



FROM THE PRINCIPAL'S DESK

Dear Parents, Carers and Community Members

Faction Athletics Carnival – This Friday, 6th September is the date for our Faction Athletics Carnival. All students have been busy during the term practicing their athletic skills and honing their team work, so they can perform at their best in the team games. We warmly invite everyone in our school community to come along and enjoy the carnival, which has a forecast of 20 degrees and sunny! Our P&C have organised a cake stall and sausage sizzle, along with coffee and food available at the canteen. It will be a great day to bring down a rug, some folding chairs and cheer on your favourite faction. A Faction Athletics Carnival Program will be sent out with this newsletter, giving you some information when different events will happen. The Carnival will start from 8:50am.

Father's Day – I hope all our Dads got to enjoy a relaxed day on Sunday and lapped up being spoilt by the kids. It was great to see so many of our Pre Primary and Year 1 Dads, Grandads and Uncles enjoy the activity sessions that were coordinated by classes last week. Our Dads enjoyed some yummy snacks and games with the kids, who had a great time entertaining Dad. A big thankyou also once again to our hard working P&C who coordinated and ran the Father's Day stall on Friday. Our students relished the opportunity to browse all that was on offer and select their Dad something special. I know my new pen holder is holding pride of place on my desk at the moment.



CONNECT – Our new online communication tool is now running and fully operational. CONNECT is the Department of Education supported online tool, to support the flow of communication and information between schools and parents. CONNECT allows the school to send messages and information to the whole school population or small groups only. Parents are able to make use of CONNECT to provide information on student absences, find copies of notes and newsletters and store a catalogue of student reports. I fully understand that many parents in our school have had difficulty in setting CONNECT up, particularly parents who have students at multiple schools. I hope that by now we have solved most of these issues. If you have not yet registered with CONNECT or are still having problems setting it up on your personal devices, I encourage you to please make contact with our front office. We will help troubleshoot any problems you may have, to ensure you have access.

Kind Regards

Travis Miller
PRINCIPAL

COMING EVENTS

Friday 6th September	Faction Athletics Carnival
Monday 9th September	World of Maths Incursion 3.15pm School Board Meeting
Tuesday 10th September	World of Maths Incursion
Wednesday 11th September	Assembly Room T1
Saturday 14th September	Chinese Mid Autumn Festival - Stockland Riverton
16th—20th Sept	Library Book Fair
Wednesday 18th September	Parent Open Night

**TERM 3, WEEK 6:
FACTION TOKEN TALLY**

Avon 48	Bickley 77
Canning 60	Swan 100

FACTION ATHLETICS CARNIVAL
Don't forget to wear your faction shirts on Friday.



SPEAK UP COMPETITION

Jhye from Room 18. competed in the Speak Up Competition semi-finals last week, where he ended his journey after another wonderful effort.

Congratulations, Jhye, you did yourself and your school proud.

Howard Christie
Deputy Principal



MINI EALS PROGRAM

Congratulations to Rebecca, Lizzie, Lilly, Felix, Elsa, Jared, Wilbert and Maeve on participating and completing Lynwood Senior High School Mini EaLS program. The students presented the work they've been doing in Science, HASS, English and Maths (robotics) over the past three terms. EaLS stands for Environment and Life Sciences and is an initiative that allows students to work at the High School and investigate and understand issues affecting the world. This year the focus was on the future and the students studied pollution, environmental degradation and global warming. The EaLS program is a LSHS initiative to support more able students and the mini-EaLS program gives some Year 5 students from local primary schools the opportunity to get a taste of it.



STUDENT COUNCILLORS 2018



Hi, I'm Ava, one of your 2019 Student Councillors. I just wanted to tell you about some of the things that are happening around the school. Okay yes, we are having a disco, but not just any disco, a Halloween Disco, so you can start thinking of some costume ideas for that. There will also be a Crazy Hair day on Friday, 20th September, Week 9, for a gold coin donation. Thank you.



By Ava, Room 18.

LIBRARY NEWS

This week in the Library, we have been celebrating the Children's Book Council of Australia book awards, with our 'Reading is My Secret Power' and 'Reading is Our Super Power' displays. Reading really is a super power, improving your ability to wield words - just adding 10 minutes of reading every day would expose your child to over 600,000 words in 1 year!

