



**ANNE HAMERSLEY**  
Primary School

# THE LANDING POST

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

**ROD W. SIMEONS - PRINCIPAL**

Volume 4—Issue 3



Dear Parents and Friends

## CONGRATULATIONS

At the assembly held on Thursday 28 February, a proud group of House Captains were badged to officially acknowledge their election to this position. The Captains will assist staff and students to ensure that our fitness programmes, sports and physical education days run smoothly. We all look forward to these children discharging their duties as conscientiously as possible. Well done:



**ALEXIA HUSK**  
**Alice Butterfield**



**ALEXIS WATENE**  
**BIPAI STANLAUS**



**ANAIS PELLICCIOTTA**  
**ELLA MOSTRATOS**



**NICK CLARK**  
**MELISSA CLOHESSY**

Also badged at this Assembly were our IT Monitors. These children were selected by Mr Guy, Mrs Salomon and Mrs Williams because of their particular interest and aptitude in the IT area. The fact that they are extremely reliable and keen to discharge their duties to the best of their ability was also factored in. Well done to:

**AARON CARROL, CHIARA CONCANON, KAURI MOKE BROWN and BLAKE BELGROVE.**



**VERONICA BANZA, EMILIA VAN BURGEL, MATEJ ZLOIC, CHARLI LUPTON, ISABELLA HARVEY AND DANIELA SCHIAFFINI.**

Our Worm Wizards Environmental Leaders were also badged during the Assembly. They will be working closely with Mrs Oliver and the sustainability committee. Our Leaders will have a number of important duties to fulfill in order to keep this program running smoothly. Congratulations to our students that have demonstrated their commitment to this important initiative in our school.

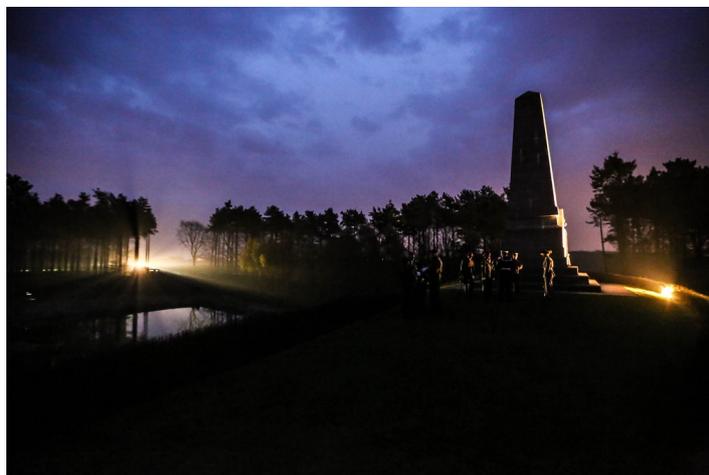
[www.annehamersleyps.wa.edu.au](http://www.annehamersleyps.wa.edu.au)





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## ANZAC CEREMONY

Our Anne Hamersley ANZAC Service will be held on Tuesday 9 April 2019 at 9:00am. The Service will be held in the open space in front of our under cover area, adjacent to our school flagpoles. Parents, guardians and friends are welcome to attend. Our guest list will include several community leaders taking part in the ceremony. Students will be involved in the wreath making and will be responsible for the creation of their own class or joint class wreaths with their class teacher. Class representatives will have the honour of laying class wreaths during the ceremonial proceedings. Teachers will communicate with parents if any assistance or donations are required for our ANZAC class wreath preparation. If there are any further enquiries please contact your child's class teacher or Mr Rob Guy for information or assistance

### QUOTE FOR THE FORTNIGHT

*"It always seems impossible until it's done."*

*Nelson Mandela*

*With best wishes*

**RW SIMEONS**  
PRINCIPAL

**Phone:** 9297 7000

**E-Mail:** [Rodney.Simeons@education.wa.edu.au](mailto:Rodney.Simeons@education.wa.edu.au)



**ANNE HAMERSLEY**  
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## TERM 1—WEEK 4 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:

