



Clifton Park Primary School

Telephone: 9725 2400

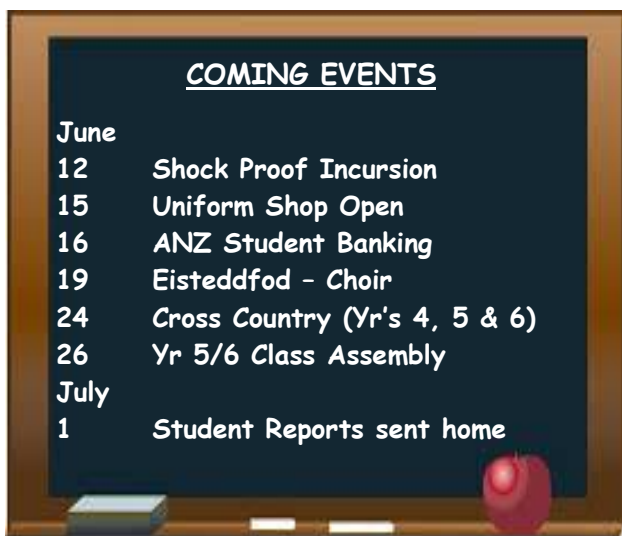
Fax No: 9725 2656

Email: cliftonpark.ps@education.wa.edu.au

Webpage: www.cliftonpark.wa.edu.au

Newsletter No 8. TERM 2 10 June 2015

School Motto: With Pride We Strive



COMING EVENTS

June

- 12 Shock Proof Incursion
- 15 Uniform Shop Open
- 16 ANZ Student Banking
- 19 Eisteddfod - Choir
- 24 Cross Country (Yr's 4, 5 & 6)
- 26 Yr 5/6 Class Assembly

July

- 1 Student Reports sent home

EISTEDDFOD

Our school choir will be participating in the City of Bunbury Eisteddfod in two sections this year on 19 June. Due to this year commemorating 100 Years of the Anzac, the Eisteddfod has included 'A Salute to the Anzacs', so choirs were asked to consider including an Anzac song in their song selection.

- Our first section is in the 10am session in the Primary School Mixed Age Choir. Out of 6 competitors we will perform second. We will be singing 'Ordinary Miracle' and 'Pack up your troubles/Long way to Tipperary'.
- Our second section is after lunch at the 1:30pm session, we are entered in the Small Schools Mixed Age Choir and we will perform first out of the two entries. We will sing 'Seasons of love' and 'The Last Anzac'.

The Eisteddfod is a great opportunity for students to perform, see other choirs performing and also to show what great audience members we are!

More details will be given to choir students in regards to the day.

YEAR 5/6 ASSEMBLY

Don't forget that the Year 5/6 assembly has had to be moved to Friday 26 June due to the eisteddfod. Come along and enjoy as our senior class perform for the school and community at 2pm on June 26.

BOOK FAIR

Thank you to Jodie Harkness for a wonderful job organising the Book Fair. \$2192.00 worth of books were sold at the Book fair with the school benefiting with 548 scholastic points to use on books or scholastic products. Gareth (Yr 6), Liam (Yr 6) and Bodhi (PP) won the raffle. They were the lucky recipients of a \$20 voucher to spend at the Book Fair.



LOST CLOTHING

Don't forget to put your family name on your belongings as this will ensure that they get back to your children. Thank you.

CROSS COUNTRY TRAINING



Only two weeks to go to the big run. Training of the squad continues to go well with Mr Deane and Mrs Bryant preparing them nicely.

GO RED FOR CYSTIC FIBROSIS

The response to this cause was fantastic. There was a sea of red throughout the school and we were able to raise \$268 for research into Cystic Fibrosis WA 😊. Thank you to the school community for your generosity and efforts.

KINDERGARTEN INTEREST FOR 2016

Kindergarten applications for 2016 are open. Application for Enrolment forms are available at the front office. If you have relatives or friends you think would be interested in enrolling for kindergarten in 2016 at Clifton Park Primary School they are welcome to collect a form from Mrs Clarke or Mrs Clayton in the office.

Applications for enrolments are due by 24 July 2015.



