

East Fremantle Primary School

AN INDEPENDENT PUBLIC SCHOOL

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FROM THE PRINCIPAL

Dads and Kids Camp

Thank you to Peter Yates and his team who organised the camp last week. It was a great success despite the rain. Watch out for the gorgeous photos, taken by Sally Swingler, that will be coming home in your child's bag.

P&C Waterslides

Looking forward to seeing all the students and their parents who have bought tickets for the water slides on Friday. A big thank you to Nancy Clarke and her amazing team that have organised and will be running this event on Friday.

Swimming Carnival

Our much anticipated swimming carnival is next Wednesday for years 4-6 commencing at 12.30pm.

Online Uniform ordering

A huge high five to the uniform coordinators for going 'online' - it has been a huge success. You can pick up your orders from the office between 8-3.30pm.

P&C

The next P&C meeting is this Thursday the 21st March at 7.30pm in the library. All welcome.

TOMORROW IS PHOTO DAY!! PLEASE REMEMBER THAT WHITE SHIRTS OR THE SCHOOL DRESS MUST BE WORN. No blue shirts please.

Warm Regards,

Jenni Chittick

Principal

Thank you to all the families who have paid their voluntary contributions and charges and for those families who have contacted me to enter into a part payment scheme. Years 4 to 6 Swimming Lessons are complete if you are yet to pay we would appreciate payment as soon as possible. Year 6 Camp is rapidly approaching, payment is required by 3 April to ensure your child's attendance. If you have any queries regarding your child's contributions and charges please don't hesitate to contact me.

Tracey-Anne Simpson
Manager Corporate Services

All Aboard!

The latest update from the School Board



The first Board meeting of 2019 was very efficient! The finances for the school were reviewed with Tracey outlining the exciting plan for a minor works schedule to repair and spruce up damaged and decrepit areas of the school. A committee was started to drive the grounds plan and look at major works toward creation of the school's 'onelist', that will outline the priorities for extra spending in key areas, such that the school and its amazing community can work toward larger projects. The new SunSmart policy was discussed and includes great initiatives for our students, see the draft on the school website.

Important Dates

- 21 March—School Photo Day
- 21 March—P&C Fete Committee Meeting 6pm prior to normal P&C Meeting
- 21 March—P&C Meeting 7.30pm - Library
- 22 March—9am - Kindy B Photos
- 27 March—EFPS Swimming Carnival
- 5 April—Year 2 Assembly
- 5 April—Interschool Cricket Yr. 5 & 6
- 8-10 April—Years 6 Camp
- 9 April—Y4-6 Interschool swimming carnival
- 12 April—Last Day of Term 1
- 29 April—Start of Term 2



EAST FREMANTLE PRIMARY SCHOOL NEWS

2019 Term Dates and Term Calendars

Please refer to the website for all the information you need relating to Term dates and Term Calendars.

<http://www.eastfremantleps.wa.edu.au/parent-information/term-calendar/>



PLEASE NOTE WE ARE NO LONGER USING THE SKOOLBAG APP.

Please email the teacher directly when your child is absent from school.

2019 Teacher Email Addresses

Please visit our website for all the information relating to email addresses for our Teachers

<http://www.eastfremantleps.wa.edu.au/parent-information/teacher-contact-details/>

EAST FREMANTLE PRIMARY SCHOOL P & C NEWS

Help Your P&C This Year

We would like to have some extra people assist the P&C team for 2019. It will be a busy year with the usual awesome events and our much anticipated Fete. Most of these roles do not require coming to P&C meetings and the time commitments are low.

We only have a few roles left, so jump aboard! Many hands make light work!

Our Quiz Night Committee
Join the team that puts together the much anticipated Quiz Night. We need people to do all sorts of roles from calling our sponsors to picking up donations.

Our Fete Committee
We need to get the ball rolling on concept and ideas for this year's fete. At least 4 people would be ideal and they will have heaps of support from the P&C members.

Sausage Sizzle Coordinator
Run the sausage sizzles at events throughout the year, with support from P&C and detailed run sheets.

Website Manager
Work with Lauren to finish the website content and edit P&C website as needed.

School Disco Coordinator
Assist the year 6 leadership team to bring back the brilliant school disco!

Vice Treasurer
Fill in at meetings if Dugald cant attend, very little time commitment.

Please contact efpspc@gmail.com or Kate McAuslane 0412620505 if you can assist in any of these roles or would like further information

MORNING YOGA

Tuesday Mornings 8.10-8.40am

Week 2 to week 9

On the school oval or undercover area.
All children must be accompanied by a parent or caregiver

Bring a yoga mat or towel

Brought to you by East Fremantle Primary P&C
efpspc@gmail.com or 0412620505

QUIZ NIGHT 2019

We are on the hunt for donations to make our annual fundraiser a success.

Do you...

