



Newsletter 15 | 2019

## Principal's Pen

Congratulations to everyone who participated in Book Week and what a week it was! We all thoroughly enjoyed the activities that took place over the week, including Book Nook Readings before school, Buddy Class Book Reviews, Book Swap, Book Fair, our high energy assembly and Open Morning. Once again, Book Week was characterized by the positive vibe around our school which is a direct result of the enthusiasm shown by the Goollelal students, staff and community.

## Excursions and Incursions

This term our students have enjoyed a wide variety of excursions and incursions including Bunnings visits, Mosaics activities and trips to the Tamala Park Recycling Centre. Next Tuesday, our Kindy to Year 2 classes will be entertained by author Yves Stening with a reading from his book series, Dinner Detectives. Parents can order signed copies of Yves' books by following the link below:



### Order your child's copy!

Simply click the button below  
to go to the Dinner Detectives store

- Choose books and click 'Add To Cart'
- Use Promo Code: **GOOLLELAL** for 10% discount.
- Include your child's **name** and **class** in the "shipping" details

[Order Your Copy](#)



**GOOLLELAL**  
PRIMARY SCHOOL



Last week our Year 6 students visited Parliament house, the Constitutional Centre and the Electoral Education Centre as part of the Civics and Citizenship aspect of the Year 6 curriculum.

On Tuesday, TA14 visited AQWA and the Duyfken sailing ship and yesterday our Year 4's and 5's were lucky enough to take part in the Spineless Wonders Incursion. This free incursion explored the fascinating world of invertebrates or minibeasts! Thank you to Mr David Knowles, Ruth Cripps and Laura Folan, an ex Goollelal student, for sharing your knowledge and enthusiasm with our students.



### **Assembly TA2**

Thank you to our gorgeous TA2 students for another entertaining assembly. We loved their Superhero dancing and singing as they flew around the stage!

### **Faction Carnival 6th September**

Next Friday we will be holding our Faction Carnival. All the students have been busily practising and training, ready to do their very best in the running events and team games. The week begins with our Year 3 to Year 6 Cross Country and 400m race on Monday 2nd of September. This will take place between 9:15am and 12:00pm on the oval. Parents are welcome to come along but please be aware that these times are approximate and may change due to weather or other circumstances. Our Year 3 to Year 6 students will also be participating in Jumping and Throwing events during their normal Physical Education lessons throughout the week.

On Friday, all students should arrive ready for the day's events. If the weather is looking stormy there will be an app push notification between 8.00am and 8.30am on the day of the carnival. Please see the app push notice that was sent out yesterday for more details.

## Curriculum News - Success for All Students

Our School Business Plan 2018-2020 includes four main focus areas. Focus Area 1 - Success for All Students, outlines the aspirations and strategies to achieve positive academic outcomes for all the children attending Goollelal Primary School. Our staff work as a team to deliver learning programs based on approaches which have been researched and which reflect current best practice. One of these approaches is Talk for Writing. Talk for Writing, developed by Pie Corbett, is based on the principles of how children learn. The approach moves through the stages of imitating a piece of writing, to innovating and finally, creating an independent piece of work. A key feature of Talk for Writing is that the children internalise the language structure of the text type they are learning through oral language, accompanied by actions. Over the last two years all the teachers at Goollelal have completed Talk for Writing training. Today, a number of our teachers have visited Yanchep Beach Primary School to observe lessons and to extend their skills and knowledge of this highly effective instructional approach.

## Fathers Day

Today we celebrated Fathers' Day across the school with a number of special events in classes. Thank you to Eleanore De Beer and the lovely P&C volunteers who ran the Fathers' Day stall again. I think there will be some very spoilt Dads on Sunday! I hope you all get to share time with your loved ones.



## Congratulations Mr and Mrs Mullen

On behalf of the whole Goollelal community I would like to send congratulations to our Chaplain, Tim Mullen, and his lovely wife Tegan on the birth of their first child. We all hope you thoroughly enjoy your very first Fathers' Day Tim!

## P&C

Our P&C Quiz Night is taking place this Saturday, 31 August. The cost is \$20 per person for tables of 8-10. Payment can be made to the P&C bank account (BSB: 306 106 ACC: 417 5001). Thank you to our organizers, Erin Crowley and Pia Bonifant, and to our Quiz Master, Dave Jenkins.

*Lynne*

**Lynne Anderson | Principal**



## Deputy's Desk

Dear Parents

Last week was such a wonderful week with lots of focus on reading, capped off on Friday with our fun **Book Week Assembly**. Thank you to all the parents and grandparents who attended and dressed the children up in their favourite story book characters.

Very special thanks to Ali Hegan, Pia Bonifant and all the other parents that were involved in running the **Book Fair**. Also, thank you to all the parents who purchased books and the variety of goods . We sold approximately \$3500 which means we have earned \$700 to go towards classroom resources. Many thanks also to the families who donated a book to the library.

After school recently you may have noticed a grown man walking up and down the oval! Thank you to Nick Ling who once again volunteered to paint the lines on the oval for sports day! I have to say that the job is not as easy as Nick makes it look. Nick is a master of the craft!

