



## Dates to Remember

**Thursday 27 August-Assembly (Online)**

**Thursday 10 September - Assembly (Online)**

**Tuesday 22 September - Parent Interviews**

**Friday 25 September - School Development Day**

## Update from the Principal

Kaya dear parents and carers

This year is the final year of [Our Plan 2020](#) and I would like to take this opportunity to acknowledge the dedication, and hours of work of our staff and Board in the development and implementation of that plan. Our challenge now is to work on the next one, and align the Department of Education's [Strategic Directions](#), with the ideas and aspirations of our school community, which includes our students, staff, board and you. On Friday 28th August, a Parent Survey will be coming out to invite your constructive feedback on not only how we're going as a school, but where we go in the future. Our students, staff and board have already started to reflect on how we have evolved as a school over the last three years, and what the vision about learning needs to be for the following three years. We also will be looking for a new look for the plan to match the flavour of our new priorities. If there are any graphic designers who would care to volunteer some time to help us layout our new plan, please can you let us know on [fremantle.ps@education.wa.edu.au](mailto:fremantle.ps@education.wa.edu.au).

In this edition is some information about Aussie Optimism, which is the wellbeing program running across the primary school. This program runs in addition to the essential work teachers do to ensure classrooms are safe places for all, and considerable efforts of our Student Support Services to support those with varying needs (we heard from our School Chaplain in the last edition, and there will be more in the next one). Indeed all staff collaborate to ensure safe learning environments. The work we can do in the school can only be successful when we build on the work you do at home. I see on a daily basis parents/carers and staff sharing with each other ways that individual children need to be supported, and it is this collaboration which is so vital. The Department of Education provide [recourses](#) on Protective Behaviours to assist conversations at home that can help children at school, in the home and beyond. See the sidebar → for more info.

Finally, I know there are lots of sniffily noses out there, and students and staff have been keeping at home to recover. Please keep well while we see out the cooler times. We are going to trial having a live assembly on 27th August, asking all adults to observe social distancing measures in place, so I look forward to seeing you there if you can make it.

Go Freo (PS)

Adriano / Mr T, Principal



## 21 August 2020 Issue 12

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

## Protective Behaviours

All children are able to learn valuable ways to keep themselves safe, and to reach out to key people if they need help.

These ways are commonly know as

### **protective behaviours.**

Our collective role is to keep children safe, while at the same time encouraging their independence.

This can be a delicate balance, and a challenge to navigate at times, because there is a lot of information out there.

As well as the Department of Education [resource](#), you can find online a number of story-books that are good to access from most local libraries and book shops, that cover topics like when children should say 'no', body safety and not keeping secrets.

Meerilinga often run free workshops and will have information [online](#). We often share their info in our newsletter, so please keep an eye out for them. In the meantime, feel free to talk to your child's teacher if you have any questions or concerns.

# Merit Awards Thursday 13 Aug 2020

Congratulations to the following students who received merit awards

PP1: Hazel M and River R  
 PP2: Harrison S and Jasper T  
 Room 1: Zarrah F and Finn C  
 Room 2: George M and Amy G  
 Room 11: James D and Oki R  
 Room 12: Otto E and Remy M

Room 14: Alex E, Gus R and Harry J  
 Room 5: Joseph K and George N  
 Room 6: Ella P, Lily F and Phoebe W  
 Room 7: Alexander J and Aaron T  
 Room 8: Nina W and Allegra G  
 Room 9: Oscar M and David B  
 Health Award: Year 3/4 Room 14



## HAPPY LUNCH BOX

Healthy Lunches. Happy Kids. Happy Parents & Carers.

### HOT HOMEMADE 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](http://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
<b>\$7</b>

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

+Apple Juice
+Wholemeal Choc Muffin
+Cut Fruit or Veggie of the season
<b>\$7.50</b>

### 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

Here's an abridged version of an article from Curtin Uni on Aussie Optimism

## The positivity program that's helping Aussie kids help themselves

[Aussie Optimism](#) is a series of school-based programs improving the mental health of children and pre-adolescents around Western Australia. Developed by Curtin University Associate Professor Clare Roberts, Associate Professor Rosanna Rooney and Dr Robert Kane, the evidence-based, universal program aims to promote children's mental wellbeing and prevent depression and anxiety, which are ranked as the leading causes of the non-fatal burden of disease worldwide.

