



KARDINYA PRIMARY SCHOOL
Learning for Life

Kardinya Primary School

Community Newsletter

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Coming Events

SEPTEMBER Edu Dance Concerts 2.15pm	19 & 20
SEPTEMBER Assembly PP C2 Miss De Palma	20
SEPTEMBER Last Day of Term Three	21
OCTOBER School Office Closed	8
OCTOBER PL Day No students	9
OCTOBER Students begin Term Four	10
OCTOBER / NOVEMBER Thursdays Playgroup 9am-10.30am	
OCTOBER Assembly C1 PP Mrs Patton	18
OCTOBER InterSch Athletics 9am- 12.00pm Jumps & Throws/400m	23
OCTOBER InterSch Athletics 11am-3.00pm 200m/sprints/ relays/ team	25
OCTOBER P & C Long Play	26
OCTOBER School Board Meeting 6pm	29
NOVEMBER Assembly A8 Year 6 Mr Bettridge	1
NOVEMBER 2019 Kindy Orientation morning 9am	2

From the Principal

Thank you all for your support this term. It has been an extremely busy but a very rewarding term for the students and staff at Kardinya Primary School.

On Friday 14 September I had the pleasure of attending the WA Massed Choir Festival at the Perth Concert Hall a first for Kardinya Primary School and it was a huge success. The students performed alongside other primary school students from Mindarie PS, Subiaco PS, Wembley PS, Hollywood PS, Carlisle PS, Como PS, Ardross PS and Bannister Creek PS. I would like to acknowledge Mrs Fourie and the students for their dedication, enthusiasm and commitment to performing to such a high standard and of course to the parents who attended the event in support of their children. It was a fantastic evening and hopefully the start of regular participation in this event.

NAPLAN REPORTS

Student NAPLAN reports went home on Tuesday 18 September for students in Year 3 & 5 and if you are interested in learning more please use the link below which provides access to an online parent brochure.

<https://k10outline.scsa.wa.edu.au/home/assessment/testing/naplan/parents/results-reporting>

Please be advised that all schools will complete NAPLAN online from 2019 and we will run a parent information session in term 1 2019 regarding this.

EVACUATION DRILL

An evacuation practice was carried out on Tuesday 18 September and I am pleased to report a safe and timely response to the KPS evacuation plan which saw all students, staff and visitors assembling safely on the oval.

SCHOOL BOARD AND P&C

I would like to thank the School Board and the P&C for their continued support. The volunteer run canteen has been a huge success since it reopened and has been well received by the community and I for one can say the pizzas are fantastic!

YEAR 6 CAMP 2019

Thank you to all the parents who completed and returned the survey regarding possible camp options for 2019. I can confirm that while Canberra did appeal to many parents as a possible destination it was not the overall preference for next year. The camp run by the Department of Sport and Recreation to Bickley was the most popular destination closely followed by Rottneest. We will look at availability for 2019 to Bickley for our Year 6 students.

STUDENT VOICE

Earlier this term the student councillors ran a poll to ask students to vote for the charity they would most like to raise money for. The choices were;

- Kaarakin Black Cockatoo Conservation Centre
- St Bartholomew's House for the homeless
- Assistant Dogs Australia
- Perth Children's Hospital

After every student vote was collated the most popular charity was the Assistant Dogs. Next term in week 2 we are organising Wear your Onesie (or pyjamas) Wednesday on Wednesday 17th October. Please wear your best onesie or favourite pyjamas for the day and bring along a gold coin donation. All money raised will be donated to the Assistant Dogs for training, food and care – it takes two years and \$35 000 to train one dog!!

Lyn Parker will be acting principal for the rest of this week while I attend the Australian Primary Principals conference. I wish you all a safe and happy holiday when it arrives and look forward to another fantastic term when we return in term 4.

Staff return on Monday 8 October and will participate in Health and Wellbeing PL so the office will be closed and will reopen on Tuesday 9 October.

Students return on Wednesday 10 October.

