From the Principal
The term is certainly rolling out with a steady pace and the school is striving to effectively manage all normal events that are uniquely term four. Since the beginning of the term it was terrific to sense the excitement in the air amongst students, staff and parents when the Kelmscott Show was being staged at Rushton Park. Many thanks and congratulations to the P&C who again coordinated the parking and raised a considerable fun-raising total. The assistance from the many parents who volunteered their time over the weekend was very much appreciated by the whole school community.

Term Four Hype
As I described with all staff this week, hype is always around us however given it is Term 4 with added events, uncertainty, reports, Christmas, new classes etc, the hype does rise causing added stress. Then when this added stress exists our thinking, behaviour and interactions are affected.

It is during this term that our cooperation, tolerance, understanding and kindness is most required. In other words, we need to make sure we work together more so by remaining calm, taking time and gradually resolving issues. Plus we need to ensure we all get the balance right in terms of what’s on our plate and not over doing it.

If this occurs our KidsMatter positive school environment will remain intact and we will all benefit including our students who look up to us. We thank everyone for being steady minded during this term.

Class Requests
All parents are invited to email Neil.Spence@education.wa.edu.au if you have a class request for your child for the 2017 school year. The school is unable to provide the 2017 class structure therefore please describe your child's suitability with other students or teachers. The school can not guarantee your request will be met due our responsibility to balance all classes. Also if you know that your child will not be returning to KPS for 2017, please notify the office at your earliest convenience.

Semester Two Reports
All teachers are currently grading and writing semester two reports for all subject areas, attitude, behaviour and effort. Your child will receive their report on Monday 12th December. Teachers will be available after this date via appointment if you wish to discuss your child’s report.

Big Days Out
Our Year 5 and 6 students will participate in their Big Days Out this week. Along with visiting places in the CBD and participating in farm activities, all students will be camping overnight at Kelmscott SHS. Our students are very much looking forward to the annual Big Days Out. We wish them all the best, especially our Year sixes who will enjoy their last major primary school excursions.

Staffing
Term 4 is usually when staff choose to move schools or change their work fraction. Mel Spence has indicated she will be moving back to Shelley PS; Adam Beard is moving to Little Grove PS in Albany; and Barbara Stevens will be reducing her work time to three days per week. Further updates will be provided. More formal farewells for Mel and Adam will be published later in the term.
SCHOOL BOARD OPEN MEETING

The annual ‘open’ School Board meeting is taking place this term on **Tuesday 8th November 6.00pm—6.45pm**. We would like to take this opportunity to extend an invitation to everyone in our school community to come along and meet the Kelmscott Primary School Board.

Any questions or agenda items should be emailed to pstrano@armadale.wa.gov.au by Friday 4 November. We would also encourage anyone with an interest in becoming a board member to attend the meeting. “...the role of school board is one of setting the long term future for the school and maintaining oversight (not management) of the school's operation. It is not about running the school — that is the job of the Principal. It is about providing additional expertise to help the school achieve the best outcomes for the students.”

[www.smore.com/app/pages/preview/185mk](http://www.smore.com/app/pages/preview/185mk)

PEAC

Back in term 2, all year 4 students underwent testing for identification to the Primary Extension and Challenge (PEAC) program in years 5 and 6. Testing, marking and scaling of each student's results has now been completed by the PEAC administrators. If your child is likely to be offered a place in a part-time PEAC program they would have been given a letter to bring home Friday 28th October. Students who are not given a letter are not being considered for a place at this time.

Student Health

It has come to our attention that many students are making poor choices with their food. This includes eating their lunch/recess before school— thereby leaving them with nothing for lunchtime— and either hiding their lunch or throwing it, whole, into the bin. We have also noticed that some students are arriving at school with soft drinks, biscuits and lollies which they claim is their breakfast.

