

# East Fremantle Primary School

AN INDEPENDENT PUBLIC SCHOOL

8 Forrest Street, Fremantle WA 6160

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www.efps.com.au

eastfremantle.ps@education.wa.edu.au

## FROM THE PRINCIPAL

### East Fremantle Primary School Acts, Belongs and Commits!

The Mentally Healthy Schools Program, provides a framework to embed the Act-Belong-Commit Campaign within the classroom, school environment and the whole school community in order to boost the mental health and wellbeing of both students, staff and the wider community.

Teaching mentally healthy behaviours early in life helps to increase confidence, resilience and self-esteem. Keeping mentally and physically active, having good friends, helping others and learning new things not only builds self-esteem and confidence, but can reduce stress and help with academic outcomes. Schools have emerged as having a significant role in mental health promotion for children and adolescents since young people spend almost half their waking lives at school.

The school setting is ideal for the Act-Belong-Commit campaign as there are many opportunities for students to be active, develop a strong sense of belonging and add meaning and purpose to their lives.

The staff participated in Professional Learning on Tuesday afternoon that drew our attention to the importance of good mental health for ourselves and our students and families. The following are the main points of what we should all aim for.

#### Do something

Stay physically, socially, spiritually and mentally active. Walk or ride to school, kick the footy with some mates, meditate or complete a crossword puzzle. Do things you enjoy and do them more often!

#### Do something with someone

Build a sense of belonging by keeping up friendships, staying close to family and joining in community events or school activities, such as the school photography club, a local sporting team or a walking or running group.

#### Do something meaningful

Make a commitment to an interest or cause that provides meaning and purpose in life, such as volunteering, or challenge yourself by participating in a fun-run.

The yoga group that has started each Tuesday is one great example of how we are Acting, Belonging and Committing! Congratulations to our P&C for making this happen.

Warm Regards,

*Jenni Chittick*

*Principal*

### Important Dates

\*\*\*\*\*

- Friday 2nd November  
Room 4 Assembly  
**UNIFORM SHOP OPEN**
- Wednesday 7th  
November Board  
meeting 3.15pm
- Friday 16th November  
Room 3 Assembly  
**UNIFORM SHOP OPEN**
- Thursday 22nd  
November  
P&C Meeting Library  
07:30pm
- Wednesday 28th  
November Dance  
Review 1:15pm
- Friday 30th November  
Orchestra Assembly  
**UNIFORM SHOP OPEN**
- Wednesday 5th  
December Board  
Meeting 07:30am
- Wednesday 5th  
December 5pm  
K-2 Christmas Concert
- Tuesday 11th  
December Y6  
Graduation JCCA  
01:15pm



DECEMBER 7th  
See Page 61

# EAST FREMANTLE PRIMARY SCHOOL NEWS

## 2018 Term Dates

### TERM 4

School Development Day Monday 8th October - Pupil Free

Students return on Tuesday, 9 October 2018 through to Thursday, 13 December 2018

## 2019 Term Dates

### TERM 1

Students return to school on **Monday 4th February 2019**

East Fremantle Before School Tennis Program commencing next Thursday 18th October from 8.00-8.45am @ Fremantle Tennis Club

All ages welcome and each new child receive a free hot shots racquet. To enrol please contact Brendan on 0401565051 or [fremantletopspintennis@gmail.com](mailto:fremantletopspintennis@gmail.com)



### HAVE YOUR SAY ON FACTION SHIRTS

EFPS is wanting your views on the possible introduction of faction t-shirts.

Please fill in our brief online survey (it will literally take less than a minute of your time)

Survey closes: Thursday 8th November so just do it now!

[EFPS Faction T-Shirt Survey](#)

Many thanks for your time!

Don't miss the opportunity to make your vote count—

[https://docs.google.com/forms/d/e/1FAIpQLSexkFhzl92t3Gc7gST-uPMSpoeqnwwcd4y\\_SovEPUQmeIEN2g/viewform](https://docs.google.com/forms/d/e/1FAIpQLSexkFhzl92t3Gc7gST-uPMSpoeqnwwcd4y_SovEPUQmeIEN2g/viewform)

# EAST FREMANTLE PRIMARY SCHOOL NEWS

## SCHEDULE OF CONTRIBUTIONS, FEES & CHARGES for 2019.

Please note the values listed are the maximum amount you can be charged for each item listed.

