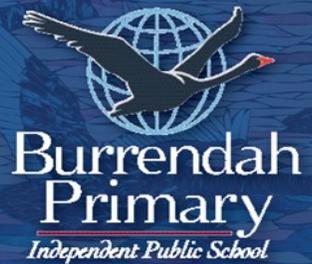


# Burrendah *Bulletin*



Burrendah Primary School | Castlereagh Close Willetton WA 6155 P: 9266 6200 E: [burrendah.ps@education.wa.edu.au](mailto:burrendah.ps@education.wa.edu.au)

## From the Principal

Congratulations to all of the staff and parents who were involved in making our P&C Taste of Harmony such a successful event last Friday Night. With just over 1300 people recorded coming through the gate by our high school volunteer students it shows the huge support for this event. It was a pleasure to attend and be apart of such a multicultural evening.

Our Harmony Day Assembly was again a highlight with so many students and staff taking the opportunity to be dressed in a way that acknowledges how multicultural our school is. This is even more evident by the number of representatives for some of the countries that are a part of our students heritage. It was fitting that Mrs Orr, who had been a teacher at Burrendah for nearly 30 years, was farewelled at this assembly. We wish Mrs Orr all the best in her retirement.



Margaret Menner is an International Consultant in Literacy. Burrendah Primary School has been working with Margaret for the last few years. Margaret visited classrooms last week over two days providing feedback to numerous classroom teachers on the progress of their skills in teaching guided reading. Margaret was very complimentary in how settled classrooms were and how you would not know unless told that a major restructure of classrooms had just taken place. Margaret's feedback highlighted the good work teachers are doing in helping students to decode what they are reading. Our future focus is to support students to further increase the level of understanding of what is read.

The P&C and Mr Crouch are working hard on a major fundraiser for Burrendah Primary School with a Colour Run. This event will be held on the last day of term Friday April 12th. I encourage everyone to get behind this worthwhile event and keep informed of what is happening through the information going home through your child as well as on the P&C Facebook page. The lapathon planned for Term 2 has been cancelled with proceeds from the Colour Run going towards sporting equipment and the development of a senior playground. As you would be aware a great deal of fundraising is needed to enable both of these projects to occur. Please remember that when seeking sponsorship students should only ask immediate family and close friends. We request students do not go door knocking without parental supervision.

Janine Kinninment  
22nd March 2019



## Taste of Harmony Evening 2019



## Year 6 Orientation Camp

The Year 6 Orientation Camp at Point Walter was an amazing experience for all students and teachers that attended. Students participated in many team building activities including kayaking on the Swan River, archery, flying fox, orienteering, team challenges in a bush setting, kite building, team games and raft building in the pool. Many students faced challenges, overcame fears and further developed their collaboration skills.

They also picked up many other skills such as patience when sharing a dining room with 119 other people, bed making and keeping rooms and bathrooms tidy (parents would be amazed at the immaculate rooms – our tidy dorm award went to a group of boys which was a great surprise to many of the girls).

Camps only happen when you have a group of teachers who are willing to give up many hours of their own time leading up to camp and be on duty 24 / 7 during camp. A huge thank you needs to go to Miss Turvey, Mr Crouch, Mr Heron, Mrs Taylor, Mrs Griffiths, Mrs Page and Mrs Wong. Your efforts are greatly appreciated.

**Sherryl Crouch – Camp Coordinator**

## Highlights of Camp 2019!

Camp was one of the best highlights of my life. The food, activities, and sleeping in a dorm with a couple of friends was great. The highlights that I had were amazing. But there are too many to tell, so I will just tell you some. High ropes was amazing. You got to climb the ropes and conquer your fears. The most challenging one was the knot one. You had to use your upper body strength. The flying fox was my favourite experience. You got to go down the flying fox really fast and hit the tyres which will launch you in the air. The food was great and yummy. It was cooked by fabulous chefs. Then lastly my final and last highlight was paddling. You got to go down to the Swan River and paddle around and have a great time. By Ethan R. Rm 3

