

BRENTWOOD PRIMARY SCHOOL

SCHOOL NEWSLETTER # 11

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30 July 2019



SCHOOL NEWS

Principal's Message



Welcome back to Term 3 everybody. I had a wonderful holiday which included a Kimberley Cruise and camping trip in the Pilbara region starting in Marble Bar.

The Kimberley coast is very old and beautiful and I suggest that you put it onto your 'bucket list.' The best word to describe it, is WOW! The pace was slow and relaxing.

My two months went very quickly. I look forward to catching up with you and hearing your good news stories.

Mrs Wilsnach, our school officer, is leaving us today, to move on to explore new options in her life. I will miss her dedicated support and efficiency in the front office. On behalf of the school, I wish Lindi all the best in the future.

Pat Nottle, Principal

The Zones of Regulation

This term, we have introduced the *Zones of Regulation* under the umbrella of our Mental Health and Well Being Program. If you hear your child talk about what zone they are in, or "being in the blue/green/yellow/red zone" they are talking about how they are learning to self-regulate their emotions. Below is a brief explanation of what the Zones of Regulation are about. If you find your child taking deep breaths, getting a drink of water or counting to 10, they might be using one of the tools to help regulate their brain and body.

We all encounter trying circumstances that test our limits from time to time. If we are able to recognise when we are becoming less regulated, we are able to do something about it to feel better and get ourselves to a better place. This is the goal of The Zones of Regulation (or Zones for short). *Life is 10% what happens to us and 90% how we react to it.* – Charles Swindoll

What are The Zones of Regulation?

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, explosive behaviour or fear when in the Red Zone. Our students are learning that it is really hard to self-regulate when in this state. They may need someone else to tell them what to do when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions. However, we have more control when we are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings, like feeling sad, tired, sick or bored.

If you have any questions or would like more information about The Zones program, please do not hesitate to contact me or better, your child's classroom teacher.

For more information: <http://zonesofregulation.com>



2019 School Photos

We have had two very successful days with Kapture Photography who have been 'shooting' classes, individuals, Year 6 Graduation and sibling/family photos. The photographers mentioned that the good behaviour of the students made their sessions very easy and streamlined. Notification of when photos will be available is still to be advised.

Interschool Cross Country Championships

Tuesday 6th August

Brentwood will be the host school to the 14 MDISSA schools for this year's championships. The course includes 1.6Km circuit that includes running around Blue Gum Lake and the school campus. Best of luck to Brentwood's 30 competitors. Before-school training is well underway and an essential part of the preparation process. An information note will be sent home in coming days with details of event times, etc.

Term 3 Years 4-6 After-School Sport – Touch Rugby

The school has been lucky to access Sporting Schools funding for 6 Touch Rugby sessions this term. Mr Gibson will be supervising with a coach provided by Touch Rugby WA. Nomination forms with all the information will be sent home shortly with the first session starting next Wednesday 7th August, 315-415pm.

New PA System

It is pleasing to announce that the new PA system has arrived in the school. Thank you to the P&C for their generous commitment toward the cost. It is very modern and allows for Bluetooth and USB connectivity. It sounds awesome and we hope the gremlins that have plagued us in the past, are now well and truly gone. Additional clean-up occurred in the undercover area with the removal of redundant speakers and spotlights and replacement wire mesh added above the stage.

Upcoming Events	
Fri 2 Aug	Student Council Assembly
Week 3	Naidoc Week
Tues 6 Aug	Interschool Cross Country at Brentwood
Wed 7 Aug	After-school Sport commence
Fri 9 Aug	Naidoc Assembly

Virtue of the Fortnight - Confidence

Confidence is having faith in someone. Self-confidence is trusting that you have what it takes to handle whatever happens. You feel sure of yourself and enjoy trying new things, without letting doubts or fears hold you back.

You are practicing confidence when you:

- ◆ Know you are worthwhile and feel sure of yourself
- ◆ Don't let fear, doubt or worry stop you
- ◆ Discover your talents and try new things
- ◆ Think positively
- ◆ Learn from your mistakes

"I am confident. I appreciate my gifts and give my best. I enjoy trying new things."