East Fremantle Primary School 2019  
School Education Act 1999  
Determination of charges or contributions for materials, services and facilities in relation to educational programs

**Section 100**  
Maximum charges for extra cost optional items per annum

Year Level	Voluntary Requests					Charges for Extra Cost Optional Items												
	P & C Contribution	Grounds	Kitchen Garden	Swim Pool Entry	Dance	Bulk Excursion/Inursion	Instrumental Music Program	Middle Program	Middle Program	School Choir	Young Writers Programme	Winter Sports	Interschool Sport	Year 6 Graduation Shirts	Year 6 School Camp	Graduation dinner dance	Year 6 Adventure World	PEAC
K	\$10	\$10				\$60												
P	\$10	\$10		\$28	\$25	\$80												
1	\$10	\$10	\$30	\$28	\$25	\$90		\$25										
2	\$10	\$10	\$30	\$28	\$25	\$90		\$25										
3	\$10	\$10	\$30	\$28	\$25	\$90		\$25				\$60						
4	\$10	\$10	\$30	\$28	\$25	\$90		\$25	\$30			\$60						
5	\$10	\$10	\$30	\$28	\$25	\$90			\$30		\$50	\$60					\$300	
6	\$10	\$10	\$30	\$28	\$25	\$90			\$30	\$135	\$50	\$60	\$25	\$360	\$30	\$35	\$300	

**Section 99 - Voluntary Contributions**

A limit of \$60 per child exists in the Regulations -  
**Contributions: Kindergarten - Year 6: \$60 per child**  
 These voluntary requests are used towards the cost of materials, services and facilities used by students in their educational program and includes: Library/Science/English/Maths/Art/IT&E  
 The Voluntary Requests can be paid through Ziggies with the booklists or at the start of the year at the School Office, in full or via instalments.

**Optional cost for other school activities or services provided through the school**  
 (These costs are for services or purposes which are not part of the educational program of the school, and they are purchased at the choice of the parent)  
 School photographs, Student fundraising, Book Club

**Voluntary Requests**

Kitchen Garden voluntary request of \$30 per child assists EFPS to run the popular Stephanie Alexander Kitchen Garden Program. This charge contributes to the purchasing of supplies for the kitchen and garden. Grounds maintenance voluntary request of \$10 per child is used to replace sand in all of the School playgrounds.  
 Swimming and Dance form part of the physical education school programme.  
 P & C Contribution - The P & C requests a voluntary contribution of \$10.00 per child.

**Charges for Extra Cost Optional Items**

These charges only relate to students who participate in individual optional items and are payable directly to the East Fremantle Primary School office and not through the School Booklists. The Bulk excursion/incursion charge only covers class/school wide excursions and excursions. Other programs incur a separate cost as outlined above.

**PEAC**

2019 Contributions, Charges and Fees for students selected into the PEAC program  
 PEAC CHARGES for Year 5 and 6 students, if selected, will be no more than \$300 for the year.  
 (Cost depends on courses selected which range from \$15 to \$110).

# EAST FREMANTLE PRIMARY SCHOOL NEWS



*East Fremantle Primary School*

## CALENDAR

**Term 4 – 2018**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	8 Pupil Free Day	9	10 Dance commences	11	12 Grad photos 9am
2	15	Yoga 8.10-8.40 16	17	18	19 LOTE Assembly Forgiveness
3	22	Yoga 8.10-8.40 Inters Aths 23	Inters Aths 24	25 P&C Meeting 7.30pm	26 Bandanna Day
4	29	Yoga 8.10-8.40 30	31	1	2 Rm 4 Assembly Tolerance
5	5	Yoga 8.10-8.40 6	7 Board meeting 3.15pm	8	9
6	12	Yoga 8.10-8.40 13	14	15	16 Rm 3 Assembly Trust
7	19	Yoga 8.10-8.40 20	21	22 P&C Meeting 7.30pm	23
8	26	Yoga 8.10-8.40 27	28 Dance Review 1:15pm	29 John Curtin Orientation Melville GATE Orientation	30 Orchestra Assembly Melville Local Orientation
9	3	Yoga 8.10-8.40 4	5 Board Meeting 3.15pm Christmas Concert K-2 5pm	6	7
10	10	11 Graduation JCCA 1:15pm Dinner Dance SYC	12	13 Adventure World Year 6s	PUPIL FREE DAY