*Camp was a lot of fun and for a person like me who is going to camp for the first time; I would recommend it to other people! The most interesting activity that I liked a lot was the paddling. I loved it because it was my first time learning how to paddle and having a race was a lot of fun too! There was also a Talent Night where my group and I performed 'Alone' by Alan Walker. We nailed our performance and everyone gave us a big round of applause! Another highlight of camp was flying fox. It was quite scary when you jumped off the platform first. But the second time, it wasn't that scary. I loved the flying fox too and I would want to do it again! There were lots of memories from this camp trip. This camp experience was the best one yet!*  
Elynn Room 2

Camp was so much fun! I enjoyed nearly everything, and made a few new friends as well as learning to look after ourselves. One of the greatest highlights was the flying fox. I had such fun that day. I surpassed my limits (or rather the limits of my mind set) and enjoyed and made the most of my 2019 camp experience. The platform may have been high off the ground but I wasn't going to let that put me off that day. I tried my best to turn upside down every time I jumped off, but it wouldn't let me. I was almost about to give up, but on my final try I managed to flip upside down like a bat dangling from a moving wire. The second great experience was the extreme kite making. A note to Year Fives going on camp, do not think extreme kite making will be boring because you will be proved wrong. They really don't call it extreme kite making for nothing... because once you've made your kite, flying it is the extreme part. You must send your kite as high as it can go and a tip, a bright design is very important for when it's up, as a plain design will never be visible from the maximum height, trust me. I think these highlights of camp are the most memorable ones but I also must mention the food, the catering is amazing so don't worry! Camp is the best and it won't let you all down! You'll be wishing you never had to leave!  
Sarah Room 2

Camp had some really awesome, thrilling, exciting highlights like: sleeping with awesome friends, eating delicious food, the amazing nerve wracking activities, free time and lots more highlights. My favourite things at camp were: the flying fox, pool games, dessert, food, friends and last but not least getting to know other Year Sixes. Camp was AMAZING! Tia Room 3



## NEWS FROM THE SCIENCE LAB

All classes are busy conducting 'hands on' investigations in the area of Physical Science.



The Year 6 students have been having lots of fun building circuits, learning how to use multimeters and investigating solar power. We have had a group of students keen to apply their knowledge by building solar cars at lunch times. They hope to represent Burrendah at the interschool 2019 Synergy Solar Car Challenge. We



have also had a visit from our Scientists and Mathematicians in Schools partner, Mr Ward Darcy who is a physicist. He shared his thoughts about the difference between a job and a career and how passionate he is about his career as a physicist. He brought in an M&M sorter he made that sorts the colours into different boxes. Students were amazed at the design and programming used.



Studying light, the Year 5s discovered how refracting light through a prism creates rainbows.

Year 2 students have been investigating forces by building catapults.



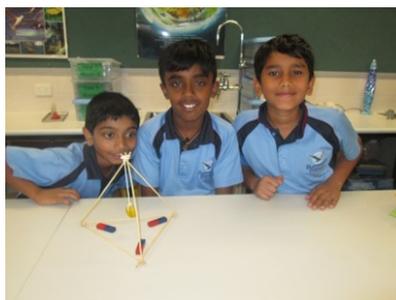
Year 3s have been investigating how hot air rising makes spirals rotate.

Year 1s have always realised making sounds is fun – they are just checking out new sounds and how we hear them.



Making Rube Goldberg machines also became a home experiment to extend what we had made in class.

Investigating magnetic force and how like and unlike poles react is always interesting.



Sherryl Crouch  
Science Specialist

## 2019 FACTION SWIMMING CARNIVAL

Wow! What an amazing finish to the Faction Swimming Carnival in the open girls relay event - Mackenzie and Echa powering down the pool with a fingernail deciding the finish. The effort from all the students in every race and every division was fantastic. All points earned were important in a close result. The winning faction for 2019 was **Canning**.

Thank you to all the parents who supported their children at the pool. Special thanks to our place judges Jo Glew, Jeanna Mitchell, Stacey Repper, Kate Floyd, Luana Gilman and Pam Kundal, who made a great team combined with the staff Will Heron, Trish Paxton, Ashleigh Turvey, Annie Leece and Brian Crouch. The carnival was run efficiently and was an enjoyable experience.



