Dear Parents

A warm and positive start to the year

Thank you to staff and students who have all helped to make the start of the academic school year a great one.

It has been especially challenging due the unprecedented heat wave conditions we have experienced. Staff and students have really demonstrated some of the skills we have been asked to develop in our You Can Do It (YCDI) program, namely resilience and persistence. Some of our air conditioners have been pushed to the limits with several requiring minor repairs such as new fan belts. The repairs have been effected in a timely way and I am pleased to report all units have been checked and are working.

You Can Do It

The YCDI program is being implemented throughout the school this year. I have been impressed with the positive take up and level of understanding exhibited by students. Ask your children if they know about duck and sponge or the reflective question, “Was that helpful or unhelpful?”

Our core purpose is the development of young people’s social and emotional capabilities, including:

- Confidence (academic, social)
- Persistence
- Organisation
- Getting Along, and
- Resilience.

Central to the development of these 5 Key Foundations is instilling in young people 12 Habits of the Mind, including:

1. Accepting Myself
2. Taking Risks
3. Being Independent
4. I Can Do It
5. Giving Effort
6. Working Tough
7. Setting Goals
8. Planning My Time
9. Being Tolerant of Others
10. Thinking First
11. Playing by the Rules, and
12. Social Responsibility

Assembly Highlights

The 2016 Student Councillors were presented with their badges. See page 4 for names and photos.

Honour Certificate Winners

Congratulations to the following students:

- LA3 Year 1: Trinity and Tylar
- LA5 Year 2: Charlie
- LA8 Year 3: Jenelle and Tom
- LA11 Year 4/5: Tyler and Howell
- LA10 Year 5/6: Kasey and Ciara
- Science: Bayley and Ella

Mathletics Silver and Gold Certificates 8 February

Silver: Jesse
Gold: Pardhu and Rokaya

VIRTUE FOR WEEKS 3/4—LOYALTY
Mathletics Silver Certificates 15 February

Charis, Isabella, Jacob, Andy and Trinity

Virtues Awards 8 February

Introducing our School Nurse
Ms Leanne Courtney
The school nurse visits our school for K/PP health checks and is available for advice on health matters.

John Forrest Secondary College Music Program
Congratulations to the following students who have been accepted into the JFSC Primary Music Program: Emma P, Apollonas, Jae, Emma F, Kasey, Ciara, Syakirah and Kwanjai.

Virtues Awards 15 February

Voluntary Contributions
Thank you to the families that have already paid their 2016 Voluntary Contributions. Voluntary Contributions are $60.00 per child from K-6 and can be paid by either cash or cheque to the school office or by direct debit to the account below:
Account Name: Weld Square Primary School
BSB No.: 016 363
Account No.: 3409 59672
Reference: Child’s name and what the funds are for:
(eg: Lindsay/Vol Contributions)

Change of Address/Contact Details
If any families have changed their address and/or contact details over the holidays please inform the office of your new address as soon as possible.

Glen Cookson
Principal

After School EOI Survey for a Year 4-6 Music Tuition
Please complete and return by email to glen.cookson@education.wa.edu.au by 25 Feb 2016.

1. My child __________________ would be interested in a 45 min group music tuition at WSPS on one day after school. The best two days for us are ________________________________.

2. I understand that this would be a self-funded user pays tuition organised by a qualified tutor. Payments would be made directly to the tutor.

3. I understand that it would be the parent’s responsibility to ensure students arrive and are collected on time for their tuition, abide by a good behaviour contract and have a genuine interest in developing their music skills, including performance capability.

Parent Name: ____________________________ Email: ________________________________
2015 STAFF TEAMS

ADMINISTRATION TEAM:

School Principal:  Mr Glen Cookson
Glen.Cookson@education.wa.edu.au

Associate Principal:  Mr Rick Payne
Rick.Payne@education.wa.edu.au

Associate Principal:  Mrs Maria van der Linden - LSL Term 1
Maria.vanderLinden@education.wa.edu.au

Manager Corporate Services:  Mrs Jenny Lindsay
Jennifer.Lindsay@education.wa.edu.au

School Officer:  Mrs Pat Snow
Patricia.Snow@education.wa.edu.au

JUNIOR SCHOOL TEAM – Kindergarten to Year 3

Kindergarten/Pre Primary - LA 1 Teachers:  Ms Brae Giorgi
Brae.Giorgi@education.wa.edu.au
Mrs Linda Doyle (Friday)
Linda.Doyle@education.wa.edu.au

Kindergarten/Pre Primary - LA 2 Teachers:  Ms Tamille Cox
Tamille.Cox2@education.wa.edu.au
Mr Darry Bonjolo
Darry.Bonjolo@education.wa.edu.au