Ric Gates
PRINCIPAL



MRS JOLLIFFE'S JOTTINGS

Daily writing of any type, be it a diary or journal (as suggested below), is a great way of keeping personal journeys while also practising writing.

We all know that the more we practise something the better and quicker we get at it. Writing is no different.

Some suggestions are:

- **Diary:** Daily record of what happened that day (a recount of facts).
- **Reflective Journal:** Record of thoughts and/or feelings about anything.
- **Gratitude Journal:** Daily record of 5 things they are grateful for.



When reading your child's diary/journal (only if your child invites you to, of course), share your own feelings and ideas **paired with positive feedback about your child's writing.**

Deborah Jolliffe
DEPUTY PRINCIPAL

“REWARD YOUR SCHOOL” PROMOTION



Last week!!

The Reward Your School promotion continues for **one more week** so please keep collecting all shopping docketts from any of the shops in The Forum.

Bring in your receipts for any amount and place them in the box in the school's front office and we will happily sort and place them into envelopes for you!

A huge thank you to all families who have supported the school with this.

While you are at The Forum don't forget to look at our school display which is situated outside Coles.

LUNCHBOX LEGEND

*Each newsletter will have a photo of our fortnightly Lunchbox Legend.
Have you got a healthy lunch box?*

Well done Riley you are our Lunchbox Legend!



Healthy Elfie



Dear Healthy Elfie,

I am concerned about the number of children in my child's class who have colds and keep coming to school. Can you give me any information about colds and how best to deal with them?

Mrs R Choo

Dear Mrs R Choo

I have had many parents contact me in regards to this issue. Colds are not caused by bacteria, which means antibiotics are not effective. Colds are actually most contagious a day prior to and 2 - 4 days after symptoms appear. Promote good habits by encouraging children to cover their mouth with a tissue or handkerchief when they sneeze or cough - or use the crook of your elbow. (You don't usually touch people or objects with your elbow, so you're less likely to spread germs than if you cover your mouth with your bare hand.) Test your knowledge about the common cold by doing the quiz on this web site: <http://www.webmd.com/cold-and-flu/rm-quiz-truth-common-cold>

Below are some examples of the questions:

Q1. How long can cold germs live on your bathroom sink?

- 5 mins 1hr 3hrs 24 hrs.



Answer: Germs can survive up to 3 hours on objects like the pencils they share in class and that doorknob your child touched after wiping his nose without a tissue.

Q2. The best way to prevent a cold is:

- stay inside out of the cold in winter
 wash hands regularly
 take lots of vitamins
 don't go outside with wet hair.



Answer: The best way to keep from catching or spreading a cold is by washing your hands thoroughly and regularly. Here's a tip: Using soap scrub for at least 20 seconds singing "Happy Birthday" all the way through twice takes about 20 seconds. Hand sanitizers can also be a good supplement to hand washing.

Q3. When your child has a cold, the best treatment is:

- over the counter cold medication
 rest and lots of fluids
 aspirin
 antibiotics.

Answer: The best remedy is rest and lots of fluids.

Q4. Grandma was right: chicken soup can help relieve a cold.

- True False.

Answer: It's not just Grandma's Tale: Chicken soup helps break up nasal congestion and ease stuffiness. When you're run down the combination of lean protein and vegetables can help boost



your strength and it boosts your fluid intake.

.....Healthy Elfie



Clifton Park Students hit the Perth Netball scene! Read this article below by Tasmin Warren.



Clifton Park Champions

On Friday 30th of May Zoe, Sophia and I travelled up to Perth for a Members Netball Carnival. It was held at the Perth Netball Centre which had 50 outdoors courts. Over 3 days we played 6 games of netball against other associations from WA and one from Singapore.

Last year we attended trials for the Eaton Netball Association (ENA) and we all got chosen. Zoe and I were in a team coached by the wonderful Mrs Clayton and Sophia was in a different team. We had to train every Saturday after our normal netball game. Over the long weekend our team won 3 out of 6 games.



