

# East Fremantle Primary School

AN INDEPENDENT PUBLIC SCHOOL

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## FROM THE PRINCIPAL

### Open Parent Night this Thursday 12th September

Classes will be open between 5:30pm and 7:00pm with a performance by our choir at 7pm in the undercover area to wrap up the evening. Our Kindy will also be opening their doors from 5:00 – 6:00pm. *Please note that the Year 3 classrooms will not be open on this evening as the regular teachers are on leave and they have already hosted an open morning for parents.* The Library will be hosting a Technology display under the guidance of Mr Emery.

### Tim Winton – WA Schools Narrative Writing Competition

Awards were recently presented to students of schools who received commendations for their terrific narratives. Here at EFPS Isabel De Sousa was one such student. Her "Message in a Bottle" story is included in the newsletter. Great work Isabel!

### Naplan Results

Year 3 and 5 parents can now pick up their child's individual 2019 NAPLAN Report from their classroom teacher. This is similar to the end of term reports release policy at our school.

### Sunsmart Policy; Hats

With Spring arriving and warmer days already here it is time to re-introduce our 'NO HAT NO PLAY' rule. From this week students will have to have a school hat to be able to play in the playground. The uniform shop is well stocked with school hats which you can order online.

### Connect concerns/correct email address

Please contact Sonya Gilmore if you have any questions or concerns about your connect log in. Please also advise the office staff if your email address has changed. Please see the attached Connect Flyer included in this newsletter. We have also attached a parent flyer with detailed step by step instructions.

### Crossing Guard

It is with sadness that we inform our community of the passing of our crossing guard, affectionately known to all by first name Gary. He has helped many East Freo families safely across Marmion St for many years. He will be missed.

### No canteen lunch orders for Athletics Day

As we are hosting a sausage sizzle on Friday 20th Sept for our Athletics Carnival, the John Curtin canteen will not be taking online orders. We encourage all students to jump online to our P&C website to order their delicious sausage sizzle.

### Cross Walk Rules

Please walk your bikes and scooters and no bouncing balls when walking across the road.

Warm Regards,

Geordie Robertson

A/Principal

## IMPORTANT UPCOMING DATES

Thurs 12th Sept

Parents Night

5.30-7pm

Monday 16th Sept

Field Events

Jump/Throws/200m

Friday 20th Sept

Athletics Carnival

Friday 27th Sept

PP Assembly

Enthusiasm



# EAST FREMANTLE PRIMARY SCHOOL NEWS



East Fremantle Primary School

## kitchen Garden

### DO YOU HAVE A PAIR OF OLD JEANS??

The Kitchen Garden are after some old pairs of jeans that they can cut up and use for a project they are doing!



Our East Fremantle Kitchen Garden scarecrow will be at the Royal Show during the October school holidays.

Come and say hello!



STEPHANIE ALEXANDER  
KITCHEN GARDEN  
FOUNDATION  
*Growing Harvesting Inspiring Sharing*



### Guacamole

Season: All

Serves: 30 tastes in the classroom or 6 at home

**Fresh from the garden:** avocado, chilli, coriander, lime, spring onion, tomato

#### Equipment:

metric measuring spoons  
clean tea towel  
chopping board  
cook's knife  
medium bowl  
fork  
citrus juicer  
zester

#### Ingredients:

2 avocados, mashed  
3 spring onions, finely chopped  
1 long red chilli, de-seeded and finely chopped  
1 tomato, finely chopped  
1 small handful coriander, finely chopped  
juice and zest of a lime  
½ tsp salt  
½ tsp cracked pepper

#### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Add all ingredients to the medium bowl and mix well.
3. Season to taste.