Year 1 - LA 3 Teacher:  Ms Angela Rechichi
Angela.Rechichi@education.wa.edu.au

Year 2 - LA 5 Teacher:  Ms Alison Bampton
Alison.Bampton@education.wa.edu.au

Year 3 - LA 8 Teacher:  Dr Karl Birkelbach
Karl.Birkelbach@education.wa.edu.au

SENIOR SCHOOL TEAM – Years 5 to 6

Years 4/5 - LA 11 Teachers:  Mrs Sina Andrijich (Mon - Wed)
Sina.Andrijich@education.wa.edu.au
Ms Gillian Rajasingham (Thurs - Fri)
Gillian.Rajasingham@education.wa.edu.au

Years 5/6 - LA 10 Teachers:  Dr Eli Nathan (Tues - Fri)
Elijah.Nathan@education.wa.edu.au
Ms Gillian Rajasingham (Thurs - Fri)
Gillian.Rajasingham@education.wa.edu.au

SPECIALIST TEAM

LOTE - LA 4 Teacher:  Mrs Linda Williams (Tues & Thurs)
Chung.Williams@education.wa.edu.au

Health & Phys Ed Teacher:  Mr Ben Farrell (Thurs)
Benjamin.Farrell@education.wa.edu.au

Chaplain:  Ms Sandy Clifton (Mon & Thurs)
Sandy.Clifton@education.wa.edu.au

School Psychologist:  Ms Luciana Carelli

School Nurse:  Ms Leanne Courtney

Library:  Mrs Bev Giraud (Mon & Wed)
Bev.Giraud@education.wa.edu.au
Education Assistants  
(Special Needs) - Mrs Annette Lovering  
- Mrs Cathy Scafidi  
- Mr Emile van der Linden  
- Mrs Kerry Kasatchkow  
- Ms Debbie Gibbs  

Mainstream Education Assistants:  
- Mrs Lee Francis  
- Mrs Maria Lomma  

Gardener/Handyperson - Mr Darren Ireland  

Cleaning Staff - Mr Mendel Greenberg  
- Mrs Zivka Stojkovska  
- Ms Aleena Walker  

Mentors / River Ranger Cadets - Quinten Going (‘Q’)  
Mel Burton, John Cox, Jasmine Cookson and Basil Carameli.  

Volunteer Staff: - Michelle Hughes  

MEET OUR NEW STUDENT COUNCILLORS AND FACTION LEADERS  

School Student Captains:  
Emma P  
Elena  

Councillors:  
Kasey  
Emma F  
Jade  
Daniel  

BANKSIA  
Leader: Logan  
Leader: Jae  

HOVEA  
Leader: Jesse  
Leader: Shianne  

WATTLE  
Leader: Mitchell  
Leader: Dakota
Welcome back for 2016.
Your P&C now has an email address!! You can contact us, respond to requests, place uniform or lunch orders, make enquiries or submit ideas and feedback to: weldsquareprimary@gmail.com

This year we are fundraising for a shade sail over our new table tennis tables. We need $20,000.

How can you help?
• Pay your voluntary contribution of $60 per family (can be paid to the school office by cheque or cash).
• Support our sausage sizzle at Masters, Bayswater on 26 March. We need volunteers to help on the day. Register via the email address or at the office. Small teams are needed for short shifts throughout the day.
• Lunch order days: Our next day is Wednesday 2 March. Order forms available soon. Contact us if you can help that morning. (A survey form is attached to this newsletter)
• Come to our Family Night on Friday 8 April. Volunteers are needed to assist in the canteen.

Uniforms: The uniform shop will be open from 9am on Thursday mornings.

Parent Morning Tea: After assemblies, the P&C hold a morning tea for parents who wish to stay and have a chat. We look forward to seeing you at our next morning tea on Thursday 25 February.

Busy Bee: We are planning a Busy Bee on Sunday 24 April to prepare the grounds for Term 2. Come along with your rakes, wheelbarrows, shovels etc. and keep our school clean and tidy.

Don’t forget to like us on Facebook at Weld Square Primary School and to check for updates and comments.

P&C Meeting: Our next meeting is the AGM on Tuesday 15 March at 6.00pm in the Staffroom. Membership is only $1.00. All Welcome!

2016 School Council Vacancy: We have a vacancy on our School Council for a parent/community representative. Please email Mr Cookson if you are interested. Glen.Cookson@education.wa.edu.au

“We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love….. And then we return home.”

Michelle Hughes
P&C President
0402 779 118

Thank you to the Bendigo Bank for supporting our school.

DATES TO REMEMBER
Monday 22 February - St Johns First Aid Incursion Years 1 - 6
Thursday 25 February - Assembly—Councilors
Friday 4 March - School Development Day (Students do not attend)
Monday 7 March - Labour Day - Public Holiday

Australian Aboriginal Proverb
Dear families of Weld Square Primary School your P&C (Parents and Citizen Association) is proposing regular special lunch orders monthly. Please indicate if you would use this privileged service and if you have some time to volunteer to help in the kitchen prepare food.