Sharing the opportunity to see, touch, explore new books and choose their own, is great motivation for children to read more. We invite you to find that super book for your child at the Scholastic Book Fair that we will be hosting in the Library during Week 9. An invitation flyer will be sent home next week and students will be able to preview books in school time from Friday onwards next week with a wish list to note their interest.

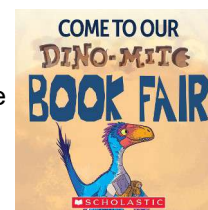
Book Fair Open Times:

8.15-8.45 am and 2.45—3.15pm Wednesday 18th September
5.00-6.30 pm Wednesday 18th September - Parent Open Night
8.15-8.45 am and 2.45—3.15pm Thursday 19th September
8.15-8.45 am and 2.45—3.15pm Friday 20th September

During open times, you may purchase in person by cash, EFTPOS or credit card. Alternatively, online credit card payment can be made for items on the flyer wish list - please select the 'Bookfair' option.

A percentage of the Book Fair proceeds will support new books for our library. Come and visit our Library and Book Fair, hope to see you there!

Mrs Bretherton and Mrs Pope



MID-AUTUMN FESTIVAL CELEBRATION EVENT 2019



This year's Mid-Autumn Festival event at Stockland Riverton will take place on Saturday, 14th September. As with previous years, some of our upper primary students will be running various art and craft activities, along with students from Lynwood Senior High School. Please come along to support our students.

Ya Rong (Olivia) Xu
Chinese Language Teacher



SCHOOL ASSEMBLY



On Wednesday, 28th August, Room 8 hosted the school assembly. The students talked about their STEM projects on pet rocks and using persuasive text to convince others of their opinions. Catherine read her exposition called 'Fish are the Best Pets'.

The class performed a play, written by Ms Addison, called 'What Pet Should We Get?' In the play, there were four groups of pets; pet dogs, pet cats, pet rabbits and pet rocks. Each group tried to convince three children, visiting the pet shop, that they were the best pet to get. In the end they bought a pet rock, that turned out to be a dinosaur egg and the children had the best pet of all!



The students of Room 8 really enjoyed hosting and performing for everyone and did a wonderful job. Ms Addison and Mrs Steed were really proud of their efforts. Maybe the children in Room 8 even convinced you to buy a pet rock? You never know what might be inside!



Our next assembly will be held on **Wednesday 19th June** in the Undercover Area, commencing at **8:45am**. This assembly will be hosted by the students in Room 17.

DRUMBEAT PERFORMANCE

Students, parents and staff were also treated to a performance by our Drumbeat students at the Room 8 assembly.



SCHOOL AWARDS

HONOUR CERTIFICATES: **Excellence**, no matter what you are doing, excellence means you are giving it the best you have. Excellence is what leads to success. It takes courage to practise excellence. When you practise excellence, you can break new ground and try new things that have never been thought of before. Doing your best helps you find out who you really are. **Congratulations to the following Honour Certificate recipients from our last assembly.**

CLASS	STUDENT
Room 3	Keara, Dvij
Room 4	Chaste, Adam
Room 5	Pippa, Elyena
Room 6	Olivia
Room 7	William, Jahrinity
Room T3	Lucy, Amelia
Room 8	Riyana, Dana

CLASS	STUDENT
Room 9	Thomas
Room T1	Sienna, Kaiora
Room 10	Aaron, Poppy, Parsa
Room 11	Hayden, Sunny
Room 13	Nawid, Tye
Room 12	Ben, Dakota

CLASS	STUDENT
Room 15	Oliver, Joshua
Room 14	Graydon, Alice
Room T4	Tekarra
Room 17	Wesley, Shavina
Room 16	Isabelle, Sapphire
Room 18	Kendra, Ava

AUSSIE OF THE MONTH AWARD

AUSSIE OF THE MONTH: The Aussie of the Month award recognises personal endeavour, achievement and contribution to our School Community. Congratulations to this month's recipients:



PURPLE TOKEN WINNERS

Congratulations to last week's purple token winners:
 Reilly—Room 12, Hazel—Room 9,
 Emil—Room 9, Charlotte—Room 16



FACTION JUMPS & THROWS

On Tuesday 3rd September, the top two competitors from each faction in Years 1-6 completed in the Faction Jumps and Throws. We were very fortunate that the weather was kind and students and teachers were able to go out to Purley Park to cheer on



FOODBANK FOOD SENSATIONS

We had a great turn-out at the Foodbank Food Sensations Workshops during August. We learned a lot about Health and Nutrition, and cooked healthy meals and snacks. Thank you to FoodBank and all the Mums who participated.