# EAST FREMANTLE PRIMARY SCHOOL HONOUR CERTIFICATES

Honour Certificates	Year & Class	Value Recipient "Forgiveness"
Lucy Sawyer Sophie Miller-White	PP1—Room 13	
Kiki Richards Xavier Micallef-Jones	PP2—Room 14	
Ewan Jackson Benny Dowling	Y1—Room 9	Otis Bryant
Dewi Wiasa Ted Travers	Y1—Room 9A	Peter Green
Ella Lushey Arjun Kapetas	Y2—Room 7	Lawson Adams
Grace Strapp Jessica Steinmann	Y2—Room 8	Sydney Silvestrov
Jack Dowling Mabel McTernan	Y3—Room 11	Lakshi Hartwig-Leelaratna
Cinnamon Anchor Crystal Small	Y3—Room 12	Crystal Small
Patrick Lindsay Monica Ngo	Y4—Room 2	Fin Lillis
Robert Legaspi Bridget Lowry Charlie Svensen	Y4—Room 3	Ashton Roberts
Puri Robinson Patrick Money	Y5—Room 1	Elisa Rosignoli
Henry Peters-Frichot	Y5—Room 4	Isabella Clinch
Rowan Bailey Ketut Muir	Y6—Room 5	Lucia Healy
John Anthony James Simpson	Y6—Room 6	Lila Ingram
Gwen Powell	Italian Honour Certificate	

EAST FREMANTLE PRIMARY SCHOOL  
HONOUR CERTIFICATES 07/09

120<sup>TH</sup>



*In celebration*

*of a unique and enduring  
community spirit that is*

*centered around the wonderful*

*East Fremantle Primary School*

1898 = 2018

EAST FREMANTLE  
PRIMARY SCHOOL

FRIDAY DEC 7<sup>TH</sup>

\$25 6:30 - 8:30 PM

ON THE SCHOOL OVAL  
WHERE PUPILS ONCE PRACTICED MAYPOLE DANCING  
AND CADETS, FAMILIES CONTINUE TO PICNIC AND  
THE HARBOUR VIEW REMAINS BEGUILING

GATHERING COMMUNITY OLD + NEW

AT SUNSET, UNDER TWINKLING LIGHTS,  
TO SHARE IN WARM CONVERSATION,  
DELICIOUS FOOD AND A TOAST TO THIS  
GREAT SCHOOL. DRESS TO CELEBRATE!

.....  
[WWW.TRYBOOKING.COM/ZBOG](http://WWW.TRYBOOKING.COM/ZBOG)



