**Principal’s Message**

Welcome to week 5 everyone and what a busy week it has been! Multlit Tutoring is well under way. I would like to thank the parents who volunteer their time to assist students with their literacy skills and to Mrs Poole for coordinating the volunteers and training for parents. Have a wonderful long weekend everyone.

**Low Carbon Schools Project**

Low Carbon Schools Program

Samson Primary School is an inaugural member of the Low Carbon Schools Program.

This is an initiative of the City of Fremantle in partnership with Simply Carbon (www.simplycarbon.com.au), a company that works at embedding sustainability practices in organisations and will work with the staff and community to carve unique pathways to sustainability.

The City of Fremantle has heavily subsidised our membership saving the school and 9 others in the City $5000.00. This ensures us membership for 2 years which the program requires to establish and imbed initiatives successfully.

As a school we have established a committee that will, with the help of the experts at Simply Carbon, the City of Fremantle, Synergy and other energy providers determine strategies to reduce the school’s carbon footprint in ways that improve the school environment for staff, students and parents and reduce utility costs with funds saved being put back into educating the students.

As a school we have been implementing energy saving measures for some time however we will now be able to measure our reductions and quantify their success.

We are hoping to build partnerships in the community with like-minded individuals and organisations that can provide advice, expertise and resources to complement initiatives that the committee identifies. If you able to help in any way please contact the school and leave your contact details and the area you have experience in so we can start a community data base.

Examples of initiatives would be:

1. Replacing fluorescent lighting with LED’s and timed or movement sensing switches.
2. Revisiting our energy providers looking at their tariffs and comparing them with other providers.

A school in the Fremantle area has already changed providers which will save them $16000.00 in power costs a year.

The aim is for the program to empower staff, children and the community to take on board these initiatives in their own homes and

The committee looks forward to working with the Samson Primary School community.

**On Entry Assessment**

Students in years 1, 2 and Pre Primary will conclude their on entry assessment in week 7 on the 14 March. Staff have been busy entering the data onto the computer and will have the Parent Summary Reports ready to be sent home Wednesday, 30th March or sooner. Duplicate copies will be sent home for each family that requires a copy for Mum and Dad. There are suggestions for activities to help your child develop further on the back. Students receive a report for Literacy and Numeracy.

**Clean Up Australia Day Event**

Thank you to Staff and Students for cleaning our school grounds and Samson Park on the 4th March. Once again our Students were fantastic, displaying wonderful citizenship skills. Thank you to the parents that helped too.
Voluntary contributions can be paid in the front office …..

Payments for school contributions are $60 for each student. These funds provide valuable resources to our students. All of the funds are spent on resources for our students to use in the classroom from Kindy to Year 6.

SMS – Absence Messages
For the parents who would like to SMS to provide a reason for your child’s absence, the phone number is 0418 948 875.

Newsletter link emailed to parents each fortnight

Honour Certificate Recipients
24th February, 2016

<table>
<thead>
<tr>
<th>Rm 1</th>
<th>Kayla C</th>
<th>Sade M</th>
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<tbody>
<tr>
<td>Rm 2</td>
<td>Hayden E</td>
<td>Theo T</td>
</tr>
<tr>
<td>Rm 3</td>
<td>Iskra P</td>
<td>Abbey P</td>
</tr>
<tr>
<td>Rm 4</td>
<td>Rowan m</td>
<td>Hannah L</td>
</tr>
<tr>
<td>Rm 5</td>
<td>Chelsea S</td>
<td>Spencer C</td>
</tr>
<tr>
<td>Rm 6</td>
<td>Anna H</td>
<td>Matilda W</td>
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<tr>
<td>Rm 7</td>
<td>Malaika B.M</td>
<td>Ella M</td>
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<td>Aiden K</td>
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<tr>
<td>Rm 8</td>
<td>Tana A</td>
<td>Vincent V</td>
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<td>Rm 9</td>
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<tr>
<td>Rm 10</td>
<td>Tabitha M.C</td>
<td>Kayne W</td>
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<tr>
<td>Rm 11</td>
<td>Tahlia G</td>
<td>Noah C</td>
</tr>
<tr>
<td>Rm 12</td>
<td>Acacia C</td>
<td>Kitty W</td>
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<tr>
<td>Multilit</td>
<td>Rm 6</td>
<td>Christopher D.A</td>
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Mathletics – Silver
24th February, 2016

| Rm 11 | Luca D       | Rosie M      |
Our School, Our Future

CRACKING THE CODE
The Cracking the Code program provides children with explicit teaching in the skills which are required for successful literacy development. The main focus of the program is to improve children’s phonological awareness and alphabet knowledge.

