

Fremantle Primary School

Dates to Remember

Wednesday 12 August - Board Meeting

Thursday 13 August - Assembly (online)

Thursday 20th August - Interschool Cross Country

Update from the Principal


Kaya all

I am glad to say that we are back into a regular rhythm at school which all helps with the learning: attendance is back up, learning programs are as normal and we have resumed some incursions and sporting events. Families are able to be more present on the grounds and catch up after school, and it's lovely to be able to see everyone again. As a gentle reminder, we are following the gathering limits of two square metres per person rule.



Assemblies remain online as we await Phase 5, which is currently postponed until Saturday, 29 August. In the meantime, we're keeping up good hygiene practices and physical distancing of adults. Daily cleaning regimes, access to hand sanitiser and actively promoting hand hygiene, physical distancing and coughing/sneezing etiquette continue. Staff and adults in school are keeping up physical distancing of 1.5 metres where possible.



On the side banner , we have some words on bullying. We use this word sparingly, as at Fremantle PS, the vast majority of behaviours we deal with are more about misunderstandings, one-off disagreements, acts of thoughtlessness or teasing, than repeated acts of aggression. Our response will depend on the situation, but generally when we hear of these acts, we (myself, Mr Sachse and/or teachers) talk to the children about reflecting on their behaviours and help them nurture their inner sense of empathy. We keep records of negative behaviours, which help us identify bullying if/when they happen. We will let you know if there has been an incident. Please remind your child to let their teacher or trusted adult know as soon as they ever feel unsafe, so that we can respond, investigate and resolve the matter as quickly as possible.

Finally, thank you for keeping a close eye on children as they play after school. We want safe play to happen all the time, so your supervision of the children after school ensures that.

Go Freo (PS)

Adriano / Mr T, Principal

7 August 2020

Issue 11

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

Be You

Bullying is hurtful, aggressive and repeated behaviour that aims to embarrass, threaten or intimidate another person.

Bullying can be carried out by an individual or group towards one or more persons and is a complex social problem which can occur in environments such as schools. Researchers agree that there are five key features of bullying behaviour:

1. The person (or people) who engage in bullying behaviour intend/s to inflict harm or fear upon the target.
2. Aggression towards the target occurs repeatedly.
3. The target child or young person doesn't provoke bullying behaviour by using verbal or physical aggression.
4. Bullying tends to occur in familiar social groups.
5. The person engaging in the bullying behaviour is usually more powerful (either in reality or perception) than the person they're targeting. The power may be, for example, social, physical or age-related.

Read more about Bullying [HERE.](#)

Merit Awards Thursday 30 July 2020

Congratulations to the following students who received merit awards

PP1: Ella P and Azureus S
 PP2: Giorgio C and Joseph H
 Room 1: Leo T and Sean G
 Room 2: Julian K, Mayahli R and Ai S
 Room 11: Sebi C and Winter R
 Room 12: Lotta T and Carter J

Room 14: Leon M and Gus R
 Room 5: Ed G and Leo M
 Room 6: Raff G and Fletcher M
 Room 7: Mahkez H and Isabel W
 Room 8: Halle D and Sophia T
 Room 9: Sylvie C, Sam L and Amelie W
 Health Award: Year 1 Room 11

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



HAPPY LUNCH BOX

Healthy Lunches. Happy Kids. Happy Parents & Carers.

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

GREEN TRAFFIC LIGHT

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

AMBER TRAFFIC LIGHT

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

GREEN TRAFFIC LIGHT

Ham & Cheese, Pineapple & Cheese (v), Double Cheese (v)	\$4.50
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MONDAY - THURSDAY - FRIDAY

T2 2020

Place orders by 9.00am Online: www.quickliq.com.au or Order Box by Kitchen

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

GREEN TRAFFIC LIGHT

SUSHI Chicken Teriyaki/ Cooked Tuna / Vegan	\$6.50
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SNACKS

GREEN TRAFFIC LIGHT

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
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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

A Wild Rumpus in Room 6

Room 6 enjoyed a wild rumpus party dressed as monsters or in their onesies to celebrate our friendships and as part of our next exciting phase in our Talk For Writing Program.

Have a happy day!

Ms Jones & Mr Hood



2020 Fremantle Primary School Faction Cross Country Results

Year 3		
Place	Girls	Boys
1 st	Elsa Marsh	Leo Morellini
2 nd	Livia Kemp	Yianni Mourish-Sifandos
3 rd	Ella Pearce	Oscar Fillmore
4 th	Lily Ferreira	Rafferty Gray-Leigh

Year 4		
Place	Girls	Boys
1 st	Sarah Griffin	Jasper Wong
2 nd	Elisa Gordonnat	Ziggy Stojanovic
3 rd	Terra Antoine Haycroft	Keller Hastie-McKernan
4 th	Olive Winton	Ben Robinson

Year 5		
Place	Girls	Boys
1 st	Isabel Waters	Seth Smith
2 nd	Annie Geddes	Archie Phillips
3 rd	Olive Rowden	Alfie Tucker
4 th	Manu McArdle	Luka Ristic

Year 6		
Place	Girls	Boys
1 st	Halle Douglas	Edward Wilson
2 nd	Phoenix-Rose Ewen	Nathan White
3 rd	Sylvie Carter	Maxence Gordonnat
4 th	Odetta Jackson	Xenon Liotino



Final Results

1st: Batavia (86)

2nd: Leeuwin (72)

3rd: Challenger (70)

Chaplaincy Brief Overview

The chaplain cares for the social, emotional and spiritual wellbeing of staff, students and community. This is provided through one on one meetings, classroom visits, email encouragement, lunch time walks, classroom support, referrals, parent conversations, group meetings, responding to crisis and other avenues as seen necessary.