# EAST FREMANTLE PRIMARY SCHOOL P & C NEWS

## P&C October Meeting News

- It was a jam packed agenda which included a lot of decisions, discussion and information! There is too much to summarise, but this is the gist of it. If you would like further details on any of these topics, please feel free to contact [efpspc@gmail.com](mailto:efpspc@gmail.com) or come to our next meeting on Thursday 22nd November 7.30pm in the school library.
- In the Principals Report, Jenni encouraged parents to get their child's Naplan results from the school office if you haven't received them already. The two options for the structure of the school classes for next year was explained, with emphasis on the 3 new kindy classes for 2019.
- There was a robust discussion of how best to fund the school's building/playground projects, with the decision to put \$9000 toward the new sensory disk that went in last term and pay the \$1200 for the new Interschool sport shirts. At this stage we also expect to assist in funding phase 2 of the fitness track. P&C also funded spare knickers/jocks for kids available in the front office and spare hats for sport.
- The new P&C website is looking great and we are hoping to launch it soon.
- The teatowel orders close this week, so we are calling for last orders.
- Genevieve has offered to open the school gates at 8am and close the school gates at 8pm for parking for the George St Festival. It would be great to have another volunteer to check on progress once or twice through the day or do one of these jobs if you are free? Please email the above address asap.
- Trena will be selling school cookbooks in a nook at the festival. If anyone wants to volunteer on the day, that would be most appreciated. Please email the above address asap.
- This year we have enjoyed the great boon of having many people on P&C doing a small role each. We are thinking to expand this next year and are looking for around 30 people to each do a very small and not time intensive role. For instance, we need a few Dads to make the Dad and Kids camp as awesome as always, we need someone to update the new website as needed, we need a group of people to start thinking about an event for next year that will replace Fete and so many more! Please talk to Kate McAuslane or email the above address if you want to know more!
- Our Tuesday morning Yoga class has been beautiful and a wonderful way to unwind after the busy before school rush! Everyone is welcome, so come along any Tuesday until week 9.
- There was a discussion of having school faction t-shirts. We will be seeking feedback so keep an eye on your inbox/Facebook, with the idea that a few times a year you can order a shirt in your faction colour with the school sports logo printed on it. If there is enough support the school will allow this shirt to be worn on 'Faction Fridays' throughout the year. (Sally Mann has confirmed that the school has endorsed Faction T-Shirt Fridays if the faction t-shirts go ahead)
- The date for the Dad & kids camp has been proposed for the 8th of March. Peter Yates will manage the event again, with ideas requested for the gift/activity?
- It was agreed that the P&C email services will only be used for direct P&C business. However, the P&C managed 'EFPS Community News' Facebook page at this stage will be open to community issues, with the caveat that all posts are not necessarily representative of P&C views and with the chance for community members to post for and against relevant issues
- The school anniversary celebration will be on Friday December 7th, 6.30-8.30pm and is going to be a wonderful way to celebrate our amazing school community past and present. Adults only and tickets available soon.
- The school board AGM will be Wednesday 5th December 7.30am.

Thanks to everyone for supporting your P&C!

EAST FREMANTLE PRIMARY SCHOOL  
P & C NEWS



**Family**

**Yoga**

Free  
for all ages

with  
Gill Howarth  
from  
The Little Yoga School

**Tuesday Mornings 8.10-8.40am**

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](mailto:efpspc@gmail.com) or 0412620505

## Tea Towel Keepsakes!

Self portraits by our creative kids  
printed on tea towels as a memento of their year.

**\$15 for one, \$40 for three, \$60 for five**

Place your order at

[www.trybooking.com/428326](http://www.trybooking.com/428326) by 31st October



**Last Chance!**

# COMMUNITY ANNOUNCEMENTS

## HAMPER CONTENTS

- 1 x 420g can of peas
- 1 x 425g can of beetroot
- 1 x 125g sachet of instant mashed potato
- 1 x 410g can of fruit salad
- 1 x 95g can of tuna
- 1 x 340g Plumrose tinned ham
- 1 x 53g chocolate bar
- 1 x box of instant coffee sachets (10 sachets)
- 1 x 100g flavoured rice crackers
- 1 x 190g Sirena Tuna & Rice ready-to-eat meal
- 1 x 250g pack of Arnott's cream biscuits (any kind)
- 1 x 1L custard (vanilla flavour)
- 2 x 110g Aunt Betty's Steamy Puds (any flavour)
- 1 can of cool drink



## St Pat's Christmas Appeal CAN YOU HELP?

You may have seen some Christmas boxes around the school and you may be wondering what they are. These boxes are for donations that will go to St Patrick's homeless shelter at Christmas. When you donate you will be helping someone attending the shelter.

So what can I donate? There are three categories.

1-Non-perishable food- rice, canned food; see the list across

2-hygiene items- Sunscreen, toothbrushes, soap

3-Shoes- New thongs

All these items need to be new please. So E.F.P.S let's see how much we can donate!