For one hour a week for a school term, [primary students] work with their teacher to learn how to identify their feelings, evaluate their thoughts more accurately, empathise with their classmates and develop positive coping, social and self-awareness skills. Aussie Optimism develops children's emotional and mental resilience, preparing them to meet the challenges and stresses of life, such as peer pressure, changing friendships, the transition to high school and the changes that come with adolescence.

Aussie Optimism consists of four developmentally appropriate programs: Feelings and Friends for students in years 1 to 3, Positive Thinking Skills for students in year 4, Social Life Skills for students in year 5 to 6 and Optimistic Thinking Skills for students in year 8. It also offers a family-based program aimed at parents of children making the transition to high school. The 'whole school approach' program was mapped to the Australian Curriculum Health and Physical Education syllabus in 2013.

Source: <https://news.curtin.edu.au/stories/positivity-program-thats-helping-aussie-kids-help/>

### 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)

### FROM THE PHYS ED DESK - Mr Pozzi

On Thursday we had 24 students from Years 3-6 travel to Gil Fraser Reserve, North Fremantle to represent Fremantle Primary School at the Interschool Cross Country. In what is a very challenging race, our students ran their hearts out, and they should all be very proud of their efforts. Thanks to a great team running performance, we achieved a fantastic result, finishing 2nd overall.

The behaviour and sportsmanship displayed by our students throughout the day is also to be commended, with lots of positive cheering coming from the stands, and it was also nice to see our students congratulating their competitors at the end of each race. This was topped off by our students giving the winning school, and school we bus shared with, White Gum Valley PS a clap as they got off the bus.

This was a fantastic result for our school, and one that all students can feel proud and a part of, as we have all been working hard on our cross country running this term.



Congratulations to Fremantle Primary School students who placed in their event: Yianni Mourish-Sifandos (4th, Yr 3 Boys), Sarah Griffin (Champion, Yr 4 Girls), Seth Smith (3rd, Yr 5 Boys), Isabel Waters (3rd, Yr 5 Girls), Halle Douglas (Champion, Yr 6 Girls), Edward Wilson (Champion, Yr 6 Boys).

Final placings: 1st White Gum Valley PS (309), 2nd Fremantle PS (274), 3rd Winterfold PS (253), 4th Hilton PS (196), 5th North Fremantle PS (190), 6th East Hamilton Hill PS (139)



## Information for parents

### What to bring:

- ✓ Children are required to bring morning tea and lunch - we provide afternoon tea. We are an allergy aware centre so, please, no nut products
- ✓ Children must wear sun smart clothing with a hat and sunscreen and sensible shoes to run/climb
- ✓ Children will need a water bottle, bag and a change of clothes so that they can participate in "messy" and water play
- ✓ Any medications your child may require including epipens or ventolin

### Please make sure:

- ✓ You have filled in a booking form and signed it
- ✓ You have an up-to-date enrolment form
- ✓ Your fees are paid prior to the commencement of the program
- ✓ You have notified staff of any medical conditions your child may have

### Fremantle address

Wanslea  
1 Brennan Street, Fremantle  
Mob: 0417 036 195  
**All booking forms to be sent to:**  
fremantle@wanslea.asn.au

### Wanslea main office

110 Scarborough Beach Road  
Scarborough WA 6019  
Tel: (08) 9245 2441  
Email: support@wanslea.asn.au  
Website: www.wanslea.asn.au

This service operates under the Education and Care Services National Regulations 2012 and all Wanslea OSHC services are assessed and rated by the Education and Care Regulatory Unit.