Before the carnival started, the opening ceremony was held at the Perth Arena. We saw the West Coast Fever play against the NSW Swifts. Unfortunately they lost but we were seated in the front row and it was great. I got a picture with Caitlyn Bassett, their Goal Shooter who is very tall.

By: Tasmin Warren

P & C NEWS

Uniform Shop



Winter is on its way!

Come and get your winter uniform

The uniform shop will be open on

Monday 15 June 2015

Time: – 8:50am – 9:30am

School Uniform Order Forms are available at the front office. Complete and place them in the uniform box in the front office and they will be processed as soon as possible.

Lauree Sims
Uniform Coordinator
Monday – Friday
during school hours
PH: 0400 239 144



We're fundraising with **entertainment™**

ONLY 6 BOOKS LEFT!!

For only \$65, Entertainment™ Memberships, now featuring the best of the South West, are packed with hundreds of up to 50% off and 2-for-1 offers for the best local restaurants, cafés, attractions, hotel accommodation, travel, and much more!

Order your new Entertainment™ Books and Entertainment™ Digital Memberships from us today, and 20% of your Membership contributes towards our fundraising!

For only \$65, Entertainment™ Memberships are packed with hundreds of up to 50% off and 2-for-1 offers for the best local restaurants, cafés, attractions, hotel accommodation, travel, and much more!

Available as a [traditional Entertainment™ Book -or- Digital Membership on your smartphone](#), your Membership gives you over \$20,000 worth of valuable offers valid through to 1 June 2016!

A display book is located near the P&C box for you to have a look at!!

CONTACT: Jaqui Sharp
C/- Clifton Park Primary School P&C
0427957053
rmaskell78@hotmail.com

Community NEWS



Government of Western Australia
Department of Health
WA Country Health Service

**Is your 3 year old ready?
Ready for learning,
Ready for school**

Call **1800 457 949** to book a 3 year old check
with the Child Health Nurse

You may like to discuss:

- Behaviour
- Toilet training
- Nutrition
- Speech
- Movement (gross / fine)
- Family relations
- Safety / Health
- School readiness



4families

Family Mental Health Support Service

Do you need support for your family?

All families go through life's ups and downs. The downs can create worry, stress and tension within the family. You might be concerned about your children's mental, emotional and social wellbeing. You are not alone. Often families need support to get through the tough times.

How can we help?

A free family support service that provides -

- Counselling and emotional support
- Information and referrals
- Home-based family support
- Workshops, seminars and groups
- Community development activities

Who is this service for?

Families and carers with children, from birth to 18 years, who are living in Bunbury and surrounds, including Australind, Harvey, Capel and Collie.

If you would like to know more, please contact us

BUNBURY
20 Molloy Street
Bunbury WA 6167

Tel: (08) 9792 1111
Email: 4families@wa.relationships.com.au
Web: www.wa.relationships.com.au



Down Syndrome Western Australia

Lower South West Family Forum
Date: Thursday 18 June 2015
Time: 10am – 12 (am tea included)
Venue: Abbey Beach Resort
595 Bussell Highway, Busselton

Julie Ireland, Jackie Softly and Cathy Donovan will be in Busselton soon and would love to catch up with people with Down syndrome of any age and their families. We plan to discuss the changing disability sector, the NDIS/My Way programs, and what it's likely to mean for people with Down Syndrome and their families.

Here are some of the things we will be discussing:

- What do you need to know?
- What to consider for your family?
- What to consider putting in a plan?
- How will this work in a regional location?
- How do you have the right amount of choice and control?
- Do you want to self-manage?
- Who can help you?
- What can you do now?
- Supports to help you with the changes.

We will also be available to talk about any other issues, provide information you might need, answer questions and generally discuss anything that is relevant to families in the region.

We would love to know what topics are of interest to you so that we can bring appropriate resources.

For more information email admin@dsawa.asn.au before 11 June 2015

Rodgers & Hammerstein's Cinderella



Where: Bunbury Entertainment Centre

When: Thursday 16th July, 1:30pm
Friday 17th July, 7:30pm
Saturday 18th July, 1:30pm & 7:30pm

Tickets available from:
BREC
bunburyentertainment.com
or 1300 661 272
General enquiries 0419 214 338