Levi Tawhai	Matthew Blankley	Ryker Robertson	Tomairangi Moke Brown
Aleena Imran	Elyra Gandy	Josaia Seeto	Tellan McDonough
Samara Lloyd	Stacey Brear	Jessica Williams	Ryder McKay
Pippa Murray	Emilia Van Burgel	Arnold Boundry	Amelie Camille
Annaliese Fido	Maverick Clark	Asiwome Deku	Travis Murray
Leah Gulabovski	Tyson Zorbas	Layla Scott	Ruby-Maree Ugle
Cruz Barker	Shiloh Dayawen	AJ Scriva	





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**Harmony Week**

**Week 8 is Harmony Week!**  
**Monday 25<sup>th</sup> March- Thursday 28<sup>th</sup> March**  
**The theme for Harmony Week is 'Everyone belongs'.**

During this week we will be learning about Australia's cultural diversity.

Tuesday 26<sup>th</sup> March, Grandparents are invited to the school to discuss any of the following;

- Australia then and now
- Schooling in a different country
- What Australia was like when I was younger
- My primary school story

Next week a flyer will be sent home for you to complete and return to your classroom teacher.

We will also be doing Harmony Week rotational activities on Wednesday 27<sup>th</sup> and having a cultural dress parade/assembly and a family picnic on Thursday 28<sup>th</sup>.

Kind regards  
Miss Chambers  
Year 4 Teacher

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## Can you help? Parent help procedure

- Sign up at your child's classroom
- Complete a confidentiality form at the office
- Sign in at the office on the day
- Wear your parent help badge
- Join other committees
- Ask your child's teacher... "how can I help?"



## Crazy Dress Day



What a fun day we had last Friday. We all went a bit CRAZY! Thank you to all of the students and teachers that dressed up to raise \$455.10 for our Year 6 Fundraising campaign. We are looking forward to the next dress up "PJ" day in Term 2.

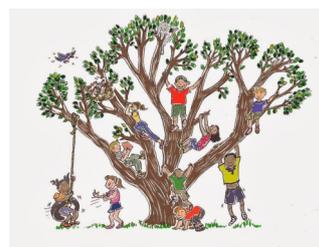


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## Nature club

- ✦ We are looking to start a parents and family nature club at our school.
- ✦ If you have interesting ideas and are keen to be involved in any way, little or big, please sign up.
- ✦ First meeting-Tues W8 26 March 3.10 A4
- ✦ Creating gardens
- ✦ Building play areas
- ✦ Participating in a busy bee



## Anne Ham

### Worm Whizz!

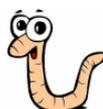
*Fresh off the press!*



\$2 for 1L

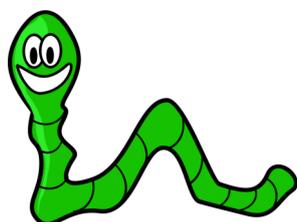
\$3 for 2L

\$4 for 3L



#### WHAT'S WITH WORM WHIZZ?

A worm farm produces vermicast, a soil-like mineral, and a 'juice' which are both nutrient rich and make an ideal natural fertilisers to improve the health of the plants in your garden.



**The benefits include:**

Improves the health of your garden!

It's a natural liquid fertilizer!

It is nutrient rich!

You will be supporting the Sustainability program!

#### GOT A GREEN THUMB?

Please enquire with Miss Parkes if you are interested in joining the Green Team!

## YOUR TRASH IS OUR TREASURE!



- |                  |                |                  |
|------------------|----------------|------------------|
| PVC pipe offcuts | Wooden trays   | Bottle tops      |
| Wood offcuts     | Wire           | Baby food jars   |
| Old tools        | Beads          | Formula tins     |
| Rope             | Buttons        | Marbles          |
| Nails/screws     | Ribbon         | Old baking trays |
| Locks with keys  | String         | Cake tins        |
| Cardboard tubes  | Shells         | Wooden baskets   |
| Reels            | Seeds          | Wooden spoons    |
| Corks            | Cuttlefish     | Floor/wall tiles |
| Boxes            | Seaweed        | Scrabble letters |
| Material         | Work wear-     | River stones     |
|                  | Hard hats      | Large pebbles    |
|                  | Hi-Vis jackets |                  |
|                  | Rolling pins   |                  |



## School



This year we are offering a range of clubs. Some will be before school, at lunchtime and after school. This term your child can participate in these clubs-Days and times subject to change. Ask your child what clubs they attend.