## Brian Crouch - Physical Education Specialist

Carnival results:

1<sup>st</sup> Canning 285 points    2<sup>nd</sup> Nairn / Gwai 253 points    3<sup>rd</sup> Moreau 221 points

Our 2019 Champions are:

Year	Champions		R/U Champions	
4	Kaylee	Ali	Billie	Michael
5	Chloe	Brian	Kate	Cooper
6	Mackenzie	Harry	Echa	Archer

Championship medals will be awarded at the next community assembly.



## Carnevale (Carnival) in Italy.

The students have been learning about Carnevale in Italy which takes place at this time of the year. The word 'Carnevale' means 'goodbye to meat'. It is a celebration which happens before the fasting period of Lent; a time when people often abstain from meat.



One of the main characteristics of Carnevale is the use of masks in parades and other events. The festival has a long history and is strongly linked to the Commedia Dell' Arte; a form of comedic street theatre which dates from the Middle Ages.

While Carnevale is celebrated throughout Italy, the city of Venice is most notable for its Carnevale events which includes masked balls, boat parades on the canals and fancy-dress competitions.

Maria Loss– Suehrcke  
Italian Specialist

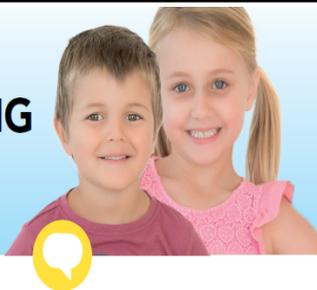


## Kaboom Percussion

On Tuesday 19th March we were all amazed by the incredible talents of "Kaboom Percussion" who entertained us with their fabulous new show. They showcased hand-made instruments made from recyclable materials and performed a wonderful variety of different musical styles



## FREE PARENTING SEMINAR



### Take the guesswork out of parenting!

Want to make family life easier – and happier? Triple P's Power of Positive Parenting seminar can help you understand why kids act the way they do, and how your reactions and words can make a big difference. This 90-minute seminar is free for all WA parents and carers, and is packed with ideas to help you give your kids the best start in life, and get more enjoyment out of being a parent.

Triple P's Power of Positive Parenting seminar can help you:

- raise happy, confident kids
- encourage positive behaviour
- set rules and routines that everyone follows
- get on well with your kids and argue less
- balance work and family with less stress

Register for your FREE parenting seminar:

The Power of Positive Parenting

Date: Thursday 28th March 2019  
Time: 6 pm start (doors open at 5:30pm)  
Venue: Rostrata School Library, Rostrata Ave Willetton, Register via Ph 9457 9455

Book your free place now:

[www.triplep-parenting.net.au/wa](http://www.triplep-parenting.net.au/wa)



## Friends

To have good friends, we first have to be a good friend. Sometimes we have to examine our own short-comings and change our habits so that we become a better friend. As parents, we can help our children as they develop these attributes.

### A GOOD FRIEND IS:

**PATIENT**- They listen to our whole story, without interrupting or speaking about themselves. They try to understand our feelings and our moods.

**KIND**- They use friendly words, give small gifts, consider our feelings, and tell others the good things about us.

**FORGIVING**- They choose to accept our apology when we have done or said something wrong, and move on. They show grace by allowing us time to learn from our mistakes.

**TRUTHFUL**- They admit their wrong-doings and apologise to us. They do not participate in gossip, or make up stories about themselves or us. They accept that it is OK for each of us to disagree sometimes.

**SUPPORTIVE**- They encourage us to persevere with difficult work and to do our best at sport/music/dance events. When we are going through tough times, they can be relied upon to listen to our story and be there for us.

### A GOOD FRIEND IS NOT:

**ENVOIOUS**- Instead they can be pleased that something good is happening for us. They understand that at a different time, good things will also happen for them.

**BOASTFUL**- Instead they quietly accept compliments, and remember to speak about the achievements of others.

**BOSSY**- Instead they remember to let us share our ideas, are prepared to have a go at something others suggest, and can be flexible when their plans have to be modified.