Jayjay Komakech
School Chaplain



P&C NEWS

Sports Carnival – Notes for pre-order canteen food have been sent home. If you didn't get one, then please see Natalie in the canteen and get your order in by Thursday. Recess will be available as normal from the canteen, as well as drinks & treats. YES, there will be a *Sausage sizzle* on the day and a cake stall with soft drinks (for adults) and water. If you can donate or volunteer to help while you are down, there it will be appreciated! If everyone can do between 30 minutes to an hour, we can all still watch our kinds run and at the same time, raise some funds!

OOSHIE & LITTLE SHOPS2 SWAP DAY – Bring your list of what you need to complete your sets and bring your spares to our PARENTS ONLY P&C Swap sessions – the first session will be PRIOR to the next assembly September 11th between 8.15 – 8.45am outside the library (assembly side) to find out when the next one is and where, logon to the P&C Facebook page <https://www.facebook.com/bcpspnc/>

The **Disco** will be held on 25th October and is 'dress to impress'. There will be giveaways and the usual disco fun, so save the date!

Re-Usage Lunch Order Bags – Order forms will be out soon, so you can choose a reusable canteen order bag and support the P&C and the environment at the same time! Watch this space!

Canteen News. If you haven't ordered them already, we have some new 'meal deals' 'triple deals' and other exciting offers available now..... buy a lunch meal and a drink for all three canteen days in a week and get a free recess treat for your child on all 3 days! Get in to the canteen or order online through <https://www.quickcliq.com.au/> ... and don't forget our new meal deals – meal, drink, icy pole and treat for \$6!

Father's Day Stall – The stall was a huge success and I hope all the BCPS Dad's (and some Mum's) all got spoiled and had a great day. A huge THANKYOU must go to all the volunteers that helped on the day and to all the parents who generously donated items as well.

The next P&C morning tea meeting will be on **Tuesday 22nd October at 9.00am in the Staffroom** and once again, everyone is welcome to attend. Meetings only go for 30 min to 1 hour and you can make some new friends and keep on top of what's happening in your school. The more the merrier!

Linda Ross
P&C President

SCHOOL NURSE NEWS

Asthma – what is it?

As we breathe, air moves in and out of the lungs through branching airways.

People with asthma have sensitive or 'twitchy' airways. When they are exposed to certain 'triggers' (e.g. cigarette smoke), their airways narrow making it hard for them to breathe.

The three main factors that cause this narrowing of the airways are:

- The inside lining of the airways becomes red and swollen (inflamed).
- The muscle around the airway tightens.
- Extra mucus is produced.

What are the main symptoms of asthma?

- Wheezing - a high pitched raspy sound on breathing
- Coughing
- Shortness of breath
- Tightness in the chest

These symptoms vary from person to person, and from time to time within the same person. Some people have all the symptoms, while some may only have a cough or wheeze. Symptoms can also vary considerably in intensity.

For more information visit: <http://www.asthmawa.org.au> or <https://www.asthmaaustralia.org.au>

We don't really know why some people have extra sensitive airways and others don't, but we do know that many people are born with a tendency to develop asthma. There is often a history of asthma, eczema or hay fever in brothers, sisters and parents or close relatives. Asthma can occur for the first time at any age.

There is evidence that contact with certain things, for example cigarette smoke during pregnancy and early childhood, increases the risk of developing asthma. For more information on smoking, pregnancy and asthma visit www.smokefreebaby.org.au.

Asthma first aid

Children with asthma can quickly become seriously ill. Asthma needs to be taken seriously. A child with a serious asthma attack may not sound wheezy, but may be pale, quiet and/or breathing with quick shallow gasps.

If a someone is short of breath and wheezing from asthma, follow his or her Asthma Management Plan, or these first aid steps:

- Step 1** - Sit the person upright, remain calm and help the person stay calm. Do not leave the person alone.
- Step 2** - Quickly give four puffs of a reliever puffer (blue puffer), one puff at a time. This is best given through a spacer. Ask the person to take four breaths from the spacer after each puff. Use the puffer on its own if no spacer is available.
- Step 3** - Wait four minutes. If there is little or no improvement, repeat steps 2 & 3.
- Step 4** - If there is still little or no improvement, call an ambulance immediately - 000.
Continue to repeat steps two and three while waiting for the ambulance.