- Percussion-Monday lunchtime
- Science-Monday before school and Monday lunchtime
- Guitar-Tuesday before school
- Uno-Wednesday lunchtime
- Choir-Wednesday lunchtime
- Jump Jam-Thursday and Friday lunchtimes
- Numero-Thursday lunchtime
- Coding-Friday lunchtime
- Worm Wizards-Thursday lunchtime
- Running-Monday before school on the oval at 8am-Parents welcome (No Dogs)



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The Dental Therapy Staff will be visiting for Dental Screening on Thursday the 4<sup>th</sup> of April. Dental Screening is a growth and development check for all **enrolled** students in Pre- Primary, Year 3 & 6. This is not a thorough check-up, so parents will not need to be present. If a follow-up appointment is required parents will be contacted. Parents of Pre- Primary children will receive appointments for initial check-ups in the upcoming months. Please ensure all outstanding enrolment forms are returned promptly as only **enrolled** students will be seen. For any further information please contact the Dental Therapy Centre.



## ANNE HAMERSLEY DENTAL THERAPY CENTRE

(08) 9297 7021



Monday 4<sup>th</sup> – Friday 29<sup>th</sup> March 2019

Our school is taking part in March Munch, where students challenge themselves to crunch on vegetables for Crunch&Sip® during the month of March.

Crunch&Sip® is a set break during the school day for students to eat vegetables or fruit and drink water in the classroom. As only 1 in 6 primary school kids in WA eat enough vegetables, our program is encouraging kids to choose vegies for Crunch&Sip® to help boost this figure!

Please send vegetables for your child to eat for Crunch&Sip® during March. Snow peas, a whole celery stick, cut up cucumber or capsicum, cauliflower florets, cherry tomatoes or carrot sticks are all great choices.

For more information and to register your school head to: <http://www.crunchandsip.com.au/events/march-munch-2019/>

ZERO & REWARDS CARD HOLDER  
EXCLUSIVE OFFER

**LOWES**  
1 DAY ONLY  
**20%\***  
**OFF**  
**SCHOOLWEAR**  
AND  
EVERYTHING ELSE



**INSTORE & ONLINE THURSDAY 14TH MARCH.**

\* Excludes gift cards, all suit packages & Schoolwear layby's. Cannot be combined with other offers or discounts. Floor stock only. Styles and colours may vary from store to store. No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount. Offer ends midnight (AEDT) 14/03/19. Must use Zero or Rewards card to receive discount.

**REMINDER: EARLY CLOSE EVERY WEDNESDAY AT 2.30PM**



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## Homemade Food Pyramid

If nutrition is the foundation of good health, it's no wonder parents of young children worry so much! Kid sugar lust can make parents concerned that their children will never eat their veggies.

But never fear! This activity is a fun way to introduce your child to the concept of a balanced diet. They will make their own food pyramid poster with the healthiest foods marked with a shiny gold star. Make it a contest to see how many good foods they can eat in a week, and pretty soon they will be asking for vegetables instead of boycotting them!

### What You Need:

- White poster
- Measuring tape
- Permanent marker
- Magazines or grocery ads with pictures of food
- Scissors
- Clear tape
- Gold star stickers
- Notebook and pen



### What You Do:

Use the measuring tape to help your child draw a large triangle on the poster board and divide it into six wedges vertically, making sure that the top section is much smaller than the other five. There's no need to be exactly proportional when drawing the wedges, just make sure that five are about the same size.

Label the wedges: grains, vegetables, fruit, dairy, meat and beans, and the narrow slice fats, sugars, and salt. If your child has started writing, invite him to write the word, or at least the first letter of every word, to get in some writing practice.

Grab some magazines with pictures of all types of food, or newspaper ads from a grocery store. Look through the pictures of foods and have your child identify each one. Then ask him if he knows where that food would go on the poster.

Cut out pictures of different foods, and try to get at least 3 for each category!

When he has a big pile, help him sort the pictures and lay them onto the poster in the category for which they belong. Then tape them on.

Talk about the values of different foods. For example, fish and chicken both fall under the meat category but fish is better for you. Oatmeal and white bread are both under the grains category but oatmeal is the healthier choice.