Please print and return this survey to the front office, pick up a survey to fill out from the school office or email P&C: weldsquareprimary@gmail.com by 24th February 2016.

<table>
<thead>
<tr>
<th>Option</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes I would use the monthly special lunch order day</td>
<td>_____</td>
</tr>
<tr>
<td>No I would not use the monthly special lunch order day</td>
<td>_____</td>
</tr>
<tr>
<td>I would use the special lunch order day occasionally</td>
<td>_____</td>
</tr>
<tr>
<td>I am able to help in the canteen</td>
<td>Monthly</td>
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<tr>
<td>Currently Wednesdays</td>
<td>_____</td>
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<tr>
<td>Once a term</td>
<td>_____</td>
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<tr>
<td>Once a year</td>
<td>_____</td>
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<tr>
<td>Sorry I am unable to help in the canteen</td>
<td>_____</td>
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</tbody>
</table>

My contact details to help in the canteen are:

Name:_______________________________________  
Contact phone number:________________________  
Email Address:__________________________________________  
Child's Name and learning area _________________________________________
Dear Parents / Caregivers,

We wish you and your family a happy, healthy, successful and prosperous Year of the Monkey 2016.

Here are some of the characteristics of the year of Monkey:

People under the sign of the monkey are intelligent, enthusiastic, sociable, innovative, quick witted and masters of practical jokes.

In traditional Chinese society, the word “monkey” also implies promotion to nobility, thus prosperity.

People born in the year of the Monkey ……..

In our Mandarin program we learnt about Chinese New Year, how the Chinese celebrate their festivals and what things are important in their culture. We talked about Chinese good-wish phrases, the Zodiac and craft work. In week 6, our students will practice cooking skills and make dumplings. We would like to invite our parents to come along and enjoy the Chinese cooking experience.

Linda Chun Fun Williams
LOTE (Mandarin) Teacher

Chaplain’s Chat

A warm Welcome to 2016 at WSPS. A special welcome to families that are new to our school. We hope you all find our school a friendly, happy environment.

This year I will be trialling some half days - Monday and Wednesday I am here until 12.15am and on Thursday I am here all day. I am available at these times to help your family in any way I can. Children can come and talk with me and share happy news, and also to share their concerns. Parents and carers are also welcome to either drop in for a chat at the beginning of the day or make a time to see me. One of my responsibilities is to help link children and their families with agencies in the community that can help with the many issues that occur in family life.

We are starting up Homework Club again on Thursday after school by invitation only and teachers have nominated students they think will benefit from the Club. If you want your child to join us, please have a chat with the classroom teacher.

Looking forward to a great year.

Blessings from the Chaplain

Sandy Clifton
Evidence based obesity treatment program for children and families

The Better Health Program is a multi component healthy lifestyle program for overweight and obese children aged 7-13 years and their families. It is funded by the WA Department of Health and is FREE for families to attend.

The Better Health Program meets all current Australian guidelines, including the NHMRC recommendations for the Management of Overweight and Obesity in Children.

Interactive sessions, combined with custom designed resources, support children and families to adopt healthy lifestyle behaviours around food and physical activity, to make informed food choices and learn essential health skills. Our approach encourages children and their families to become fitter, healthier and happier as they have fun, meet new friends and learn new skills to establish and maintain healthier lifestyles. The program runs for 10 weeks, with two 2-hour sessions each week.

EVIDENCE BASE AND OUTCOMES

The Better Health Program was designed by specialist dietitians and psychologists and has been researched extensively. A successful RCT was completed and published, (Obesity, Vol 18, Supp 2, Feb 2010) showing statistically significant improvements at 6 months including:

- BMI decreased by 1.2 kg/m²
- Waist circumference decreased by 4.1 cm
- Physical activity increased by 3.9 h/week
- Sedentary activity decreased by 5.1 h/week
- Self esteem increased
- Recovery heart rate decreased by 20.3 bpm
PROGRAM DELIVERY

Training program:
The Better Health Program is delivered by local health professionals who have successfully completed a comprehensive three day Better Health Program training course. The training course is conducted by our experienced health professionals, who have significant experience working in child weight management.

Program Delivery Pack:
A standardised resource pack is provided as part of each program and provides all teaching aids, equipment and resources for leaders to effectively deliver the Better Health Program. This helps to ensure the delivery of the program is standardised and of a high standard.

Participant’s resources:
Each participant of the program receives a full set of resources to assist their learning and behaviour change during and after the program. Resources include a full set of program handouts and a set of practical resources, such as a label reader and serve size tool.

