

THE LANDING POST

A Newsletter designed to inform our growing school community of
Anne Hamersley Primary School

ROD W. SIMEONS - PRINCIPAL

Volume 2—Issue 4



Thursday March 23	Harmony Day Assembly 8.45am
Thursday March 23	Harmony Day Family Lunch 12.40-1.20pm
Friday 31 March	Summer Sports Carnival
Monday 3 April	P & C Easter Raffle
Thursday 6 April	ANZAC Service

Dear Parents and Friends,

HARMONY DAY

We will be celebrating Harmony Day next Thursday, 23 March with a special Multicultural Assembly. We have an exciting line up planned with children's work being on display. Each class has "adopted" a country and focused on the country over the last few weeks. They are now familiar with the countries culture and tradition.



We encourage you to dress your child in a national costume if they have overseas links or relatives born overseas as this will add to this wonderful occasion. All children will have an opportunity to showcase their costumes during a "grand parade" at assembly.

Another feature of the day will be a performance by our newly established Jump Jam squad. This will be held at 1.05 pm on our small stage near the oval. Finally please do make a special effort to come down during the lunch break and have lunch with your children. A picnic on the oval will be a celebration of the Harmony we enjoy at our school.

SCHOOL NURSE

We welcome our newly appointed school nurse Sister Rhiannon Gardiner – "Nurse Rhiannon". She has no set days and will be in initially to screen our Kindergarten and Pre Primary children. The screening will focus on sight and hearing – important senses that facilitate learning. Please contact your child's teacher if your child is in another year level but requires their sight or hearing tested.

A REQUEST FOR PAYMENT

Voluntary Contributions are now due. These charges are for the whole year and are used to purchase all the added extras that enable us to provide quality education for your children. You are reminded that we do have EFTPOS facilities available. The amounts are as follows:

- Kindergarten \$50.00
- Pre Primary – Year 6 \$60.00



SLEEP

Poor sleep habits have a detrimental effect on all of us and our ability to concentrate, learn new tasks, perform at our best and our reaction time. The effects of poor sleep habits on children and their learning has been studied at Seattle Children's Hospital Research Foundation and they have published the following guide for parents which I want to share with you on how to help children form good sleep patterns.

1. Keep **consistent bedtimes and wake times** every day of the week. Late weekend nights or sleeping-in can throw off a sleep schedule for days.
2. **Avoid spending lots of non-sleep time in bed** – spending hours lying on a bed doing other activities before bedtime keeps our brains from associating the bed with sleep time.

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3. **Child's bedroom should be cool, quiet and comfortable.**
4. Those children who stare at clocks should have **their clocks turned away** from them.
5. Bedtime should follow a **predictable sequence of events**, such as brushing teeth and reading a story.
6. **Avoid high stimulation activities just before bed**, such as watching television, playing video games, or exercise.
7. Do not do these things during a night-time awakening either. It is best not to have video games, televisions, or telephones in the child's bedroom.
8. Having **physical exercise as part of the day** often helps with sleep time many hours later.
9. **Relaxation techniques** such as performing deep, slow abdominal breaths or imagining positive scenes like being on a beach can help a child relax.
10. **Avoid caffeine (sodas, chocolate, tea, coffee)** in the afternoons/evenings. Even if caffeine doesn't prevent falling asleep it can still lead to shallow sleep or frequent awakenings.
11. **If a child is awake in bed tossing and turning, it is better for them to get out of bed** to do a low stimulation activity (e.g., reading), then return to bed later. This keeps the bed from becoming associated with sleeplessness. If still awake after 20-30 minutes, spend another 20 minutes out of bed.
12. **Worry time should not be at bedtime.** Children with this problem can try having a "worry time" scheduled earlier when they are encouraged to think about and discuss their worries with a parent.
13. **Children should be put to bed drowsy, but still awake.** Letting them fall asleep in other places forms habits that are difficult to break.
14. **Security objects at bedtime are often helpful** for children who need a transition to feel safe and secure when their parent is not present. Try to include a doll, toy or blanket when you cuddle or comfort your child, which may help them adopt the object.
15. **When checking on a child at night, checks should be "brief and boring."** The purpose is to reassure the child you are present and that they are OK.
16. If your child is never drowsy at the planned bedtime, you can **try a temporary delay of bedtime** by 30 minute increments until the child appears sleepy, so that they experience falling asleep more quickly once they get into bed. The bedtime should then be gradually advanced earlier until the desired bed time is reached.
17. **Keep a sleep diary** to keep track of naps, sleep times and activities to find patterns and target problem areas when things are not working.