Place gold star stickers next to the foods that are the best, like berries, broccoli, low-fat milk, and whole wheat bread.

Then, create a "points" system, where the best foods amount to ten points, the good foods five points, and the fatty, sugary foods have one point.

Write the points into each category so he can see which ones he should be aiming to eat more often. (This will also help him practice his number recognition!)

Hang the poster on the fridge or on a cabinet, so when he hungrily wanders into the kitchen for a snack he can get ideas for a healthier choice.

Keep track of what he eats throughout the week in the notebook. Write a ten down when he eats the best foods, a five down for good foods, etc.

At the end of the week, see how many tens, fives, and ones he has. If he has mostly tens and fives, reward him with a small treat (a trip to the park, a new set of markers, etc). If he has mostly ones and fives, reconsider your shopping list and try again until he's figured out the "good" foods from the "not so good" ones. It will help your child learn what the best foods are, and might even make the whole family eat healthier!

## MATHS MANIA!

What colour is the ninth square? Start counting from the left.



red	orange	yellow
green	blue	purple

**Mr Guy**  
Deputy Principal



**ANNE HAMERSLEY**  
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**ANNE HAMERSLEY**  
Primary School  
P&C ASSOCIATION INC.

## SCHOOL COMMUNITY NEWS

Updates from your P&C Association

2019 Anne Hamersley Primary School P&C Committee

### **MOVIE NIGHT Friday 15<sup>th</sup> March from 5:30pm PETER RABBIT**

Our annual movie night will be held on Friday 15<sup>th</sup> March, gates open from 5:30pm, movie starts at 6pm. This will be a **FREE** event for all AHPS students and extended families, bring nan and pop, uncle and cousins all are welcome. A BBQ sausage sizzle and Ham-burgers will be available as well as an ice cream van and popcorn and drinks etc for purchase on the night. Please be advised that this is an ALCOHOL-FREE EVENT. EFTPOS is available. Please bring blankets and low chairs for closer to screen seating, high back chair to the back.

### **REQUEST FOR NEW MEMBERS**

The P&C has some exciting events coming up throughout the year BUT we need your HELP!!!

As it stands, we have 14 P&C Members!!

If you can't make it to meetings it's no problem, if you are able to flip burgers at an event or pickup Subway lunch orders that would be great, we need volunteers to help at events or leading up to events.

### **ICY POLE FRIDAY**

Icy Pole Friday is every FRIDAY! Available for all year groups, \$1 Icy Poles and \$1 Juice Boxes. At lunchtime from the canteen.

**P&C meeting will be held on the 2<sup>nd</sup> April 2019 at 3:15pm in the school library.**

If you are unable to attend at this time please notify us by emailing your request to change the time of the meeting to [AHPS\\_pandc@hotmail.com](mailto:AHPS_pandc@hotmail.com) we will try and accommodate the majority.

**Many hands make light work, together we can achieve anything!!**

To stay up to date with events and requests for volunteers or to contact us at any time, please visit and like our Facebook page <https://www.facebook.com/Anne-Hamersley-Primary-School-PC-Association-Inc-1558093001148025/> or send us an email at [AHPS\\_pandc@hotmail.com](mailto:AHPS_pandc@hotmail.com)

## P&C Survey 2019

Take this survey powered by [surveymonkey.com](https://www.surveymonkey.com).

<https://www.surveymonkey.com/r/VV7JK2H>



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# COMMUNITY NEWS



### There is no greater bond than your family.

But it's all too easy in this busy world for family links to be strained. Work, school, stress, pressure, expectations, illness and technology can make family life tricky and it's normal to feel overwhelmed by this.

Family LNK is a free 5 week program for the whole family to come together once a week, share a meal and have our team teach you tips and tricks to help your family to talk to each other, bring you closer as a family and deal with issues that cause family feuds.

<b>Date</b>	Wednesday evenings 13 February to 13 March	<b>Date</b>	Monday evenings 11 March to 8 April
<b>Time</b>	6.00pm - 8.00pm Dinner provided	<b>Time</b>	5.00pm - 7.00pm Dinner provided
<b>Location</b>	Brockman Community House 27 Hull Way, Beechboro	<b>Location</b>	HelpingMinds Office 1A Sayer St, Midland

For more information or to register 9427 7100 or [intake@helpingminds.org.au](mailto:intake@helpingminds.org.au)

Program is open to families, big or small, living in the Swan region who have a family member affected by stress, conflict or mental health challenges. Funded by the Australian Government Department of Social Services.