Students can either be referred to the chaplain via a teacher or parent/guardian. Parent/Guardian permission must be received before chaplaincy ongoing involvement. An appropriate time is arranged with the classroom teacher for the chaplain to meet with the student in need, what happens from there is dependent on the needs of the child.

One of the following three options is the most likely avenue followed; this is decided based on need and level of crisis:

- Weekly/fortnightly/monthly one on one with student is arranged
- Student referrals to outside agency or school psychologist
- Student sees chaplain should they need to, but regular appointments are not set

A one on one session with the chaplain looks different for most students depending on their age, likes, dislikes, needs and current situation. The chaplain works to build a positive relationship with the student so they are comfortable asking for help and opening up. All students are told at the beginning of a session that it is confidential unless they are (or have the potential to be) being harmed, harming themselves, are going to harm someone else or someone else is being harmed. Some of the tools used to create a positive atmosphere with students include the following:

- Playing sports ie. Shooting hoops, kicking a football or going for a walk
- Colouring in
- Playing a board game
- Drawing ➤ Playing instruments
- Reading a book
- Worksheets 'Today I'm feeling'
 - All my emotions
 - My fears
 - My dreams
 - A true friend is...

Early childhood Centre: Once a week the Chaplain attends pre-primary and kindy for approximately 15 minutes per class, speaking on being yourself and how important their personal space is.

Safety resources for children

The Commissioner for Children and Young People is embarking on research to inform the development of resources for children and young people explaining their right to speak up when they feel uncomfortable, unsafe or marginalised, and outlining the steps they can take to raise their concerns or make complaints within organisations.

There are several ways you can be involved, through child and parent surveys, activities and focus groups.

More information, resources and access to the surveys can be found [here](#).



***Our school chaplain
Shayne Weller***



Department of
Education

VACSWIM 2020

Get ready
for summer

**Help your child stay
safe and be confident
in the water.**

Enrol now for October holiday swimming lessons. Perfect for beginner, intermediate and advanced swimmers.

5 days – child \$16, family \$41*

9 days – child \$30, family \$81*

*Concessions available.

Enrolments close 23 August 2020

Visit education.wa.edu.au/vacswim

VACSWIM SWIMMING LESSONS

Enrolments are now open for VacSwim swimming lessons during the October and December/January school holidays.

October is a great time to get your children ready for summer and January offers fun lessons at beach or pool locations during the long break.

Your children can start as young as five years old.

Enrol your children in VacSwim now at education.wa.edu.au/vacswim



Fremantle OSHC

Term 3 2020

**We have spaces available every day
for before and after school care.**

Before School Care 6:45– 9:00 am

After School Care 2:40 – 6:00 pm

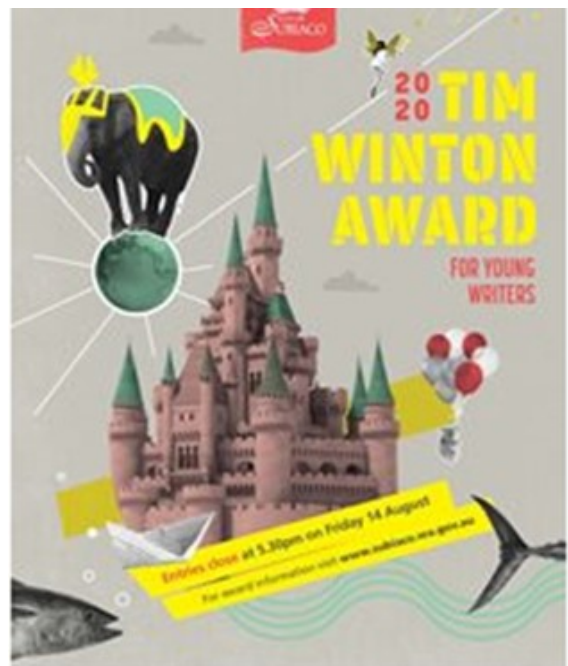
**We provide fruit and snack, as well as a
morning and afternoon activity and free
play.**

We would love for you to join us!

Contact us for more information

Enquiries: 0417 036 195

email: fremantle@wanslea.asn.au



The City of Subiaco presents the twenty eighth annual Tim Winton Award for Young Writers. The creative writing award is open to Western Australian school students and encourages imagination, innovation and creativity.

<https://www.subiaco.wa.gov.au/Your-council/Awards/Tim-Winton-Award>