(Robert Hilt, MD, Primary reference: *A Clinical Guide to Paediatric Sleep* by Jodi Mindell and Judith A. Owens)



ABSENCES, LATE TO SCHOOL AND VACATIONS

If it is necessary for a child to be late to school, please go to the administration office where a late note, stating the reason of the lateness, will be generated for your child to hand to their class teacher. If your child is unwell, please notify the school via one of the following methods:

1. Calling the school office on 9297 7000 and informing the nature of the absence.
2. Informing the student's class teacher in person.
3. Send a note to the teacher giving the reason for the absence.
4. Emailing the School at annehamersley.ps@education.wa.edu.au
5. Send an SMS informing the nature of the absence on 0438 914 065.

As a school, we cannot support children being removed from school during term time. However, we do understand in today's society, finding shared family time can be a challenging experience. Please forward all vacation written requests to the Principal, outlining the dates your child will be away and the valid reason. All emails can be forwarded to:

Rodney.Simeons@education.wa.edu.au



ANNE HAMERSLEY
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MATHS ACTIVITY

What You Need:

- Construction paper in various colours
- Scissors
- Hole punch
- Magnet
- Paper clips
- Dowel or Tinker Toy to form the handle of the fishing pole
- String to form the fishing line
- Super glue



What You Do:

1. Cut ten fish shapes, each about 6-inches long, out of the different colours of construction paper.
2. Write a different number from 1 to 10 on each fish.
3. Punch a hole in each one near the mouth area. Slide a paper clip through each hole to attach.
4. Tie the string to the dowel to make a fishing rod.
5. Use the super glue to adhere the magnet to the end of the string. Let it dry thoroughly.
6. To play: Scatter the fish so that the numbers are clearly visible. Tell your child, "I'm hungry for a number 4 fish!" and watch him hunt for it, then carefully lower the "rod" until the magnet catches the paper clip and he reels it in. Repeat with other numbers until all the fish are caught for a game that's so fun, it doesn't even feel like math practice!

Vary the game by using it to practice other things, too! Write letters on the fish to work on alphabet recognition, or put a sight word on each fish. Or, for some more advanced math practice, shout out a number and ask kids to fish for something "bigger" or "smaller."

What time does the clock show?



nine forty

five forty

nine forty-five

MATHS MANIA

Maths family fun for everyone!

Every entry will receive a passport stamp and a chance to win a prize of your choice from the price centre. The winning entry will be drawn at our Monday Muster.



UPDAT-ED APP FOR ANNE HAMERSLEY PRIMARY SCHOOL

A Reminder to everyone! Keep up to date with the latest communication and information from Anne Hamersley Primary School. The Anne Hamersley Primary School Updat-ed app is great for sending out alerts and reminders to the school community. One of the app's best features is the ability to save events directly into your phone's calendar and link you to the school website with one click to view the latest newsletter or photos taken of event around the school.

Download instructions:

1. Download the Anne Hamersley Primary School app by visiting the App Store for iPhones or Google Play for Android's.
2. Search for **'Updat-ed by sponsor-ed'**
3. Select Anne Hamersley Primary School from the menu.
4. After selection the school will receive your registration request and will need to approve you before your app is up and running.