[helpingminds.org.au](http://helpingminds.org.au)  
9427 7100  
Facebook, Instagram, Twitter icons



**Drums, Keyboard & Guitar Lessons**  
On School Campus!



### Instrumental Music Programs – On School Campus!

- Please **ENROL TODAY** – via PMI's website OR enrolment forms available at your school front office
- Lessons are held once per week on school campus – with lessons outside of school hours

#### Drum Ensembles

- \$8.95 per child per ensemble (15-25 students for 30-45 minute)
- Exciting drums program starting with "bucket drums" – a loud ensemble that builds rhythm, requires teamwork and sounds incredible!
- PMI teachers supply percussion instruments for ensembles

#### Keyboard & Guitar Lessons

- \$15.95 per child per small group lesson (2-5 students for 30 minutes)
- Our small group lessons provide a fun and affordable opportunity to learn instrumental music
- Private lessons also available (\$32.95 per child for 30 minutes)
- Learning plan for all students via "PMI Stars" program – structured objectives with progress visibility
- PMI teachers supply keyboards and textbooks for keyboard lessons (students bring their own guitars)

- Ten minutes per day of practice at home is all that is required to see improvement!
- Instrumental music can improve your child's school results – including for reading, maths, coordination
- Limited spaces available – so please enrol ASAP

P: 1300 362 824 E: [admin@primarymusicinstitute.com.au](mailto:admin@primarymusicinstitute.com.au) [www.primarymusicinstitute.com.au](http://www.primarymusicinstitute.com.au)



Life Skills  
Creative Time  
New Experiences  
Construction & Manipulative Play  
Outdoor Play Time  
Homework & Quiet Time

To book, visit:  
[www.campaustralia.com.au](http://www.campaustralia.com.au)  
or call 1300 105 343

Join in the fun at our OSHC program, your first session is FREE!\*

We are excited to announce that your child can now come and try their first day of Outside School Hours Care for FREE! This is a great chance for families and children to see what our Camp Australia program is like.

First Day Free is available to all new parents who register an account with us from Monday 4<sup>th</sup> March until the end of Term 1, 2019. Don't forget to use your session as First Day Free is only valid in Term 1, 2019.

Note it's also **free to register**. Once registered, you can activate your session whenever you like. We encourage you to register now and to always book in advance. You can register at [pp.campaustralia.com.au/account/register-firstdayfree](http://pp.campaustralia.com.au/account/register-firstdayfree).

#### Program Details

For more information on our service and fees, you may visit our website [www.campaustralia.com.au](http://www.campaustralia.com.au). If you prefer to speak to us, you can contact our friendly Customer Care Team that is available to support our families 24 hours a day, 7 days a week - except for National Public Holidays. Alternatively, you're welcome to visit us in service and chat with our qualified Educators at the Camp Australia program at your child's school.

We look forward to seeing you and your family soon!  
From the Team at Camp Australia

\*Applies to first booking per child only. Valid for Before or After School Care for parents who register from the 4<sup>th</sup> of March 2019. Offer ends conclusion of Term 1 2019.

Safety • Meaningful • Innovative • Leadership • Education  
*we make kids smile*



## Aveley Avengers

### Junior Football Club

[www.aveleyfootballclub.com.au](http://www.aveleyfootballclub.com.au)  
[info@aveleyfootballclub.com.au](mailto:info@aveleyfootballclub.com.au)



#### AusKick - Pre Primary to Year 2 (Saturdays 9am)

AusKickers shall receive the following included in the fees

- NAB AusKick Pack
- Club Football Polo Top
- Club Football Socks
- Insurance
- Club Weekly Awards
- Club End of Year Windup and Medal



#### Juniors - Year 3 to Year 6 (Sundays)

Junior Players shall receive the following included in the fees

- Club Football Polo Top
- Club Football Socks
- Club Football Shorts
- Insurance
- Club Weekly Awards
- Club End of Year Windup and Trophy



a team above all, above all a team!



<https://www.facebook.com/aveleyfootballclub/>