- Know a business who can donate items for our prizes and silent auction? Gumboots, handbags, wine, chocolates, vouchers. We can use it all.
- Have access to experiences? Tickets to sporting games, cooking classes, theatre, dance, cruises.
- Own a business that would be interested in sponsoring a round of questions? (limited number available)
- Own or know a venue? Holiday houses, event spaces, boats.
- Have the skills? Vet vouchers, personal training sessions, style consults, handyman vouchers, DJ sets, music lessons have all been massively popular in the past

We are keen to think outside the box to use anything you can offer us.

If you are able to donate, would like more information or have any ideas for us please get in touch via the P&C or stormyates1@gmail.com



EAST FREMANTLE PRIMARY SCHOOL HONOUR CERTIFICATES

<i>Honour Certificates</i>	<i>Year & Class</i>	<i>Value Recipient "Friendliness"</i>
Imogen R Scarlett Y	Pre-primary 1	
Daisy F Hugh F	Pre-primary 2	Molly M
Will B-w Mia McL Ernie W	Year 1 Room 9	Sofie M-We
Kiki R Jude B	Year 1 Room 9A	Margie K
Greta F Alba McG	Year 1 Room 10	Margaux G
Henry P-G Billie H	Year 2 Room 7	Lewis W
Kai F Waliko M	Year 2 Room 8	Ethan W
Indigo W Mishka H	Year 3 Room 11	Ruby H
Charlotte W Mendel A	Year 3 Room 12	Max S
Giulia V Vivi P	Year 4 Room 2	Lucas J
Crystal S Nina V	Year 4 Room 3	Jessica H
Charli M Justin R Ashton R	Year 5 Room 1	Monica N
Caitlin P Charlie S	Year 5 Room 4	Priscilla G
Finn N Greta H	Year 6 Room 5	Maddie G
Leo S Cooper P	Year 6 Room 6	Gwen P

parenting * ideas

insights

Responding constructively to the Christchurch shooting

by Michael Grose



Last Friday's shooting of innocent people in two Christchurch mosques is an event that has shaken people to the core worldwide.

While we'd like to protect our children from such events, in reality it's impossible, as the news coverage is so widespread and the event itself has impacted so many people. The personal nature of this particular tragedy makes it even harder to stomach than some recent natural disasters that have made the news, as awful as they have been.

So how do you approach this with your children? There is no easy answer, but be assured that your child will benefit from talking to you. These ideas may help:

Be available

Let your child or young person know that it is okay to talk about the events in Christchurch. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

Filter the news

While we don't advocate censorship, we do suggest that you take particular care about your child's exposure to news events. The consistency of images can be frightening for young children who don't understand the notion of distance and have difficulty distinguishing between reality and fiction. Older children and teenagers will probably be interested in the news events, but they probably need an adult available to answer their questions and reassure them.

Engage in the news with older children

Many issues are now arising from this event that may be of significant interest to older primary-aged children and teenagers. Be prepared to engage in discussions about political leadership, gun laws, the coverage of the event itself by the media and other issues that will emerge. Increasingly, young people are demonstrating that they want to have a voice in shaping the world they live in. Give them a chance to air their concerns and formulate their ideas in the safe confines of home.

Manage emotions raised

The Christchurch tragedy may raise many emotions for children and young people including sadness over the loss

EAST FREMANTLE PRIMARY SCHOOL NEWS

parenting*ideas

of life, confusion over how such an event could happen, and outrage over injustice. Take your cues from your children and follow the threads that emerge. Demonstrate that you understand how that they may be upset and clarify their emotions if possible: "It's understandable to be angry when you hear news like this."

Moderate your language

Currently, we live in very divisive times. The fact that this shooting was carried out on one particular group demonstrates just the extent of the divisiveness of our community. Encourage kids to be inclusive, steering clear of valued-laden, extreme language such as 'terrorists', 'evil' and 'horrors' when describing the events and the alleged perpetrators. Not only does this type of language encourage children and young people to take a position rather than focus on the problems, it risks desensitising them to the reality of the impact of this event. The use of more sedate, yet descriptive language such as 'gunman', 'awful' and 'tragedy' can take remove the emotional sting, while demonstrating the enormity of the event's impact.

Keep to a normal routine

Your child may feel powerless. You may feel the same way as that's what events like the Christchurch shooting does to us. Maintaining the same sleeping, eating and daily routines can help to restore a sense of control over our daily lives.

Show them how to change the world

Arguably, these are the worst of times in terms of social divisiveness. Our children in many ways are letting us know that they don't want to continue living this way. So how can they have an impact? Recently a timely clue came my way in the form of a notification from Facebook. Over the weekend, a parent shared an existing message to her Muslim friends as a message of hope. The quote reads:

"Don't become too pre-occupied with your child's academic ability, but instead teach them to sit with those sitting alone. Teach them to be kind. Teach them to offer help. Teach them to be a friend to the lonely. Teach them to encourage others. Teach them to think about other people. Teach them to share. Teach them to look for the good. This is how they will change the world."

We get that power back when we start to impact the people around us in small ways, making positive changes for the better.

'Kindness', 'helping others', 'encouraging', 'sharing' and similar concepts don't make great political slogans but they form the basis of every strong community- which is precisely what kids need.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.