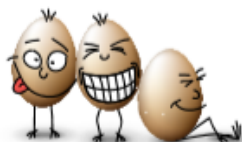
## Vacation care at Fremantle



September/October Vacation Care  
28 September to 9 October 2020

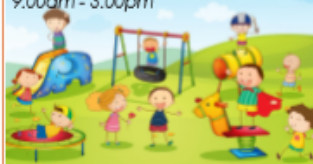
### Monday 28 September

**Public Holiday**  
Centre closed



### Tuesday 29 September

**Bibra Lake Regional Park**  
Excursion - lunch provided  
9.00am - 3.00pm



### Wednesday 30 September

**Picnic & Gardening day**

In centre  
Join us for a day full of gardening and a spring picnic



### Thursday 1 October

**Latitude & Mawson Park**

Excursion 9.00am - 3.00pm  
Join us for a day of bouncing and climbing at Latitude



### Friday 2 October

**Sports Carnival Day**

In centre  
Get your running shoes on and get ready for a day full of sports!



### Monday 5 October

**Perth Zoo**

Excursion - 9.00am - 3.00pm  
We're going to the zoo and you should come too!



### Tuesday 6 October

**Spineless Wonders**

Inursion  
Get up close with these amazing insects and explore the spineless wonders of the world



### Wednesday 7 October

**Timezone**

Excursion  
9.00am - 3.00pm



### Thursday 8 October

**Space Day**

In centre  
Come on a journey through space



### Friday 9 October

**Pamper Day**

In centre  
Sit back and relax and enjoy a day of pampering



- ✓ On excursion days please ensure your child is at the service no later than 8:45am
- ✓ Your child requires a packed morning tea and lunch everyday unless otherwise specified on the program
- ✓ Please return your signed booking form by 18 September
- ✓ All fee's must be paid advance

Keep up to date for our next program running in January 2021 by emailing fremantle@wanslea.asn.au

# 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](http://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](http://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](mailto:fremantle@wanslea.asn.au)**

## PERTH SCORCHERS PLAYCRICKET carnivals



### WACA Carnival Day

Hip Hop classes

Esports

Silent discos

**\*\* Player appearances \*\***

DATE : Sunday | 30<sup>th</sup> August 2020 | 1PM – 4PM

VENUE : WACA Ground

Airbrush tattoos

'Batfast'

Inflatables

COST : FREE !!

### South West Metro Junior Cricket Association Playcricket Hub

**\*\* Player appearances \*\***

Cricket activities

DATE : Friday | 4<sup>th</sup> September 2020 | 4:30PM – 6PM

VENUE : Tompkins Park, ALFRED COVE

COST : FREE!

Meet your local club & register

To register & find out more, go to :

<https://www.perthscorchers.com.au/play>

**FOR MORE INFORMATION  
CONTACT**

**Cherie Pirnie**

E | [Cherie.Pirnie@waca.com.au](mailto:Cherie.Pirnie@waca.com.au)

M | 0427 830 068





## NO HAT NO PLAY

Just a reminder to all families students are required to wear a hat at recess, lunch and during sport. Forgetting your hat has become far too common lately and students are needing to "borrow" a hat from the office. Please encourage your children to remember their school hat every day.



# PLAY CRICKET!

PLAY MORE SHOTS, FACE MORE BALLS AND TAKE MORE WICKETS!  
GET BACK INTO THE ACTION OF JUNIOR CRICKET AND  
TAKE YOUR GAME TO THE NEXT LEVEL

Hilton Park Junior Cricket Club	
Junior and Master Blaster, Fridays 4.30pm and 5.30pm.	
Under 10's, 11's, 15's and 17's	Sunday Mornings
Under 12's, 13's, 14's, Girls	Saturday Mornings
cricket@hpjcc.org.au	Wayne 0419933385

JOIN A TEAM NEAR YOU TODAY [PLAY CRICKET](#)

POWERED BY  



Connecting Community for 

## Dads & Kids Adventure

Get your hands dirty at our next Dads and Kids Adventure!

Dads (or father figures) join us for a fun afternoon of tree planting in Wells Park, Kwinana, followed by an afternoon tea. Enjoy spending some quality time with the kids in a relaxed environment whilst you connect with other dads in your local community.