Data Management and Reporting:
A unique custom built web based data management system supports program delivery and provides post program evaluation reports for individual participants and referring professionals.

PROGRAM OUTLINE

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Parents and children attend together</th>
<th>Parents attend while children are in physical activity</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Welcome and measurements</td>
<td>Talking about weight</td>
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<tr>
<td>Week 2</td>
<td>Fitter, healthier, happier</td>
<td>Nutrition FAQ</td>
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<td></td>
<td>Goals and rewards</td>
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<td>Week 3</td>
<td>Refined vs unrefined</td>
<td>Be a moving and grooving family</td>
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<td></td>
<td>Goals and rewards</td>
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<tr>
<td>Week 4</td>
<td>Fats and sugars</td>
<td>Sleep and routines</td>
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<td></td>
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<td>External triggers</td>
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<td>Week 5</td>
<td>Label reading</td>
<td>Modelling</td>
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<tr>
<td>Week 6</td>
<td>Ready, steady, eat</td>
<td>Internal triggers</td>
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<tr>
<td>Week 7</td>
<td>Supermarket tour</td>
<td>Problem solving</td>
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<td>Week 8</td>
<td>Fabulous food fest</td>
<td>Bullying</td>
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<td></td>
<td>Good things about me</td>
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<tr>
<td>Week 9</td>
<td>Survival guides</td>
<td>Fussy eating</td>
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<td></td>
<td>Healthionaire!</td>
<td></td>
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<tr>
<td>Week 10</td>
<td>Measurements</td>
<td>Graduation and group reward!</td>
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IS YOUR CHILD 7 - 13 YEARS?
ARE YOU WORRIED ABOUT THEIR WEIGHT?

- FUN, FREE 10 week program to help families to lead healthier and happier lives
- Build confidence and boost self esteem
- Get fit playing fun games and activities
- Meet new friends and learn new healthy eating and goal setting skills
- Set goals to reach and maintain a healthy weight

TERM 1 2016 PROGRAMS

Armadale
Armadale Arena
Tuesdays & Thursday
5.00pm - 7.00pm

Beechboro
Altona Park Leisure Centre
Tuesdays & Thursdays
4.00pm - 6.00pm

Cannington
Cannington Leisureplex
Wednesdays & Fridays
4.00pm - 6.00pm

East Victoria Park
Leisurelife Centre
Tuesdays & Thursdays
5.00pm - 7.00pm

Joondalup
HBF Arena Joondalup
Tuesdays & Thursdays
4.00 pm - 6.00pm

Mirrabooka
Herb Graham Rec Centre
Tuesdays & Thursdays
4.00pm - 6.00pm

Rivervale
Jump About Trampoline Park
Mondays & Wednesdays
4.00pm - 6.00pm

Rockingham
Mike Barnett Sports Complex
Mondays & Wednesdays
5.00pm - 7.00pm

South Lake
South Lake Leisure Centre
Tuesdays & Thursdays
4.00pm - 6.00pm

TERM 1 DATES: 01/02/2016 - 08/04/2016

1300 822 953 | SMS: 0409 745 645 | betterhealthprogram.org
Facebook: Better Health Company
**BRAVE Self-Help** is an online program for the prevention, early intervention, and treatment of youth anxiety. It was developed at The University of Queensland by experts in youth anxiety and has now been running for over 14 years throughout Australia. The program is fun, interactive, based on cognitive-behavioural principles and has been found to be effective in reducing anxiety in children and adolescents. It has helped hundreds of children experiencing social anxiety, shyness, separation anxiety, phobias and general worries. **BRAVE Self-Help is now available to use at home for free** due to the support of beyondblue. Any Australian young people who would like help with anxiety can access the self-help program via [https://brave4you.psy.uq.edu.au/](https://brave4you.psy.uq.edu.au/) The program can be accessed through any computer or tablet device, at any time and includes up to 10 sessions for youth. Parents can also take part in a separate parent program to learn ways of helping their child or teenagers manage anxiety. Teachers, young people and parents can also find out more about the program or take a trial or any of the programs through the BRAVE website.

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**ANNOUNCEMENT: Baysie Youth Fest Headline Act**

The 2016 Baysie Youth Fest will be headlined by Perth four piece **LIGHTS OF BERLIN**, supported by 2015 Sound Overload runners up **Figurehead**!!

PLUS check out the Sound Overload Music Competition Heat, Boomshanka Skate, Scooter and BMX clinics and demos, market stalls, video gaming truck, pool games, sausage sizzle, chill out space, giveaways and heaps more!

Entry is only $2.00 and all ages are welcome.

**Event details**

**Date:** Saturday 27th February 2016  
**Time:** 12.00pm - 5.00pm  
**Venue:** Bayswater Waves, Cnr Broun Ave and Priestly Street, Embleton