### Lids for Kids

Many thanks to Nat Burnett who has been collecting all sorts of plastic lids (milk and any other bottle tops). Envision Hands – an environmental and humanitarian project, is collecting lids to make prosthetic limbs for children in disadvantaged countries. The limbs are made on 3D printers. Natalie has a box outside her classroom and the local drop off point in the Kingsley community is Hatched, the coffee shop on Moolanda Boulevard near the Shell Service station. So save them up wash them, remove the white disk and send them in!



A reminder please about chatting to your children about your family's **after school arrangements**. We always encourage the children to walk home in pairs where possible and also that the children need to seek permission from parents before going home with another parent. There is nothing more horrifying than not knowing where your child is.

The year six Community and Technology and Environmental groups have done a wonderful job organising the schools fundraising efforts. Part of the ethos of fundraising is to promote understanding with the children about caring about others who may not be able to care for themselves and children understanding a global approach. We usually support a local and then international charity. In term 4 we are going to do the **Operation Christmas Child** which we have supported at various times in the past. The program sends shoe boxes of gifts to children overseas who otherwise would not receive a Christmas gift.

In each box we would like to include something from each of the 6 categories.

- Something to wear
- Something to play with
- Something for school
- Something to love
- Something special
- Something for personal hygiene

We would like to collect a shoe box for a girl and boy in each classroom.

Historically families have been very generous giving to the appeal. There is something quite heart wrenching about a child not receiving a gift at Christmas. We have to also provide the postage for the boxes at \$10:00 per box, so our fundraiser will take two parts. If you would like to sponsor a box for postage, that would be wonderful, and the Year 6 children from Environment and Technology are also organising a talent show called **Goollelal's got the Grooves!** Children can enter with their little dance moves at a cost of \$1:00 per head and on the 26 September we can all watch for a donation of \$1:00. All money will go towards the postage.

The shoe boxes will be in the classrooms next week.

*Kerry*

Kerry Hartmann | **Deputy Principal**



## Chaplain's Chatter

### How parents and carers can support children's mental health

Source: <https://beyou.edu.au/>

Mental health, like other health outcomes, is mostly about prevention. Here are some ways that you can help your child have positive mental health:

#### **1. Listen to children's concerns**

Listen without judgement, and empower your child to problem solve.

#### **2. Provide reassurance**

Notice unusual behaviour, start a conversation and reassure your child

#### **3. Provide security**

...through routine and stability

#### **4. Build children's strengths**

Give them positive feedback, don't always 'rescue' them, praise their care for you

#### **5. Allow for vulnerabilities**

Let children know that it is okay to ask for help – they are not a burden if they need support

#### **6. Make the connections and talk to educators**

Talk to your school so they can keep an extra eye/ear out, and understand when your child is needing extra support at school.

#### **When to seek additional help**

When should you get additional help? If your child is experiencing two weeks or more of consistent modified mood (either depressive state, or anxious state); for depressive states – sadness, not enjoying things they would normally enjoy and lethargy; for anxious states – seemingly agitated, clingier and refusal to go to things they'd normally enjoy going to. (For more information, please visit <https://beyou.edu.au/fact-sheets>)

The earlier you act, the better. It is better to act and find out it's nothing too serious, than not act and have them suffering for a long period of time. It can help to first go to a mental health friendly GP, and discuss with them your concerns. You can request a Mental Health Care Plan, which gives you a discount for 6 sessions with a mental health professional. Sometimes you can go to a psychologist without a referral, too.

Here are some local counselling services:

Ngala (for parenting): 9368 9368

Connections Counselling – 0499 042 551

Masters & Co. – 9409 6709

Anglicare - 9301 8500

*Tim*

Tim Mullen | **School Chaplain**



Supporting WA school communities

# Congratulations!

TA4	Reid, Hamish
TA5	Campbell, Kobe
TA6	Jodie, Charlie
TA8	Baylee
TA10	Michael, Daniel
TA12	Annika, Ada
TA14	Jake

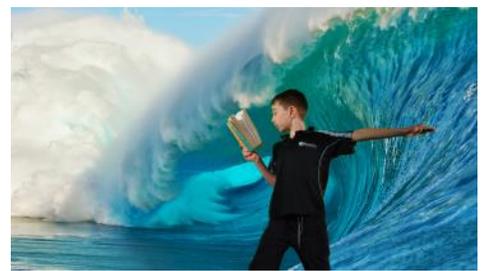


TA3	Benjamin, Shayla
TA4	Ruby, Rafael
TA5	Gigi
TA6	Indie K, Carter B
TA8	Ryan
TA10	Diesel, Harry, Molly
TA12	Tom, Sienna, Aaron
TA14	Isabella Q, Evan



# Book Week







## From the Community

A reminder that, for duty of care reasons, the Department of Education requires us to differentiate between school organized, P&C organised and business/community activities. These are non-school activities.