Over the holidays, the school community is encouraged to report any suspicious behaviour or vandalism to **SCHOOL WATCH 1800 177 777** or **Police 131 444**. Thank you for your support in caring for our school.

Together we promote "Learning for Life"

**NATALIE MAYHO
PRINCIPAL**

Phys Ed

Faction Athletics Carnival

Wasn't it great to see all the students participating in two days of athletics competition during our Faction Carnival. This included individual and team events, with each faction striving to gain those extra points.

Thank you to our school gardener, Carmen, for her hours spent marking out the running track, often on her weekends - a wonderful effort.

A big congratulations to the overall champion faction **BLUE**. Below are the champion athletes for 2018.

	Champion	Runner-Up	Third
Year 3 Girls	Lily L	Rishana V	Scarlett C
Year 3 Boys	Gus H	Rylie C	Isaac P
Year 4 Girls	Elyssa H Ruby K Layla B	Suraiya A	Grace J
Year 4 Boys	Charlie C	Zane B	Ali F
Year 5 Girls	Lily K	Ariyana S	Harper L Jenna B
Year 5 Boys	Mitchell A	Gerald S	Rhett D
Year 6 Girls	Lexi T	Tahlia B	Mikyla D
Year 6 Boys	Harrison H	Oliver C	Charlie S

The interschool athletics will be held on Tuesday October 23 and Thursday October 25 at Bateman Primary School.

PHIL GREEN
PHYS-ED TEACHER

Resilience

Resilience has been the focus disposition here at school for the last two weeks of this term, below is some information from an article by psychologist Karen Young. The article is quite long so it will be covered in two installments – happy reading.

All children are capable of extraordinary things. There is no happiness gene, no success gene, and no 'doer of extraordinary things' gene. The potential for happiness and greatness lies in all of them, and will mean different things to different kids. We can't change that they will face challenges along the way. What we can do is give them the skills so these challenges are never able to break them. We can build their resilience.

Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world.

The great news is that resilience is something that can be nurtured in all children.

Resilience and the brain. Here's what you need to know.

During times of stress or adversity, the body goes through a number of changes designed to make us faster, stronger, more alert, more capable versions of ourselves. Our heart rate increases, blood pressure goes up, and adrenaline and cortisol (the stress hormone) surge through the body. In the short-term, this is brilliant, but the changes were only ever meant to be for the short-term. Here's what happens ...

Resilience cont...

The stress response is initiated by the amygdala, the part of the brain responsible for our instinctive, impulsive responses. From there, messages are sent to the brain to release its chemical cocktail (including adrenaline and cortisol) to help the body deal with the stress. When the stress is ongoing, the physiological changes stay switched on. Over an extended period of time, they can weaken the immune system (which is why students often get sick during exams), the body and the brain.

Stress can also cause the prefrontal cortex at the front of the brain to temporarily shut down. The prefrontal cortex is the control tower of the brain. It is involved in attention, problem solving, impulse control, and regulating emotion. These are known as 'executive functions'. Sometimes not having too much involvement from the pre-frontal cortex can be a good thing – there are times we just need to get the job done without pausing to reflect, plan or contemplate (such as crying out in pain to bring help fast, or powering through an all-nighter). Then there are the other times.

Resilience is related to the capacity to **activate the prefrontal cortex** and calm the amygdala. When this happens, the physiological changes that are activated by stress start to reverse, expanding the capacity to recovering from, adapt to, or find a solution to stress, challenge or adversity.

How does resilience affect behaviour?

Children will have different levels of resilience and different ways of responding to and recovering from stressful times. They will also have different ways of showing when the demands that are being put upon them outweigh their capacity to cope. They might become emotional, they might withdraw, or they might become defiant, angry or resentful. Of course, even the most resilient of warriors have days where it all **gets too much, but low resilience will likely drive certain patterns** of behaviour more often.

Can resilience be changed?