STEPHANIE ALEXANDER  
KITCHEN GARDEN  
FOUNDATION  
*Growing Harvesting Inspiring Sharing*



### Chilli 'Non' Carne

Season: All

Serves: 30 tastes in the classroom or 6 at home

**Fresh from the garden:** carrot, capsicum, celery, chillies, coriander, garlic, onion, tomato

#### Equipment:

metric measuring scales,  
cups and spoons  
clean tea towel  
chopping board  
cook's knife  
large frying pan  
mixing spoon  
large bowl  
citrus juicer  
serving utensils  
large pan  
serving bowls

#### Ingredients:

2 tbsp olive oil  
2 medium onions, peeled and finely chopped  
2 garlic cloves, peeled and finely chopped  
2 medium carrots, finely chopped  
2 sticks of celery, finely chopped  
2 red capsicum, roughly chopped  
1 long red chilli, de-seeded and finely sliced  
1 heaped tsp ground cumin  
1 heaped tsp ground cinnamon  
½ tsp sea salt  
½ tsp freshly ground black pepper  
240 g cooked chickpeas or 400 g tin chickpeas  
240 g cooked kidney beans or 400 g tin red kidney beans  
12 tomatoes, roughly chopped, or 2 x 400 g tins chopped tomatoes  
½ cup water or stock  
2 tbsp balsamic vinegar  
1 large handful of coriander leaves, chopped



#### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the frying pan on medium-high heat.
3. Add the chopped vegetables, including the chilli, and sauté for 3 minutes.
4. Add the cumin, cinnamon, salt and pepper.
5. Stir and cook for around 7 minutes until vegetables are softened and lightly coloured.
6. Add the chickpeas, kidney beans and tomatoes, and cook for a few minutes.
7. Add the water or stock and the balsamic vinegar, bring to the boil then turn the heat down to a simmer for 20 minutes, stirring every now and again to stop it catching.
8. Divide between serving bowls and sprinkle over coriander leaves. Serve with Soft Taco Shells (page 148).

# EAST FREMANTLE PRIMARY SCHOOL NEWS

Nikolay Dwyer of Room 1, Year 5 recently represented Australia at the Hong Kong Mathematics Olympiad. He completed a test under difficult conditions to receive entry to represent Australia in Hong Kong last week. Nikolay competed against 147 people in the Year 5 category. He successfully achieved a bronze medal for all of his hard work. Nikolay also got to experience Disneyland as a little reward afterwards. Well done Nikolay!!



Teo Roberts from Room 1 Year 5 recently competed in the 2019 Australian Karate Federation National Championships. Where there were over 500 competitors converged at the Silverdome, Tasmania, across three days of action. A plethora of Australia's best junior and senior talent competed, in a bid to achieve National championship glory. The event highlighted the abundance of high-quality karate talent in Australia. Teo took out Silver from a large field in his division called KATA INDIVIDUAL MALE 10 AND 11 YRS. Now the brothers Teo and Kota (Room 11, Year 3) have been selected to represent Australia in the forthcoming 7<sup>th</sup> IKGA Asian-Pacific Karate Championships. This tournament is held every four years is and this year it will be held in the Philippines from the 24th September – 1st October 2019. Well done Roberts boys and we wish you the best of luck!





# EAST FREMANTLE PRIMARY SCHOOL

## HONOUR CERTIFICATES

Honour Certificates	Year & Class	Value Recipient "Compassion"
Beau Gibson	Pre-primary 1	Jack Heah
Olivia Willicombe Oscar Meacock	Pre-primary 2	Olivia Heah
Jack Steinmann Christian Furfaro Alfie Hawkins	Year 1 Room 9	Ascha Windebank
Colton Carr Jessica Booth	Year 1 Room 9A	Sofia Johnson
Andre Bijoux Isobel Long	Year 1 Room 10	Georgie Brazier
Peter Green Billie-Rose Nash	Year 2 Room 7	Ivy Simpson
Zoe Money Louis Bennett	Year 2 Room 8	Seb Muirhead
Andrew Duff Tom Alderson Ollie Greenhalgh	Year 3 Room 11	Louisa Whitham
Leonard Hasani Jemima Robinson	Year 3 Room 12	Charlotte Wilson
Ettore Musetti Maddy Lindsay Otis Richards	Year 4 Room 2	Lakshi Hartwig-Leelaratna
Valentine Dearn Ned Bowell	Year 4 Room 3	Scout Puzey
Teo Roberts Cooper Jacobs	Year 5 Room 1	Elysha Pantall
Indira Coghlan Bryn Kirkness	Year 5 Room 4	Rosie Mee
Elisa Rosignoli Olly Nicholson	Year 6 Room 5	Leo Sambrailo
Jules Hughes Chad Miller	Year 6 Room 6	Tori Bengtsson