### Come down to Victoria Quay for more than 90 displays

- Board a tug or emergency response vessel
- Free harbour rides
- Border Force protection dog
- RAN clearance dive team
- Kids! Dress up as a mermaid, pirate or fish and join our dress-up parade
- Free face painting
- Jesse the Pirate
- Learn to use your smartphone as a microscope to discover tiny sea creatures
- Visit the WA Maritime Museum (gold coin entry)
- Historic and modern photography display
- Musical entertainment and more!

Celebrate the maritime industry in our working port. Learn about exciting careers and maritime education opportunities.

**More information:**  
**Jane Edwards**  
 9430 3373  
[Jane.Edwards@fremantleports.com.au](mailto:Jane.Edwards@fremantleports.com.au)  
<https://www.facebook.com/FreoPorts/>



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**TERM 3 HOLIDAYS:  
THURSDAY  
OCTOBER  
3RD**

**CA FLYERS CHEER & DANCE PRESENT:  
JOIN CA FOR A DAY!**

**10am - 12pm  
\$15**

CHECK OUT AUSTRALIA'S FASTEST GROWING SPORT! SPEND A DAY WITH OUR EXPERIENCED AND PASSIONATE CA COACHES AND LEARN ALL ABOUT CHEERLEADING: STUNT, TUMBLE & DANCE!!

THIS SPECIALISED CLINIC IN OUR FULLY EQUIPPED GYM IS FOR PRIMARY SCHOOL AGED GIRLS AND BOYS - NO PRIOR EXPERIENCE NECESSARY!

**GRAB YOUR MATES AND GET INVOLVED!**

E: [info@cheeraesthetics.com](mailto:info@cheeraesthetics.com)  
M: Hannah - 0433 791 417  
W: [www.caflyers.com.au](http://www.caflyers.com.au)  
A: 77 Furniss Rd, Darch



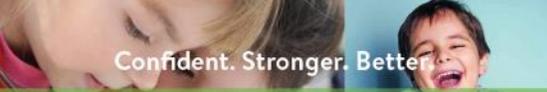

**VACSWIM OCTOBER 2019**

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

Choose from two programs:

<p><b>9 Days</b> 1 - 11 October 40 minute lessons</p> <p>Prices: \$30 per child / \$20 concession \$81 for a family of three or more / \$54 concession (plus pool entry). Enrolments close 25 August.</p>	<p><b>5 Days</b> 7 - 11 October 35 minute lessons</p> <p>Prices: \$16 per child / \$10.50 concession \$41 for a family of three or more / \$27.50 concession (plus pool entry). Enrolments close 1 September.</p>
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**Enrol now**  
Visit [education.wa.edu.au/swimming](http://education.wa.edu.au/swimming) or call 9402 6412.



**Confident. Stronger. Better.**

Empowering Children to thrive in today's world

**Building Better Term Program**

**Program Overview:**  
Building Better Programs are designed to help primary school aged children to not only survive in the face of adversity but to thrive! The workshops build upon the existing strengths of individual children and equips them with a range of tools, skills and strategies to build the resilient attributes and confidence needed to cope with challenging circumstances. Building Better Programs are empowering, interactive and fun for children to live healthier and happier lives.

- Build better** communication skills
- Build a better** sense of purpose
- Build better** self-esteem and independence
- Build better** positive and growth mindset
- Build better** problem solving skills
- Build better** brain and body connections

**HOW MUCH:** \$100 for a 5 Week Program  
**WHERE:** North Woodvale Primary School (P&C room)  
4 Chichester Drive, Woodvale 6026  
**WHEN:** Starting Term 3, 27th July - Saturdays  
**6-8 AGE GROUP:** Saturdays 2pm - 3.30pm  
**8-10 AGE GROUP:** Saturdays 4pm - 5.30pm

 For more information, or to book your program today  
call 0432 278 089 or  
email [robyn@ticthrivelife coaching.com.au](mailto:robyn@ticthrivelife coaching.com.au)



Public education  
A world of opportunities



**Parents stay positive**

**WITH TRIPLE P-POSITIVE PARENTING PROGRAM**

Our free two hour seminars can help you:

- improve your relationship with your teenager
- manage your teenager's behaviour so everyone enjoys life more
- increase your teenager's resilience
- improve your teenager's confidence.

<p><b>Seminar 1</b> Raising Responsible Teenagers</p>	<p><b>Seminar 2</b> Raising Competent Teenagers</p>	<p><b>Seminar 3</b> Getting Teenagers Connected</p>
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Seminars are for parents/carers of children from about 10 to 15 years of age. Each two hour seminar includes a presentation, tip sheet, discussion and question time.





**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**

Where: HERB GRAHAM RECREATION CENTRE, Mirrabooka

Starts: October 15th, 2019

Day: Tuesday

Time: 4-6pm

Call: 1300 822 953 - SMS: 0409 745 645

Online: [betterhealthprogram.org](http://betterhealthprogram.org)



Government of Western Australia  
Department of Health



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- 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**

Where: LATITUDE Edgewater

Starts: October 17th, 2019

Day: Thursday

Time: 4-6pm

Call: 1300 822 953 - SMS: 0409 745 645

Online: [betterhealthprogram.org](http://betterhealthprogram.org)



Government of Western Australia  
Department of Health





# Sharing, Caring and Learning