From Ari McKay, Room 5 Year 6

# COMMUNITY ANNOUNCEMENTS

Applecross Senior High School Presents:

## Young Masters Workshops 2018



### Available Workshops:

Digital Photo Editing

Printmaking

Still Life Painting

Mixed Media Drawing

Recycled Sculpture

Dates and Time	November 10 <sup>th</sup>	November 17 <sup>th</sup>
	9:00 to 11:30am	9:00 to 11:30am

NOW OPEN TO  
YEAR  
4 & 5

Year 5 students are invited to come and get a taste of Visual Art at Applecross SHS, the leading Gifted & Talented Visual Arts school in the state. Aspiring Gifted & Talented applicants are especially encouraged to attend to experience what we have on offer.

All workshops available between 9:00am – 11:30am on Saturday 10th of November and Saturday 17th of November.

Workshops located in the "A" block of Applecross Senior High School, accessible from Ardessie Street, Ardross.

### Preferred Payment Method



Bookings close Nov 5th

\$40 per workshop

Payment can be made via Qkr. This online payment application was developed by Mastercard. Go to: <https://qkr.mastercard.com/store/#/home>

- 1) Head to: <https://qkr.mastercard.com/store/#/home>
- 2) Search for Applecross Senior High School
- 3) Under available menus select "Young Masters Art Workshops"
- 4) Select your chosen workshop(s)
- 5) Select "Non Applecross Student" for both Year and Care Group
- 6) Complete payment details to confirm booking

FAQ and information about Qkr can be found at [applecross.wa.edu.au](http://applecross.wa.edu.au) by clicking on the 'Back to School' icon, or by emailing: [janine.jenkins@education.wa.edu.au](mailto:janine.jenkins@education.wa.edu.au)

**GIFTED AND  
TALENTED  
PROGRAMS**

**APPLY NOW**

**BOTH YEAR 4 & 5  
INVITED TO ATTEND.**

# COMMUNITY ANNOUNCEMENTS



**Identitywa**  
NDIS information  
sessions for people  
with disability, their  
families, carers and  
support staff.

Our expert team will be there to guide people through the process of moving into the NDIS and answer questions about transitioning to the national scheme.



## Schedule of dates

### Wednesday 17th October

2.00pm – 4.00pm  
City of South Perth Library  
Meeting Room  
Cnr South Tce & Sandgate St,  
South Perth

### Friday 19th October

9.30am – 11.00am  
Herb Graham Recreation Centre  
38 Ashbury Crescent, Mirrabooka

### Saturday 20th October

10.00am – 12.00pm  
City of South Perth Library  
Meeting Room  
Cnr South Tce & Sandgate St,  
South Perth

### Thursday 8th November

9.30am – 11.00am  
City of Wanneroo Library  
3 Rocca Way, Wanneroo

### Monday 12th November

4.00pm – 5.30pm  
City of South Perth Library  
Meeting Room  
Cnr South Tce & Sandgate St,  
South Perth

### Thursday 22nd November

4.00pm – 5.30pm  
City of South Perth Library  
Meeting Room  
Cnr South Tce & Sandgate St,  
South Perth

### Tuesday 27th November

4.00pm – 5.30pm  
City of South Perth Library  
Meeting Room  
Cnr South Tce & Sandgate St,  
South Perth

### Saturday 8th December

10.00am – 11.00am  
City of South Perth Library  
Meeting Room  
Cnr South Tce & Sandgate St,  
South Perth

RSVP: [Jane.Jefroy@identitywa.com.au](mailto:Jane.Jefroy@identitywa.com.au)  
08 6246 7543

# COMMUNITY ANNOUNCEMENTS

## Parenting in Fremantle

November 2018

Relationships Australia are proud to offer the following courses to the Fremantle community and surrounds:

### DADS RAISING BOYS (under 12 years)

Wednesday, 7 November

For a boy a close relationship with his father is like gold. A father can be an anchor for a son. A Dad models behaviours that shape who they become as an adult. This workshop for dads will assist in building their sons' self-esteem, healthy identity and resilience as well as managing challenging behaviours.