# EMERY'S EDITORIAL



## STIRLING END THE REIGN OF OCONNOR AT EFPS CROSS COUNTRY CARNIVAL

Stirling has finally ended the reign of O'Connor this year at our Intra-School Cross Country Carnival. After winning 13 consecutive Swimming, Cross Country and Athletics carnivals O'Connor had asserted a huge dominance over the other factions that never looked like ending. But after coming up only 1 point short in the Swimming Carnival earlier in the year, Stirling was determined to not let another chance slip. Led by some great individual performances by Millie and Benny Mann, Teo Roberts, Archie Prall, Ben Hall and Bella Shears, Stirling dominated the placings for each year level. But it wasn't just the top competitors as all students make a difference on the day. Stirling finished on 54 points and O'Connor and Forrest finished equal on 45 points. Stirling will take this small lead into to Athletics Carnival later this term. They hope to take over the title of Athletics Champion later on this term. Trials and team practices are underway.

Each factions best individual athletes will battle it out on the Monday of Week 9 with the jumps, throws and 200m events.

Our top 6 boy and girl competitors headed to Brentwood Primary school for the "A" division Interschool Cross Country Carnival earlier this term. East Fremantle performed admirably and finished 5th out of 7 schools.

High Wilkinson was our stand out performer for the day winning his Year 4 boys race. Ava Rodgers, Millie Mann, Archie Prall, Imogen Brolsma and Cooper Nolan were our best performers for their year level. Congratulations to all our competitors for their efforts on the day.

Next year the school hopes to start a run down at the river one morning a week. Lots of parent helpers will be needed to organise this so if you would be interested please let Mr Emery know.

## Who Is Looking Good Out On The Oval

The kindy students joining the Fitness Club on Tuesday Mornings!

The Year 6 Girls Cricket team training hard for their Term 4 regional finals.

Oli Nicholson scoring an impressive chip shot goal during lunch time soccer.

Elka Nordstrom running a very quick 200m time trial.

## Important Dates

**Monday 16/09/19**

Jumps, Throws, 200m

**Friday 20/09/19**

Races and Team Events

**Morning Fitness Club**

Tuesday Mornings  
8.15am



# EAST FREMANTLE PRIMARY SCHOOL ATHLETICS CARNIVAL PROGRAM

## Field Events Monday 16th Sept 9.15am East Fremantle School Oval

1	Girls Yr 3 Cross Country	29th July JCCA
2	Boys Yr 3 Completed 29th July	
3	Girls Yr 4 Completed 29th July	
4	Boys Yr 4 Completed 29th July	
5	Girls Yr 5 Completed 29th July	
6	Boys Yr 5 Completed 29th July	
7	Girls Yr 6 Completed 29th July	
8	Boys Yr 6 Completed 29th July	
9	Girls Yr 3 Throw	EFPS 9.15am 16 Sept
10	Boys Yr 3	
11	Girls Yr 4	
12	Boys Yr 4	
13	Girls Yr 5	
14	Boys Yr 5	
15	Girls Yr 6	
16	Boys Yr 6	
17	Girls Yr 3 Long Jump	EFPS 11.00am 16 Sept
18	Boys Yr 3	
19	Girls Yr 4	
20	Boys Yr 4	
21	Girls Yr 5	
22	Boys Yr 5	
23	Girls Yr 6	
24	Boys Yr 6	
25	Girls Yr 5 Triple Jump	EFPS 1.15pm 16 Sept
26	Boys Yr 5	
27	Girls Yr 6	
28	Boys Yr 6	
29	Girls Yr 3 200m	JCCA 2.15pm 16 Sept
30	Boys Yr 3	
31	Girls Yr 4	
32	Boys Yr 4	
33	Girls Yr 5	
34	Boys Yr 5	
35	Girls Yr 6	
36	Boys Yr 6	