2019 Faction Cross Country Results

2021 Action Green County Results				
	GIRLS		BOYS	
Year One				
1	Ivanna C	Red	Myles T	Green
2	Jaiden A	Green	Eli A	Green
3	Vienna C	Red	Emile G	Red
Year Two				
1	Grace P	Red	Jaden M	Blue
2	Jessie S	Green	Levi M	Green
3	Grace H	Red	Kade M	Green
Year Three				
1	Kara O	Red	Princeton C	Red
2	Annabelle F	Green	Evan S	Red
3	Eloise L	Green	Cooper R	Blue
Year Four				
1	Brooke P	Red	Dash P	Green
2	Charlotte D	Green	Arden T	Green
3	Leticia T	Green	Horace P	Green
Year Five				
1	Erin W	Green	Kai M	Blue
2	Helena D	Blue	Eamon M	Green
3	Mizuki N	Red	Oliver O	Red
Year Six				
1	Ariana T	Blue	Kieran A	Red
2	Stella P	Green	Joseph D	Green
3	Alexis M	Green	Jake L	Red


Faction Cross Country Championships Results



This annual event was conducted on Wednesday 27th June

1 st	Green	132
2 nd	Red	119
3 rd	Blue	84

Music News

A  from the music room.

◆ Junior Choir: One Big Voice

Have you ordered your tickets?

The students only have 5 rehearsals left prior to the Concert at the RAC Arena. **It is essential they know all lyrics and choreography to attend the concert.**

Permission notes, cost of bus fare and further information will be sent home next week.



◆ Senior Choir: Massed Choir Festival

Have you ordered your trousers?

Aspirant Soloists and Comperes began the process of 'final' auditions this week for selection to represent Brentwood Primary School at the WA Massed Choir Festival. The students have worked tirelessly during lunchtime for the past term and are to be commended on their perseverance and commitment. Well done!

Information regarding rehearsals and costs will be sent home in the near future.



◆ WA Classical Guitar Ensemble Festival

Saturday 24 August at 1:25pm CARINE SENIOR HIGH SCHOOL

The Year 6 Guitar students will once again be performing at this prestigious event. They will perform a bracket of 2 pieces under the direction Mr Nick Kostourkov. This is an excellent opportunity to showcase their talent and receive adjudication feedback. Performers and directors will be admitted without charge to the auditorium. Parents and friends can attend also for a small admission price. \$6.00 for adults and \$4.00 for concession. A family ticket option is also available for \$16.00.

Anni Crowe - Music Specialist

Art Auction

Have you heard about our famous Art Auction?

Every class is making an artwork item that will be on display during the **Open Night on the 12th of September.**

You can bid on any of the items you wish to purchase.



Library News

Term 3 is always the busiest time in the library calendar with lots of fantastic events taking place.



Things to look forward to over the next ten weeks are:

- ◆ Week 2- Book Club catalogues are distributed.
- ◆ Monday Week 5- The Brentwood reading challenge finishes. Extra entry forms are available from the front office.
- ◆ Friday Week 5- Book Week celebrations and assembly. This is your opportunity to dress up as your favourite book character.
- ◆ Wednesday to Friday Week 8- Book Fair and school Open Night.

Lucy Pezzali - Library Officer

Student Services

Nationally Consistent Collection of Data (NCCD)

NCCD takes place annually Australia wide in Catholic, independent and Public Schools.

The NCCD is a collection that counts:

- The number of school students receiving an adjustment or 'help' due to a learning difficulty or disability.
- The level of adjustment they are receiving to access education on the same basis as other students.

The information collected by the NCCD helps teachers, principals, education authorities and governments to better support students with disability at school.

The NCCD encourages schools to review their learning and support systems and processes. This helps schools to continually improve education outcomes for all students.

A fact sheet for parents, guardian and carers will be sent home to each family. Should you have any further questions, please contact Mrs Crowe at school.

Anni Crowe - Learning Support Coordinator



Please Support Our Year 6 Fundraising Effort

The Year 6's will be conducting a raffle to win a jar full of lollies to raise money for a graduation gift. Each morning before school, they will be selling tickets on the picnic bench outside Room 3. The tickets are \$1 each or 3 for \$2. The draw will be held on Friday August 2nd. Thank you for your support.

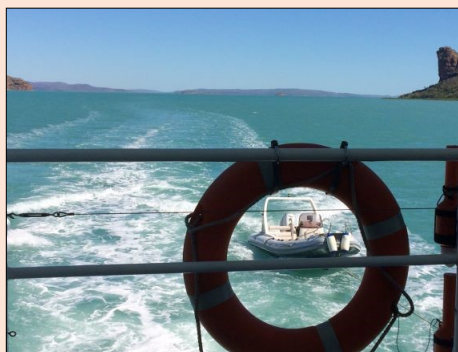
Mrs Dawson



Snapshot of Principal's Long Service Leave



I can't believe that Riley, my grandson, has turned 3.



Crocodile Skull

New Table Tennis Table

A new table tennis table has been purchased. It came in a flat pack which means it needs to be assembled. Mr Trimble is looking for a volunteer or two who may have an hour or so each to build the table.



If you can help please email him on pe-ter.trimble@education.wa.edu.au or call the front office on 9364 2709.