### EMOTION COACHING your KIDS

Wednesday, 20 November

Every parent wants to do the best for their child but can often feel overwhelmed. Current research has found that one of the most useful skills and awareness a parent can give to their child is emotional intelligence. This means helping their child to recognise what they are feeling and why. This workshop will explore the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

**Where:** 1 Ord Street  
**Time:** 6.30 – 9.00pm  
**Cost:** \$30 per person

Places are limited – please contact (08) 6164 0239 to register today

*It would be great to see you!*

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipspwa.org.au](http://www.relationshipspwa.org.au)

Relationships Australia

## PARENTING

West Leederville Nov/Dec 2018

Relationships Australia are proud to offer the following parenting workshops to the community of West Leederville and surrounds!

**Partners to Parents** Sat 10 Nov 10am-12.30pm \$30 p/person

To assist couples manage the transition from being a couple to becoming parents.

### Parent-Teen Connection

Sat 17 Nov 9.30am-4.30pm \$50pp/\$75pcouple

### Parenting after Separation

Wed 5 Dec 6.30-9.00pm \$30 p/person

### Dads Raising Teen Girls

Wed 5 Dec 6.30-9.00pm \$30 p/person

### Dads Raising Boys

Mon 10 Dec 6.30-9.00pm \$30 p/person

### Survival Kit for Separating Dad

Wed 12 Dec 6.30-9.00pm \$30 p/person

Separation presents many challenges for men especially fathers. If you are going through a separation or divorce this course will provide a supportive place to acknowledge the challenges you are experiencing through this process. We will assist you to identify some practical coping strategies so that you can feel more positive about yourself and your future.

*(We strongly recommend all separating dads attend this course prior to any other course, particularly parenting courses.)*

### Successful Single Parenting

Wed 12 Dec 6.30-9.00pm \$30 p/person

Places are limited - please contact (08) 6164 0200 to register today!

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipspwa.org.au](http://www.relationshipspwa.org.au)

Relationships Australia

## Rock and Water

Physical exercises are constantly linked with mental and social skills. The Rock and Water Program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. The program offers a framework of exercises and ideas to assist boys and girls aged between 8 and 14 years to become aware of the purpose and motivation in their life.

The following topics are discussed:

- Bullying
- Life goals
- Developing a positive self-image
- Communication skills
- Personal boundaries

The course teaches the following:

- Practical anti-bullying strategies
- Self-confidence, self-awareness and self-control
- An introduction to basic self-defence skills
- Communication skills and interpretation of body language cues
- Alternatives to aggressive verbal and physical responses to fear and doubt
- Thinking and being in control through grounding, centeredness and mental focus
- Boundary awareness

Facilitated by Craig Van Waardenburg (credited Rock and Water trainer) this family activity based program builds on the complementary strengths of 'the rock' and 'the water'. One is firm and assertive, while the other is flexible and willing to cooperate.

*Note: Due to the nature of the activities, there is only room for one child per adult attending.*

**Where:** WEST LEEDERVILLE - Level 1, 22 Southport Street  
**When:** Saturday 10 November  
**Time:** 8.30am - 12.30pm  
**Cost:** \$70 per pair

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipspwa.org.au](http://www.relationshipspwa.org.au)

Relationships Australia

# COMMUNITY ANNOUNCEMENTS



Department of  
Education

## VACSWIM 2018-19

Enrol your children in  
swimming lessons during the  
summer school holidays.

### Choose from four VacSwim programs:

#### Country early start program

Every day from Saturday 15 December  
to Friday 21 December 2018

**Enrolments close**

**Sunday 4 November 2018**

#### Program 1

Every weekday from Wednesday  
2 January to Friday 11 January 2019

**Enrolments close**

**Sunday 11 November 2018**

#### Short program

Every day from Monday 7 January  
to Friday 11 January 2019

**Enrolments close**

**Sunday 11 November 2018**

#### Program 2

Every weekday from Monday  
14 January to Friday 25 January 2019

**Enrolments close**

**Sunday 18 November 2018**

### Enrol now

Visit [education.wa.edu.au/swimming](http://education.wa.edu.au/swimming) or call 9402 6412.