## Track Events Friday 20th Sept 9.30am East Fremantle School Oval

PRE-PRIMARY RUNNING RACES		
37	Girls Yr 1 60m	A
38		B
39		C
40		D
41	Boys Yr 1 60m	A
42		B
43		C
44		D
45	Girls Yr 2 60m	A
46		B
47		C
48	Boys Yr 2 60m	A
49		B
50		C
51	Girls Yr 3 60m	A
52		B
53		C
54	Boys Yr 3 60m	A
55		B
56		C
57		D
58	PRE-PRIMARY OBSTACLE RELAY	PP
59	Year 4 LEADERBALL	A
60	Year 5	A
61	Year 6	A
62	Girls Yr 4 80m	A
63		B
64		C
65		D
66	Boys Yr 4 80m	A
67		B
68	Girls Yr 5 80m	A
69		B
70		C
71	Boys Yr 5 80m	A
72		B
73		C
74		D
75	JUNIOR INCREDIBALL	YR 2 A
76		YR 2 B
77		YR 1 A
78		YR 1 B
79	Girls Yr 6 80m	A

80		B
81		C
82		D
83	Boys Yr 6 80m	A
84		B
85		C
86		D
87	JUNIOR OBSTACLE RELAYS	YR 1 A
88		YR 1 B
89		YR 2 A
90		YR 2 B

### LUNCH: 12.00 to 12.30pm

Juniors Team Events- Marmion St side of Oval.  
Senior Faction Team Events- 12.40pm to 1:30pm.  
\*Passball and Loop Relay events will not be held in  
chronological order of program due to time constraints.  
Year Levels will rotate through those events from  
12.40-1.30pm

91	Year 3 PASSBALL-Weigh Bridge Oval	A
92	Year 3	B
93	Year 4	A
94	Year 4	B
95	Year 5	A
96	Year 5	B
97	Year 6	A
98	Year 6	B
99	Year 3 LOOP- Running Track	A
100	Year 3	B
101	Year 4	A
102	Year 4	B
103	Year 5	A
104	Year 5	B
105	Year 6	A
106	Year 6	B
107	YEAR 3 SHUTTLE RELAY	
108	YEAR 4 SHUTTLE RELAY	
109	YEAR 5 SHUTTLE RELAY	
110	YEAR 6 SHUTTLE RELAY	
111	YEAR 3/4 SUPER SHUTTLE RELAY	
112	YEAR 5/6 SUPER SHUTTLE RELAY	
113	Grand Relay	

Presentations at 2.40pm  
Gold, Silver & Bronze medals awarded for Years 3-6  
5,3,2,1 points awarded for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> place in Cross  
Country, individual field events and A division running  
races.

# EAST FREMANTLE PRIMARY SCHOOL

*Written by Isabel De Sousa*

## Message in a bottle

Scuttle, scuttle, snip, snip.

Scuttle, scuttle, snip, snip.

It was a bright summer day. Lily Rose was on the beach with her family. She was sitting on a beach chair watching the crabs. Lily Rose was a ten year old girl. She had soft blonde hair and light blue eyes. Lily Rose was relaxing on the chair and her parents were lying down on beach towels. She watched the crabs some more, until she realized one crab was going the opposite way to the others. She watched closely through her sunglasses and found the crab was scuttling toward a small glass bottle. Lily Rose quickly picked up the bottle before the crab got to it. Luckily, she didn't get bitten. The crab looked too small to be able to bite, anyway. Carefully, Lily Rose turned the bottle around and a small piece of paper slipped out of it. She read it silently by herself. It said, "Dear reader, this is a secret and you must keep it. Down at the beach on Ruby Street, there is a large rock. Next to that large rock is normally a starfish. The starfish is golden. Now pay attention to this. That starfish is magical. It sounds crazy, but it's true. A very small crab likes to use it's magic, which isn't good. Try to keep crabs away from the starfish. Crabs make it's magic wear off. I need your help! From Elsie"

I might be able to find that starfish. Maybe if I tell mother that I'm going for a walk around the beach, then I might find it, thought Lily Rose. She was determined to find that golden starfish. So that was exactly what she did. She asked her mother for permission right away. Her mother gave her permission, so Lily Rose started looking. She spotted another piece of paper inside the bottle. It said, "Dear Reader, please help me save the golden starfish. If you protect it from the crabs, the golden starfish can use it's special magic to make the rock magical and make it a wishing rock. If you find the starfish, pick it up and place it on the rock gently. That little crab won't be able to get to it. From Elsie"

Lily Rose couldn't believe her eyes, or her luck. She ran to the big rock and she spotted a golden spark coming from under the sand. She dusted the sand off and found a beautiful, shiny, golden starfish. She gently picked the starfish up and placed it on the rock. She was surprised that the golden starfish really existed.