Yes. Yes. Yes. Absolutely resilience can be changed. Resilience is not for the genetically blessed and can be strengthened at any age. One of the most exciting findings in the last decade or so is that we can change the wiring of the brain through the experiences we expose it to. The right experiences can shape the individual, intrinsic characteristics of a child in a way that will build their resilience.

Stay tuned for the next installment of how to build resilience in our children

DIANNE GREEN
DEPUTY PRINCIPAL

Kapture

All sports / special / team photographs are now available to order. Parents can go to www.kapture.com.au to view and purchase photos. Parents will need to enter the schools code **DNJ3VY** to access the gallery. All orders will be sent directly to the parents home address.

Please refer any queries to Kapture.
enquiries@kapture.com.au

LYN PARKER
DEPUTY PRINCIPAL

**KARDINYA PRIMARY SCHOOL
P & C ASSOCIATION INC.**

Retro Bingo Night

Thank you to all the wonderful KPS families, extended families and teachers who supported our retro bingo night, it was a great success and lots of fun was had by all who came along. Thank you again to all our generous sponsors, without whom, it would not have been as successful. *We raised a total of \$3668 on the night which was amazing!*

Our community sponsors who helped with donations all deserve a special mention:

Pulse Reality, Winthrop Gardens Super IGA, Hon. Peter Tinley, Kids Get Crafty, Chicken Treat Kardinya, Ruba, Blessed by Nature, Coles Kardinya, K-Mart Kardinya, Bridgetown Winery, Yi Sushi, Kardinya Park Shopping Centre, Baskin Robbins, Platinum Automotives, Vanessa and Nigel Bombak, French's Martial Arts, Gilbert's Fresh Market, Arbonne, Café Somerville, Fremantle Village, Bronwen Atkinson, Sara Laird, Kardinya Netball Club, Sasha Leavy, Sharon Rudderham, Plus Fitness Fremantle, Pt Walter Golf Club, Jessica Brown, Lawrence Group, Old Young's Distillery and Under the Sun

Sports Carnival

A huge thank you to everyone who baked or donated cakes, biscuits and treats to our cake stall at the sports carnival. What a delicious array of goodies there were! We raised a total \$428 from this. Thank you too, to the all the parents, who generously offered some of their time on the day and helped out with the sausage sizzle and sales at the cake stall, it is greatly appreciated.

We would like to take this opportunity to thank everyone at KPS for their continued support of the P&C and wish you all a safe and happy holiday.

Our next P&C meeting will be on Thursday 26th of October, 7pm start, in the school library. All welcome.

**KIRSTY WALLACE
P&C VICE PRESIDENT**

School Banking

The winners of the school banking competition are Mackenzie T and Jackson K. Congratulations



School Banking is available every Friday morning between 8.35am and 9.00am in the Uniform Shop.

**BRONWEN ATKINSON
BANKING CO-ORDINATOR**

Donations

If any one has any wool that is not being used at home and are happy to donate to school please take to B1 Mrs Whites class. Thank you



COMMUNITY NEWS

"Please note that this section is provided as a community service. Kardinya PS does not endorse programs and services listed in this section."

COUGAR CAMP

OPEN TO BOYS AND GIRLS BETWEEN THE AGES OF 8-12 YEARS OLD

WED 3 RD / THU 4 TH / FRI 5 TH	2 DAY CAMP	3 DAY CAMP
OCTOBER - 9AM - 2PM	\$120	\$210

WALLY HAGAN STADIUM
MORNING TEA & LUNCH INCLUDED

FOR MORE INFORMATION: OPERATIONS@COUGARCAMP.COM OR 0825 808

Cougar Girls SKILLS CAMP

8 - 12 YEAR OLDS

\$85
2 DAY CAMP

MON 1ST & TUE 2ND OCTOBER
8:30 AM - 12:30 PM
WALLY HAGAN STADIUM
MORNING TEA INCLUDED

FOR MORE INFORMATION: OPERATIONS@COUGARCAMP.COM OR 0825 808