This program involves 4 components:

1. Professional learning for teachers and education assistants;
2. Assessment – all children will be assessed by a teacher using the Cracking The Code Phonological Awareness Screening Tool and Alphabet Knowledge Screen, both before and after implementation of the program;
3. Phonological awareness component;
   - students will be placed into groups that will run in the classroom – based on pre-assessment scores (i.e. ability groups);
   - each group will be assigned a 'starting module' based on assessment results;
   - each adult will provide 4 phonological awareness activities for their designated group (10 minutes per activity therefore 40 minutes a session);
   - these sessions of targeted intervention will be provided at least twice per week;
   - each phonological awareness module will last for 3 weeks;
   - recording will be completed for each child every session; and
   - groups will then progress to the next module of activities.
4. Alphabet knowledge component;
   - alphabet knowledge activities will also be completed twice per week, at a whole class or small group level (at an alternative time to the phonological awareness activities), depending on the nature of the activity (15 minutes).

The kit includes ALL the resources necessary to target each goal within the program. Activities are modelled by a SOSL for each block allowing teachers to have time for questions and discussion.

CRACKING THE CODE BUSY BEE - Ms Hargreaves needs at least 6-7 parents from K-2 to volunteer to cut out the phonological awareness games on the 22 March from 9:00-2:30pm. Please call the school and let her know if you can help. Anyone who can cut in a straight line is welcomed. We will provide morning tea for you. If you can spare some time to assist her that would be wonderful. Ms Hargreaves is currently laminating the games ready for this Busy Bee on the 22 March.

YEAR 6 FUNDRAISERS – CAMP
Thank you to our wonderful year 6 parents and students who made some very tasty cupcakes. The students made $292.55 selling these yummy cupcakes, this goes towards the Year 6 Camp in Term 4. Thank you to Mrs Deonne Clarke for organizing this.
On Friday 13 March 2015 we’ll be celebrating the tenth National Ride2School Day event, where over 300,000 Australian students, will ride, walk, scoot or skate to school.

Chaplain Chatter

From our Chaplain – Joel Candy
If any parents would like to contact Joel he can be found around the school or in his office in the middle block on Tuesday and Wednesday each week. Otherwise you can ring the front office to set up an appointment time to chat.

Health Matters

A Note from our Community Health Nurse – Judy Sullivan

School Entry Health Assessment program for Kindy Kids

All children in Kindy are offered School Entry Health Assessments by the Community Health Nurse. This is a program run by the Department of Health, and is an excellent opportunity to look at the health and development of each child at the beginning of school life.

The assessments are simple, standard tests which are non-invasive, quick and easy. The tests screen for problems which can be addressed, if picked up and treated early. The tests include:

- Vision checks;
- Hearing and ear health checks;
- Developmental evaluation according to parent responses on the form;
- Teacher and nurse observations;
- Height, weight and body mass index (BMI) (if parents tick the box on the form);
- Any other health, development and wellbeing concerns raised by parents.

Please note, the screening tests indicate if there may be a problem – they do not diagnose a condition. If the test results for your child suggest there may be a problem, the Community Health Nurse will ring you to talk about further assessment and possible referral.

A word about weight

Our modern society makes it very easy for children to gain too much weight too quickly. About a quarter of Western Australian children are overweight by the time they start Kindy. It is so common that it is difficult to tell what is ‘normal’ any more.

If parents have ticked the appropriate box on the form, the Community Health nurse will measure height and weight, and calculate body mass index (BMI). This is a simple score which may suggest that families need to think about a few lifestyle changes for children, such as; more active play, walking to school, smaller food portions, less treats, less screen time. These changes can be discussed with the Community Health Nurse.