Mr Rob Guy
Deputy Principal



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LAST WEEKS ASSEMBLY AND AWARD WINNERS

Thank you to the parents and friends who attended our Assembly last Thursday. Please remember that Assemblies are held on Thursdays of Even Weeks commencing at 8.55. Following some whole school singing, the following children were awarded Honour Certificates:



HONOUR CERTIFICATES

AJ Scriva	Bailee Eade	Clea Dunn	Cullen Grace
Mackenzie Lord	Tayla Donovan	Kayden Skellham	Locklahn Murphy
Mia Litzow	Noah Campo	Tiare Moke-Brown	Blake Belgrove-Bridgeman
Jessica Brown	Lachlan Hannaford	Moise Ndayambaje	Summer Rose Copson
Zak Burnie	Jackson Safet	Samuel Peter	James Lord
Tiannah Della-Vecchia	Cooper Keeler		

PICK UP REMINDER

Parents/carers are requested to ensure that children are collected on time on each day, in particular early close Wednesday's. Teaching staff attend Professional Development Sessions during this time, therefore supervision cannot be ensured. In the event that children are not collected on time they will be directed to Camp Australia where you will need to deal with them directly with regard to fees.

REMINDER: EARLY CLOSE EVERY WEDNESDAY AT 2.30PM



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P&C ASSOCIATION INC.

SCHOOL COMMUNITY NEWS

Our next General Meeting will be held on Tuesday 21st March, 2017 in the school library commencing at 6pm. The meeting is open to all parents and carers who wish to attend, however only financial members are eligible to vote. Financial membership consists of a \$1 annual fee which can be paid on the night. We are actively seeking to increase our membership and volunteer database to help at upcoming events. If you would like to become involved in a small way – or a big way, we would love to see you there!

Easter Raffle

A big thank you to all those that have already donated to our Easter Raffle. The response so far has been fantastic and we are looking forward to another bumper Raffle this year. There is still time for you to donate, so please next time you are shopping, pop an Easter egg, Easter craft or toy into your trolley. Any donation big or small would be greatly appreciated. All donations to be handed to the front office by Monday the 27th March please.



Raffle tickets will be going home with the children from the 20th March with all prizes drawn on 3rd April at the Monday Muster.

Ice-block Fridays

Just a reminder that in addition to our regular Ice-block range (\$1.00 full and 50c half), we are also selling juice boxes for \$1.00 on Friday lunchtimes in the school canteen.

Wise words for the fortnight.....

LIFE IS A GIFT

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfil it

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy.... confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.

[Mother Teresa]

With best wishes

ROD W SIMEONS
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E-Mail: Rodney.Simeons@education.wa.edu.au

www.campaustralia.com.au | 1300 105 343

Closure of the Holiday Club Program at Anne Hamersley Primary School



Dear Families,

We want to make kids smile and we know that a fun and engaging atmosphere is very important to help achieve this.

Due to low demand for the School Holiday Program, the decision has been made to close the program - with the last date of operation being 6th March 2017

Please note that the current Before and After School Care Program> running at Anne Hamersley Primary School will continue to operate as usual with Before School Care operating from 6:30am to 8:40am and After School Care operating from 2:30pm to 6:30pm each school day,

To find an alternate Holiday Club program in your area for the upcoming school holidays please visit <http://www.campaustralia.com.au/HolidayClubs/>.

If you have any questions in relation to this closure, please feel free to contact our Customer Service Team on 1300 105 343 (Monday-Friday from 8am to 6pm AEST).

Julie Aizlewood
Regional Coordinator
Camp Australia
1300 105 343

VIRTUE OF THE FORTNIGHT



WHAT IS IT?

Respect is caring about people.

Respect is valuing ourselves and others. We show respect by speaking and acting with courtesy. When we are respectful we treat others as we want to be treated.

Respect also means obeying the rules of our school and family. We must respect our teachers, family and adults.

HOW DO WE KNOW WE AND THOSE AROUND US ARE RESPECTFUL?

We know this when:

- We treat others as we want to be treated.
- Speak politely to everyone.
- Take special care with our own and other peoples belongings.
- Listen and value what our teachers, family and adults say.
- We obey rules.
- Expect respect for our bodies and our rights.