COMMUNITY NOTICES

Make Your Mark at the Cirque Community

Want to help design a mural for the new Canning Bridge Community Space?

Young people aged 8+ are invited to come along and take part in a free creative workshop facilitated by local artist Sioux Tempestt.

Saturday 10 August
10am – 12 noon
Cirque Community Space


63 Kishorn Road

BRENTWOOD COMMUNITY PLAYGROUP

WHEN: Friday
TIME: 9:15am to 11:15am
WHERE: Brentwood Primary School
Dawson Road, Brentwood

Email: brentwoodplaygroup@outlook.com
Phone: 0406 126 835

**Join us for
Play
Fun
Friendship**

Proud member of  Playgroup



City of
Melville

**Go paperless
and be rewarded!**



EASY



CONVENIENT



SUSTAINABLE

Register for
eRates before
**Wednesday, 28
August 2019**, and
you will go into the
draw to win one
of 16 prizes!

Message P&C President

Date: Saturday 31 August 7.00-11.30pm

Venue: Blue Gum Tennis Club Function Room

Early Bird Tickets \$20 per person by Friday 23rd August. Pay into the P&C bank account to be added to the guest list (no tickets will be issued for the night). EFT preferred.

BSB: 066163

Account: 902399

Reference: **surname** social

Ticket price includes entry to **the** social event of the year, DJ Brendan on the decks (taking your requests), a delicious grazing table of delightful cheeses and treats and, of course, a very reasonably priced bar and **amazing raffle prizes!**

Get your dancing shoes on, come along, ready to have some fun and support our fantastic school and P&C!

Scott Green

Uniform Shop

Open Mondays, Undercover Area

A special thank you to all parents who have been donating school uniforms.

NEW STOCK ITEM - Faction hats - \$15. Reversible Bucket hat style available in faction colour.

Now available from the Uniform shop in sizes: 57cm, 59cm and 61cm

Kindly note that there has been an increase in price to some of our items:

- Wet weather jackets: \$32
- Boys Cargo Drill Pants:\$32
- Zip windcheater: \$32
- Girls Jazz Pants: \$28
- Girls dress: \$ 30

If you require uniform items your three options are:

- ♦ Purchase in person from the Uniform Shop, Mondays 8.30am - 9am - cash only
- ♦ Order online through the uniform section of our online canteen at <https://quickcliq.com.au> sign up for canteen ordering and uniforms and we will deliver to your child's class
- ♦ Fill in an order form with the school office and we will deliver to your child's class

Please remember that all returns and exchanges must be in a new, unworn condition with tags attached. Please be patient during the busy start of term as the uniform shop is run by volunteers of the P&C.

Bev Macintyre

Diarize Please: Important Dates

Sat 31 Aug	P&C Social Night
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School Banking

CommonwealthBank



Mondays 8:15-9am, School Library

School Banking is a fun, interactive and engaging way for our students to learn about money and develop good savings habits. Children who deposit money into their Youthsaver account through School Banking will earn an exciting reward everytime they reach 10 deposits.

School Banking is also a great P&C fundraiser. We receive a Regular Savers Contribution of \$5 for every 10 deposits processed per student.

Getting involved in School Banking is easy!

1. Online

Visit **commbank.com.au/schoolbanking** and click on the link to open a Youthsaver account.



2. In branch

Visit a Commonwealth Bank branch with identification for yourself and your child, like a driver's licence and birth certificate. Our nearest branch is at Garden City Booragoon, in the Gateways building (near Medicare).

2019 Rewards

If your child hasn't banked in a while or has lost their deposit book - we have plenty on hand at Monday banking.

Remember – Siblings can bank too!

Paula O'Brien (0414 778 432) and Helen Simi
School Banking Coordinators

Canteen News



Open Wednesdays and Fridays

Welcome back to Term 3. We hope you enjoyed your holiday.

We continue to serve items from our winter menu this term, including soup and toasted wraps. Sushi will be available occasionally when an order is being placed with our supplier, so keep an eye out for notices via Facebook or at the canteen window. Sushi will be back permanently on the summer menu in term 4.

In an effort to reduce waste, we are not sending new menus home this term. The winter menu you received last term is still valid, however please drop by the Canteen if you would like to collect another copy.

Volunteers are needed for this term, every Friday from 9-11am or 11am-1pm. Please come by for a visit. We have dairy, almond and soy milk on hand so everyone can enjoy a cuppa with us.

Finally, please continue to order in advance via Our Online Canteen by 8am on day of lunch delivery, or use the drop box at the counter from 8.30am if you'd like to pay with cash (please provide exact amount due as change may not be available).

Amanda (0419 851 028) and Aisha brentwood-