A Health assessment Form has been sent home to all Kindy students. If you would like the School health Nurse to conduct this assessment please complete and sign the form and return it to your class teacher as soon as possible.

I look forward to working with you and your family. Please ring if you wish to discuss anything to do with the School Entry Health Assessments.

Judy Sullivan, Community Health Nurse 9314 0100.

Parent and Family Network

Child and Adolescent Community Health (CACH) recently launched the ‘Parent and Family Network’, an exciting new initiative to involve parents and carers in the planning and delivery of services. The Parent and Family Network is an email network for parents and carers with children aged 0-18yrs in the Perth metro area, to provide ongoing input, ideas and feedback on
our services (i.e. child health nurses, school health nurses, speech therapy, physiotherapy). All Network members will receive:

- Bi-monthly e-bulletins
- Invitations to share ideas and feedback on our services (i.e. surveys and focus groups).
- Invitations to special Network member events


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**Head Lice**

Head lice is an ongoing issue in schools. Here is some useful information: Head lice are transferred by head-to-head contact. Incubation period is 7 to 10 days. Infectious period is until lice and eggs (nits) are killed. Exclusion period is until after treatment has commenced and live lice removed. For more information click on the link below.


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**Harmony Day Thursday 24 March**

Harmony Day celebrates Australia’s cultural diversity. It’s about inclusiveness, respect and a sense of belonging for everyone.

The theme for Harmony Day 2016 is “our diversity is our strength”. We want to hear how diversity makes you or your community stronger.

**Come along and enjoy lunch with your child.** A special international menu will be sent home very soon if you wish to order from the canteen. The P & C are looking for volunteers to help organise the lunches on the day. Parents, staff and students will be able to order.

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More information soon …

**Resilience: Raise happy and successful kids**

*Resilience* is a 21st Century parenting concept that every parent needs to understand. Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets – independence, problem-solving, optimism and social connection.

**Building Resilience – how to…**

From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.
2. Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.
3. Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.
4. Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way,
including acceptance, getting away for awhile, and normalisation.

5. Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in your self and your child’s ability to cope.

For further information visit http://www.parentingideasclub.com.au/

TERM DATES

**DATES TO REMEMBER – TERM 1**
*New items will be in entered in red*

**Term 1**
- **Wed 2 Mar**: School Council Meeting 7pm
- **Mon 7 Mar**: LABOUR DAY HOLIDAY
- **Wed 9 Mar**: Assembly – Fitness P & C AGM 7pm
- **Thu 10 Mar**: Multi Sports: Cricket, Netball & AFL
- **Thu 17 Mar**: Newsletter
- **Wed 23 Mar**: Assembly Year 2 Classrooms, School Council Meeting 7pm
- **Thu 24 Mar**: Harmony Day
- **Fri 25 Mar**: Good Friday holiday
- **Mon 28 Mar**: EASTER Mon Holiday
- **Tue 29 Mar**: EASTER Tues Holiday
- **Thu 31 Mar**: Summer Lightning Carnival
- **Wed 6 Apr**: ANZAC Ceremony 9am
- **Fri 8 Apr**: Last day of term

**Term 2**
- **Wed 27 Apr**: Students first day at school for term 2

**Other important Dates:**

**Term 2**
- **10-12 May**: NAPLAN Testing Yr 3 & Yr 5
- **27 May**: Walkathon at 2:00pm

**Term 3**
- 18 August: Interschool Cross Country
- 5 September: Cross Country
- 6 September: Faction Carnival (Field Events)
- 8 September: Faction Carnival (Track Events)
- Parent Open Night - TBA

**Term 4**
- 17 October: School Photos – Kindy
- 18 October: School Photos - PP- 6
- 19 October: Interschool Athletics Carnival (Field)
- 21 October: Interschool Athletics Carnival (Track)

7-18 November PP – Yr 4 Swimming Lessons

**P & C News**

The AGM P & C Meeting is Wednesday, 9th March at 7pm in the staff room. Everyone is welcome.

**EASTER RAFFLE 2016**

Mrs Van Sant is hoping to make up some very colourful, baskets full of Easter treats for an Easter raffle. If you would like to donate, all donations can be dropped off at the canteen to Cheryl on Monday, Wednesday or Friday. As Easter is in week 8 of this term – early this year, donations are needed ASAP. The Raffle will be drawn on Thursday, 24 March during the Harmony Day celebrations. Thank you for your anticipated support.