Then Lily Rose quickly checked there were no crabs around (which there wasn't) and ran back to where her parents were laying down on their towels.

"Time to go, Lily Rose!" said her father.

"I want to stay longer!" she said disappointedly.

"When it's time to go, it's time to go!" said her mother.

"Start packing up." said her father.

So everyone started packing up. They folded their towels, dusted the sand off their hands and Lily Rose had one last look at the beach before they left. They carried their things up the hill to the parking lot. They got to the car and everyone put their things in the back seat. They squashed them to a side. Lily Rose sat in the back seat and her parents in the front seats. When they had finally arrived home her father let them order pizza for dinner. Lily Rose was the type of girl that was kind, caring and loved to read. So she opened her book she was reading (which was Charlie and the Chocolate Factory) and



# EAST FREMANTLE PRIMARY SCHOOL

*Written by Isabel DeSousa*

kept on reading until the pizza arrived. When the pizza arrived, everyone sat down at the table and ate. Once everyone had finished, Lily Rose brought her plate to the sink. She got ready for bed. She was so tired, so she wanted some good sleep. It took her ages to fall asleep because she just couldn't get her mind off the golden starfish. When she got to bed it was very late. The next day, she jumped out of her bed. She quickly got dressed, and then ran to the kitchen.

"Can we go to the beach today, mum?" asked Lily Rose.

"Maybe, but we went yesterday, so maybe we won't go today." said her mum.

"Pretty please!" begged Lily Rose.

"I don't think so. You're going to the toyshop with Katie anyway" said her mum (Maya).

"No!" shouted Lily Rose disappointedly. She grabbed her cereal bowl and quickly ate her cereal. Lily Rose walked to her room. She sat on her bed and read her book. There was a sudden knock on the door.

"Come in!" said Lily Rose. It was her father.

"I have a magazine from the toyshop for you!" he said.

"Really?" said Lily Rose in surprise.

"Yes!" said her father, handing the magazine to her.

"Thanks!" said Lily Rose.

"You are most welcome!" he replied, leaving her room.

She abandoned her book and looked at the magazine. On the second page of the magazine there was a starfish club set! The set included a scanner that scanned starfish to check what type of starfish they are. I need that for the golden starfish and for identifying any other starfish, she thought. She was bubbling with delight. She was so excited.

Today was the day that Lily Rose's friend, Katie was taking her to the new toyshop. She was leaving at about 10:00am and she couldn't wait. She already knew what she was buying. Soon the doorbell rang. Lily Rose ran to the front door and opened it. It was Katie and her mum Julie. Lily Rose said goodbye to her mother and father. She got into Katie's car and Julie drove the girls to the new toyshop. Both of them couldn't wait.

"Lily Rose, did you look at the magazine for the toy store? Because I did." said Katie as they were driving in the car.

"Yes I did. I already know what I am buying. It's a really cool starfish club set that you can identify different types of starfish with a special scanner." Said Lily Rose, when they were nearly there.

"That sounds awesome. I'm getting this really fluffy diary. It's rainbow coloured and comes with a cool pen," said Katie feeling excited.

Everything was quiet until the phone rang. "It's Maya, Lily Rose's mum. How are you?" said Maya.

"Hello, it's Julie here. I'm great thanks and you?" asked Julie.

"Great, thanks. After you take the girls to the toyshop, can you bring them to the beach for an ice cream? I'll meet you guys there," said Maya.

"Good idea. I'm sure the girls would love an ice cream on this hot day." Said Julie.

"Bye Julie." said Maya.

