, and learn the importance of children growing up strong in culture and identity.

The celebration will include dot painting, storytelling, music and learning how to do an acknowledgement to country. There will be a free sausage sizzle, and show bag for all children!

We will be holding this event across two days in different locations and ALL children from the local community are welcome to attend.

**TUESDAY 4 AUGUST**  
 3PM - 4.30PM  
 COOLBELLUP (VENUE TBC)

**THURSDAY 6 AUGUST**  
 3PM - 4.30PM  
 KWINANA (MAGC CULTURAL CENTRE)

RSVP via text to Lisa on 0402 914 274

#eldersoftomorrow  
 #stronginculture

Supported by 0429 904 324 | [info@connecting4kids.com.au](mailto:info@connecting4kids.com.au)  
[www.connecting4kids.com.au](http://www.connecting4kids.com.au)

**FOOD SENSATIONS\* FOR PARENTS PROGRAM CALENDAR: JULY - SEPTEMBER 2020**

Food Sensations for Parents (FSP) is a free community nutrition education and cooking program designed to provide parents and carers of children aged 0 - 5 years with the tools to create a positive eating experience for the whole family. Run over 5 weeks, each 2.5 hour session includes 1 hour of learning through fun, interactive activities and discussion, 1 hour of hands-on cooking using quick, tasty, budget friendly recipes, followed by a shared meal with parents and children. The Food Sensations for Parents Program is generously supported by Healthway.

Online programs are run over 4 sessions and run for 1.5 hours over ZOOM.

**What will participants learn?**

- Week 1 - Basics of healthy eating for the whole family
- Week 2 - Recommended amounts, textures and types of food for each childhood development stage.
- Week 3 - Helpful tools and tips to make mealtimes joyful.
- Week 4 - How to read food labels and pack healthy snacks and lunchboxes
- Week 5 - How to plan and feed the family on a budget.
- Every week - Participants will cook quick, easy, delicious, healthy family meals and share them with their children and receive a workbook with lots of information and recipe booklets to take home each week.

**How do I refer clients?**

- The public can be referred to open programs and details of how to book can be found on our website - [foodbank.org.au/WA/food-sensations-for-parents](http://foodbank.org.au/WA/food-sensations-for-parents)
- Closed programs are pre-existing groups and aren't open to the public.
- If you have an existing group or venue that would like to host a program, please contact Michelle on (08) 9463 3230 or email [michelle.mcintosh@foodbankwa.org.au](mailto:michelle.mcintosh@foodbankwa.org.au) to discuss further.

SOUTH METRO HEALTH SERVICE			
LGA	WHEN	WHO & WHERE	OPEN OR CLOSED
<b>JULY/AUGUST</b>			
City of Kwinana	Mondays July 20, 27, August 3, 10 & 17 12:00pm - 2:30pm	Child & Parent Centre Dudley Park Kooljack Street DUDLEY PARK	OPEN
ALL	Wednesdays July 29, August 5, 12 & 19* 10:00am - 11:30am *4 x 1.5 hr sessions only	ONLINE via ZOOM Bookings @ Eventbrite	OPEN
<b>AUGUST/SEPTEMBER</b>			
ALL	Tuesdays August 25, September 1, 8 & 15* 1:00pm - 2:30pm *4 x 1.5 hr sessions only	ONLINE via ZOOM Bookings @ Eventbrite	OPEN