As you may be aware, growing children require good nutrition to build healthy bodies and to help them be the best they can be. At school, a healthy diet helps children concentrate and to fuel their daily activities. High levels of sugar and additives have been linked with poor behaviour, decreased concentration levels, hyperactivity and medical issues such as diabetes, obesity and tooth decay.

We politely request that you encourage your child to eat a good breakfast, monitor your children’s lunchboxes (some tips about nutritious food is included at the end of the newsletter) and speak with them about healthy eating practices; including the importance of spacing their food out across the day to ensure that their bodies are adequately fuelled at all times.

Parent Survey

A parent survey was recently sent home to all families requesting information about your perceptions of Kelmscott Primary School in relation to our work in the area of mental health and wellbeing. It is important for us to obtain responses from as many families as possible so that we get an accurate overall picture. The information will be used by the KidsMatter team to inform plans for 2017. **Please return the forms no later than Friday 4th November.** Many thanks!
Bushfire Ready
Kelmscott Primary School is a Category 2 school in terms of existing in a bushfire prone area.

The school admin team has refined the current Bushfire Management Plan to ensure our procedures are up to date for this coming summer and beyond. Before the end of the term we will practice our full evacuation procedure with all classes.

Key point:
For all homeowners the following information is provided to assist you to be bushfire ready’

National Parent Survey
All schools are expected to invite parents to complete a survey once every two years.

Please complete this anonymous survey
Your input is very much appreciated.
The survey closes Friday 11 Nov.
www.schoolsurvey.edu.au/s/
KelmscottParentSurvey
Code: batjMyWR

We plan to gather this information to identify strengths and plan to address areas of concern.
Understanding children's fears
Children get scared for all sorts of reasons. Often their fears seem unreasonable to adults. But even what may seem illogical, can be very real to children. Some fears are very common amongst children, with different sorts of fears appearing at different ages. Preschool children are often afraid of imaginary things like monsters hiding under the bed. In early primary school, children are usually more fearful of real things that might happen, like being hurt. Later, fears are more typically about possible failure at school or in sport.

Noticing when children are afraid
It's not always easy to tell when a child is frightened or worried. Obvious things that the child responds to immediately, like thunder, are easy enough to recognise. But some things are not as obvious. Children may not tell you they are scared. Often they show it through their behaviour instead. When children are scared or worried they may:
• become clingy or demand that a parent or carer stay close to them
• have sleeping difficulties or want to sleep in their parent or carers' bed
• lack confidence to do things they did happily before
• avoid situations that make them feel scared or anxious
• ask a parent or carer to do things for them or with them
• complain of tummy aches or headaches.

How parents and carers can help
• Acknowledge how your child is feeling. Naming it (eg ‘feeling scared’) helps the child begin to see fear as a normal emotion that can be overcome.
• Stay cool yourself so you can model positive coping.
• Tell them how you learned to get over fears when you were their age.
• Positive self-talk can help children put fears into perspective (eg “The storms on TV are far away from here. My house will be okay”).
• Asking what a favourite hero might do in the situation can sometimes be helpful for encouraging children to be brave.
• Learning relaxation skills is often very helpful for dealing with fears.
• Help the child put realistic limits around the scary situation. (eg If a news story scares them, explain the reasons why that same thing is unlikely to happen to them/ in this area)
• Since television is a frequent trigger for children's fears it is important to monitor television viewing to minimise exposure to things that may be frightening. It can also help to discuss scary things at the time they are seen on TV.
Merit Certificates
Thursday
October 20th 2016