Then they hung up. Soon they were at the toy store. Julie found a parking spot. Lily Rose grabbed her purse and so did Katie. All three of them walked



# EAST FREMANTLE PRIMARY SCHOOL

*Written by Isabel DeSousa*

inside the toy store. The store had a sale. There were sale signs everywhere. Lily Rose found the Starfish club set and bought it. Katie found the fluffy diary. She put it on the counter. Katie got every last note, every last coin but she didn't have enough money. She was \$5 short. Julie (her mum) decided to pay the extra \$5 with her money. After that, everyone got in the car and Julie drove the girls to the beach. She ordered them a chocolate ice cream each. Lily Rose explained a bit about the golden starfish and the message in a bottle to Katie.

"Is that really true?" Katie asked, once Lily Rose had explained.

"Yes. You'll see." Lily Rose replied. Lily Rose's mum arrived soon after that. She said a quick hello to the girls and then sat on a chair near Julie. Then Katie and Lily Rose went to look on the top of the big rock. The golden starfish was no longer on the big rock. Lily Rose began to worry that the small crab had done something to it. Lily Rose watched a girl with brown hair in pigtails dropping a message in a bottle in the sand.

"Is your name Elsie?" asked Lily Rose.

"Yes, how did you know?"

"Well I read one of your messages in a bottle yesterday and I thought you might be dropping off another one." Said Lily Rose.

"Yes I am! I just went looking for the golden starfish. I think it's lost. Anyway, what is your name?" Elsie asked.

"I'm Lily Rose," said Lily Rose, pointing to herself. "And that's Katie" she said pointing to Katie. "Nice names!" said Elsie.

"I didn't know that the golden starfish existed. When Lily Rose told me, I thought she was telling a lie." Said Katie.

"I also found it hard to believe when my friend first found out. She told me and I didn't believe her. Now I do! Sorry, I need to go now. Nice meeting you!" Said Elsie and she walked away.

Lily Rose opened her starfish club pack and her and Katie found a very fat pink starfish. They scanned it and soon found out it was a starfish called a Valvatida. Katie even wrote about it in her new diary. Katie's mum brought the ice creams over and the girls ate them. Lily Rose and Katie tried to find the golden starfish but it was gone. They still couldn't find it. They were just about to give up when Lily Rose's mum found a golden spark near her right leg. Lily Rose's mum asked both girls if they knew what it was. Katie dusted off the sand as Lily Rose explained it was the golden starfish. After lots of explaining, Lily Rose's mum finally understood them. Lily Rose scanned the golden starfish with the set and found out that it was a starfish called a Rare Goldie. Katie and Lily Rose made sure that crabs couldn't get to it. They couldn't. Katie and Lily Rose both made a wish on the wishing rock. Nobody knows what their wishes were. Katie made sure she wrote down in her diary every single thing that had happened. Then Katie locked the diary tightly and only her and Lily Rose would know about it. Then Julie talked to Maya about organizing another catch up with the girls and they waved goodbye. Ruby Street Beach was renamed Starfish Beach because it had lots of starfish. It soon became a popular beach and many people went there. Lily Rose and Katie couldn't wait for another catch up.

THE END

*Written by  
Isabel DeSousa*

# EAST FREMANTLE PRIMARY SCHOOL

## CONNECT FLYER

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**East Fremantle Primary School**  
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Department of Education

**CONNECT NOW**  
For Parents





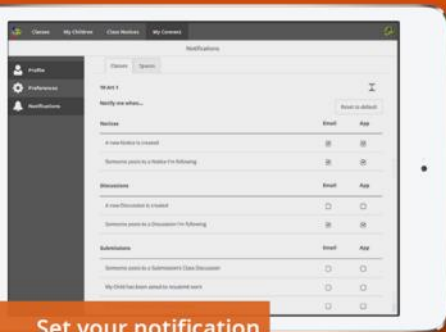
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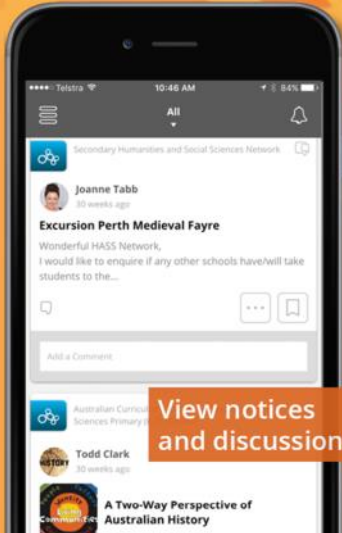
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