**TICKETS ARE ON SALE NOW** – These can be purchased from the canteen.

$1.00 each or 3 for $2.00
Welcome back to a new year!!! Give Sammy French a call on 0406491576 and mention this newsletter ad and save. Come and see what we are all about starting from 4 years old to adults. Self-esteem through self-defence.

5th Degree Master Instructor – Steele French.

**FRENCH'S MARTIAL ARTS**

Steele French (Head Instructor)
Little Nippers /Kids & Adults Taekwondo
Beginners Classes

Teaching Self-esteem through Self Defence after school at Samson Primary School

0406 491 576

Frenchys11@bigpond.com

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**Back Care Awareness Program**

Information for School Newsletter:

For the past 18 years Curtin University's School of Physiotherapy has been delivering their “Back Care Package” to final-year primary school students.

On Wednesday 30th March and 6th April, a group of 3rd year Physiotherapy Students from Curtin University will present valuable information about back care that the school students can incorporate into their everyday lives.

They will be presenting to the year 5 and 6 students.
Topics covered will include:

- Common causes of back injuries
- Basic anatomy of the spine and the way in which these structures respond to injury
- Postural awareness and good ergonomics when sitting, using a computer (desk top and lap top), lifting, carrying schoolbags and other relevant activities
- The importance of health and exercise

The classroom teacher will be present throughout the talk.

**Sanitarium Weet-Bix Kids TRYathlon**

The Sanitarium Weet-Bix Kids TRYathlon is the biggest kids triathlon in the world and it's returning to Perth on Sunday 10th April 2016. We here at Samson Primary are proud to be a part of it.

Now in it’s 18th year, the Weet-Bix Kids TRYathlon events are designed to inspire children aged 7 -15 years to get moving in a friendly and supportive environment. Kids of all abilities cross the finish line a champion and everyone who participates takes home a medal.

The distances for the event are approximately:

**7 – 10yrs:** 75 m Swim / 3km Cycle / 500m Run

**11 – 15yrs:** 150 m Swim / 6km Cycle / 1km Run

**Join our group and save**

We here at Samson have created a ‘Group’ which, if you join enables you to save $5 off each individual entry fee. The Group Name is: **Samson Primary.**

If we have at least 15 of our students join this Group, our school will have a chance to WIN a $5,000 cash prize to go towards a healthy initiative.

**For more information and to register:**

**Fremantle Family Support Network**

Fremantle Family Support Network (FFSN) is a partnership of community sector services and the Department for Child Protection and Family Support. FSN's provide a common entry point team which integrates and coordinates secondary family support services to improve outcomes for vulnerable children, young people and families and aim to prevent the need for tertiary child protection intervention. FSNs will work with families who are experiencing multiple and complex issues and where the support of a number of services is often required.

**How the FSN works:** The aim is to have universal and secondary services calling the FSN first and referring the family in. The Assessment and Support Officers (ASO) will complete the assessment of the needs of the family and then if necessary will consult with the Leader of Child Protection (LCP) if there are child protection concerns. If there is identified risk the LCP will refer the family to duty in DCPFS. If not, the case will go to the allocations meeting. The allocations meeting will consist of the ASO’s and the representatives of the partner agencies. Cases will be allocated to the right services to support the family. Long term outcomes will be less families needing child protection intervention.

**Benefits for families:**

- People find it can be difficult to navigate the service system. With this model they won’t have to, we are a one stop shop.
- Families don’t have to repeat their stories.
- Families are in control of what services they access
- No wrong door

**Eligibility:**

- Families cannot be open to CPFS.
- Families must be living in the LGA’s of Fremantle, Melville, Cockburn and East Fremantle.
- Families must consent.

**Our Team:**

- **Alliance Manager:** Bev Jowle
- **Assessment and Support Officer:** Laura Roche
- **Assessment and Support Officer:** Sue Nickisson
- **Leader of Child Protection:** Ian Gorman (yet to commence)
- **Admin Officer:** Dee Thomas

Please send all written referrals to: ffsn@stpats.com.au or call us on 1300 951 190