<table>
<thead>
<tr>
<th>Year</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>PP</td>
<td>Christopher Hallissey, Deacon Francis, Charlotte Winterburn, Safia Stewart</td>
</tr>
<tr>
<td>Year 1</td>
<td>Mack Moody, Bridget Lanskis, Isabella Gallagher, Te Rangi Inwin</td>
</tr>
<tr>
<td>Year 2</td>
<td>Sam Burnett, Kaelan Read, Charlotte Howell, Kaiden Alford</td>
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<tr>
<td>Year 3</td>
<td>Leighton Higgins, Gemma Conlon, Evan Hares, Thimiri Sooriyakula</td>
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<tr>
<td>Year 4</td>
<td>Oirae Gordon, Matthew Aiton, Simeon Theaart</td>
</tr>
<tr>
<td>Year 5</td>
<td>Mason Conley, Taleisha Hurford, Gregory Conlon, Ryder Peasley, Charlotte Howe</td>
</tr>
<tr>
<td>Year 6</td>
<td>Riley Wendt, John Janssen, Eloise Friend</td>
</tr>
</tbody>
</table>

The Uniform Shop is Open
Mondays  2.45—3.15pm
Thursdays  8.15 – 8.45am

If you are unable to come in during opening times, you are welcome to use an order form and pop it into the BLUE letterbox outside the Uniform Shop door. If you include your payment with the order, once the order is ready it can be taken to your child’s classroom to bring home.

Important Price changes
From 1st October there is a new Price List, there are a few items which have gone up in price, the biggest one being hats. They are now $13 each, some other items have increased by $1 each. To help with hats going missing, (Yes, it happens a lot. Every week I see at least 2 or 3 parents telling me their child has lost their hat). I have purchased some white laundry markers. It shows up nicely on the royal blue fabric, which makes it easy for the children to identify their own hat, hopefully with an easy, clear to read name we can avoid so many hats going missing all the time. You are welcome to use the marker pens when buying a new hat, or if your current hat needs to have the name refreshed, pop in and see me and I am happy for you to use them.

The school has a ‘No Hat, No Play policy’, each student is required to wear a school hat when they play outside.

Uniforms for 2017
Order forms for Uniforms for 2017 have been sent home with students this week. It is very important that you place an order for items you will need for the start of the school year. this helps me plan the amount of each/size that gets ordered in.
Placing an order will guarantee you get what you need. If stock runs out, some items can take up to 12 weeks to be manufactured.
A deposit of 30% is required, however if you are having trouble or need more time to pay the deposit, please come and see me. Orders are due in by the 31st October.
The Uniform shop will be open prior to school starting next year for you to pick up your orders. The exact date/ times are yet to be confirmed.
**KPS Parent Newsletter**


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**Canteen News**

The Canteen runs using guidelines supplied by The West Australian School Canteen Association Inc. (WASCA). The Traffic Light System is part of these guidelines. Foods are rated Green, Amber and Red. A school canteen menu must consist of a minimum 60% Green food items, 40% Amber food items and 0 Red food items. Our canteen menu consists of 80% Green and 20% Amber food items, and we stock WASCA approved foods. This is why certain foods are only available on particular days. The Canteen is also a ‘No Nut’ canteen.

We do not stock items that contain nuts. We try to cater for all dietary needs and have introduced gluten free breads and rolls, gluten free & dairy free pikelets.

**Canteen Latest**

Welcome back!
Term IV sees the return of the Summer Canteen Menu.
Please find it attached to the newsletter.
Please note that ANY lunch order received at Recess or later will be charged and extra 50¢.
Keep your eyes open for the next Canteen Lunch Special coming home in the next couple of week.
Thank you.
Mrs Karen.

**COMMUNITY NEWS**

**Hog’s Breath Café Fundraising**

Thank you to all our wonderful families who have supported the Hogs Breath Fundraising. For every $30 spent at Hog’s Breath Café in Kelmscott for dinner your child will be given a $5 Hoggie Fundraising Voucher to be taken back to our school and given to the ladies in the front office. Once we receive a certain amount of vouchers a cheque will then be issued to the school. So don’t forget to mention Kelmscott Primary School every time you go.