**SELFISH**- Instead they are generous in their words and actions, and put others' needs before their own.

**QUICK TO ANGER**- Instead they choose to control their angry feelings before calmly talking through an issue with us.

Louise Lathbury  
Chaplain



Leeming Senior High School

## Open Day Tours

Wednesday 27 March

9:00 am and 5:30 pm



Learn about our  
Specialist Programs

and experience our peaceful  
environment in which  
students can learn and grow

RSVP 9237 6800

[www.leeming.wa.edu.au](http://www.leeming.wa.edu.au)

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	4th February First Day Term One	5th February	6th February	7th February	8th February
2	11th February	12th February	13th February Rm 16a Parent Meeting 3:15pm Rm 15 Parent Meeting 9am	14th February Rm 13 Parent Meeting 9am Rm 16b Parent Meeting 3:15pm	15th February Community Assembly - Student Leaders  <i>Social Committee Meeting</i>
3	18th February	19th February Yr 6 Camp 6pm	20th February  <i>PBS Meeting</i>	21st February <i>Finance Committee Meeting</i>	22nd February
4	25th February  <i>Coffee Club</i>	26th February Swimming Trials	27th February Year 6 Camp <i>Health Committee Meeting</i>	28th February Year 6 Camp	1st March Year 6 Camp
5	4th March Labour Day Public Holiday	5th March	6th March  <i>PBS Meeting</i>	7th March Yr 1 Parent Meeting 3:30pm	8th March
6	11th March Yr 4 Parent Meeting 5:00pm	12th March Board Meeting 6:00pm - 7:30pm	13th March	14th March	15th March Community Assembly Rms 21 & 22 <b>HARMONY NIGHT</b>
7	18th March  <i>Staff Meeting</i>  P & C Meeting 7pm	19th March Kaboom Percussion Yr 3 Parent Meeting 3:30pm Yr 5 Parent Meeting 4:30pm Yr 2 Parent Meeting 5:00pm	20th March  <i>PBS Meeting</i>	21st March  Swimming Carnival	22nd March
8	25th March Yr 6 Leaders Halogen Event  <i>Coffee Club</i>	26th March <i>SAER/IEPS Meeting</i> <i>Health Committee Meeting</i>  Yr 6 Parent Meeting 5:30pm	27th March  <i>Maths Committee Meeting</i>	28th March	29th March  Community Assembly Rms 10 & 12
9	1st April  <i>Staff Meeting</i>	2nd April	3rd April  <i>PBS Meeting</i>	4th April	5th April Yr 5&6 Interschool Carnival
10	8th April	9th April	10th April	11th April Commedia Academy	12th April P&C Colour Run Last Day Term One

## Healthy eating for families

In our modern society, very few of us use up enough energy to take on the extra calories of 'treat' food and drinks. The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly, for health and well-being.

By providing your family with the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, your family will get enough of the nutrients essential for good health, growth and development. A healthy diet reduces the risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers.

The amount of food your child will need from the Five Food Groups depends on their age, gender, height, weight and physical activity levels. For further information go to [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Healthy lunchbox ideas

Your child's lunch box can contain food from all of the five food groups. The food groups are; breads and cereals, fruit, vegetables, meat/meat alternatives and dairy/dairy alternatives.

Try these in the lunchbox:

1. Lean ham and salad wrap
2. Banana and handful of grapes
3. Sliced vegetables (carrots, cucumber, tomatoes)
4. Handful of reduced fat cheese cubes
5. Bottle of water

Remember, children who help plan and prepare their own lunch are more likely to eat it. Your child might like to try out this fun, 'Interactive Lunchbox' website: [www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html).

## Shop smart and eat healthy - tips for parents

**Go shopping with your children** and allow them to choose the healthy foods that they enjoy eating. For example, ask children to choose some of the fruit and vegetables.

**Shop twice a week** - fresher fruits, vegetables, breads and meats are more likely to appeal to the whole family.

**Buy in season** - seasonal fruits and vegetables taste great, are better quality and are better value for money.

**Select small pieces of fruit** - younger children prefer smaller pieces of fruit as they are easier to handle.

**Choose quality** - try to avoid bruised fruit or vegetables.

**Encourage variety** - so that your child does not get bored with their food.

Fiona Ewing  
School Community Nurse