CHILD AND PARENT CENTRE COURSES



Come along to our FREE Parent Workshop on PROTECTIVE BEHAVIOURS



Parents learn about the principles of Protective Behaviours that children learn about in school.
A great way to learn and reinforce Protective Behaviours with your children.

- Understand that "We all have the right to feel safe"
- Understand that "We can talk to anyone about anything"
- Recognise and label 'early warning signs'
- Learn strategies for self-protection
- Provide strategies to create a "safety network"
- Learn the difference between safe and unsafe secrets

Date: Wednesday 28th August, 2019
Time: 9.15am – 11.15am
Where: Child and Parent Centre - Brookman
34 Brookman Avenue, Langford (opposite Upton Place)

Register via the APP "Child and Parent Centre Brookman"
For more information please telephone
the Child and Parent Centre Brookman on 9235 7032 or email
CPCBrookman@parkerville.org.au

CRECHE is available on request. Creche spaces are limited, booking is essential.

Supported by:
Department of Education

In partnership with



"WHO'S THE BOSS?"

Looking for some helpful tips on how best to set boundaries for your child?

"Who's the Boss" workshop will help you:

- Explore parenting styles
- Set boundaries and limits
- Establish ground rules



Bookings
are
essential

Date: Tuesday 10 September, 2019

Time: 12.00pm until 2.00pm

Where: Child and Parent Centre Brookman
34 Brookman Ave, Langford

Please register via our app "Child and Parent Centre Brookman"
or email CPCBrookman@parkerville.org.au or call the Centre on 9235 7032
Crèche is available upon request.

Bookings are essential as crèche spaces are limited.

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BETTER HEALTH PROGRAM



FREE FUN PROGRAM FOR KIDS!

The Better Health Program is a 10 week healthy lifestyle program for kids aged 7-13 who are above a healthy weight.

- Learn simple ways to eat healthier foods everyday
- Build confidence and boost self esteem
- Get fit playing fun games and activities
- Meet new friends and have fun!

PLACES ARE LIMITED REGISTER NOW FOR TERM 4 2019:

Cannington – Bounce Inc, Wednesday or Thursday 4-6pm
Mirrabooka – Herb Graham Recreation Centre, Tuesday 4-6pm
Joondalup – Latitude, Thursday 4-6pm
Port Kennedy – Rebound Arena, Tuesday 4-6pm

Call: 1300 822 953 - SMS: 0409 745 645

Online: betterhealthprogram.org



Government of Western Australia
Department of Health





SUPERHERO SCHOOL HOLIDAYS



Exciting Excursions, Inspiring Incursions & Creative Club Based Days!

This season, we've got a full & varied program of educational, fun and adventurous activities. We've got Excursions; like going to the movies to see *Abominable* in **Movie Madness**. There's Activity Incursions; like *Gamergirl & Gadgetboy* where you'll make Superhero toys, board games and then complete an obstacle course. Maybe External Incursions; in **Operation: Rescue** you'll be completing your first Superhero rescue mission! Or get creative with our Club Based Days, where the program is largely created by you, the kids!



Book now. To find out when these activities are on during the school holidays and join in the fun, visit: www.campaustralia.com.au/holidayclubs.

Plus, every attended booking gets an entry into our competition. Your family could be on your way to the sunny Gold Coast. See our website for more info.

We look forward to seeing you at **Superhero School Holidays**.

The Camp Australia Team

Conditions apply, see <https://www.campaustralia.com.au/promotion-terms-and-conditions>. AU res 18+. Starts: 9/8/19, Ends: 11:59pm AEDST 20/10/19. 1 entry p/session p/child booked. Child must attend session for entry to be valid. Draw: 55 Erina Plaza, 210 Central Coast HWY, Erina NSW 2250 at 10am AEDST on 22/10/19. Winners at campaustralia.com.au/families/holidayclubs & The Advertiser for any SA winners) on 25/10/19. Prizes: 1x trip for 2 adults & 2 children (12yrs & under) to Coolangatta, QLD valued at \$6,600; & 8x \$500 travel vouchers. Promoter: Camp Australia Pty Ltd (ABN 96 060 703 120) of 1731 Malvern Rd, Glen Iris, VIC, 3146. Permits: NSW: LTPS/18/36128 ACT: TP19/03714 SA: T19/1121.

To find locations near you and to book, visit www.campaustralia.com.au/holidayclubs