**Concrete paving slabs going free**

We are refurbishing the Pre Primary play area with new play equipment. Due to the refurbishment, some pavers will need to be removed, if you are interested in the free pavers, please contact our office who will pass the message onto our Gardener Greg who will be available either Tuesdays or Fridays.
Spring is eventually here, and it’s lovely to have some warmer days again. We have already had a productive, eventful and exciting 4th term, as you can see by the news and photos below.

**INFORMATION: NEW BUDDY BENCHES!!!**
Our buddy benches have a fresh new look, thanks to Sharon Gangell, one of our mum’s at school, who painted them; and AK Paint Place, who donated some paint. Thank you so much Sharon, for offering up your time to paint our benches. Sharon can be contacted on 0415 414 316 if you know of someone who needs any murals or painting done. She also has a Facebook page called ShazZ, SpickZ n SpeckZ.

**AUSSIES OF THE MONTH!!!**
Our Kindy and Pre-Primary Aussies of the Month were announced at last week’s assembly. A very BIG congratulations to Charlie Sutherland (PP), Jade Wilkinson (PP), Mason Thompson (Kindy) and Presley Rankin (Kindy).

**MORAL COMPASS:** Bad company corrupts good morals

**WORK PLACE:** I still work out of the Media/Chaplain’s room next to the Hall.

**NEW WORK DAYS:** Tuesday’s and Thursday’s and every second Friday (on even weeks).
Healthy food and drink choices in schools

Australian Better Health Initiative: A joint Australian, State and Territory initiative. Acknowledgement: NSW Health

Tips for making healthy food and drink choices – Parents and carers

- Children’s energy needs for a busy day at school require them to eat a variety of foods. Factors that determine the amount children eat include age, sex and physical activity level. Children will have the best chance of getting all the nutrition they need if they are offered a variety of tasty and healthy foods every day which reflect the Dietary Guidelines for Children and Adolescents.

- In this state, 30 per cent of girls and 23 per cent of boys are either overweight or obese. Over their schooling life children can consume up to 2,630 meals. Therefore it is crucial that these meals are nutritious, whether brought from home or purchased from the school canteen.

- All meals should reflect healthy food choices.

Healthy foods allow children to:
- grow and develop
- concentrate
- have the energy to play and participate in sporting activities.

Lunches from home reflect:
- personal choice
- parental knowledge about health and nutrition
- cultural differences.

Parents and carers can support healthy food and drink choices. When making lunches at home:

- choose a variety of foods
- include bread, wholegrains, rice, pasta or noodles (try wholegrain for extra goodness)
- include milk, cheese or yoghurt
- include some meat, fish, chicken, eggs
- go for 2 (fruit and 6 vegetables)
- choose water as a drink
- keep ‘jun’ food away from school.

Some snack ideas are:
- rice cakes and reduced fat cream cheese
- fresh fruit pieces and yoghurt dip
- plain popcorn
- small tub yoghurt
- cheese stick or triangle
- muffins with fruit
- english muffin and cheese
- fruit bread
- scene - plan or fruit or pumpkin
- pikelets
- small sandwich
- crispbreads and spread
- wholemeal crackers and cheese.

Some lunch ideas are:
- sandwiches, rolls or wraps
- quiche
- mini pizza with cheese and vegetable toppings
- muffins made with corn or grated vegetables such as carrot or zucchini.

Keep food fresh and safe to eat by packing a frozen drink or an ice brick.

These foods and drinks are not good choices for school lunches:
- chips, crisps and similar snacks
- high fat savoury biscuits and snacks
- sweet biscuits and cereal bars
- lollies and chocolates
- fruit strips
- cream and chocolate biscuits
- iced cakes and buns
- soft drinks and artificially sweetened drinks.

For more information
On lunch box food, visit the Meelringa Lunch Box World website meelringa.org.au
Nutrition Australia website nutritionaustralia.org or phone 6334 5714
Heart Foundation website heartfoundation.com.au
Policy and standards for healthy food and drinks in public schools, det.wa.edu.au/healthyfoodanddrink