

The Pearsall Post Newsletter

Term 3 Issue # 11

Monday 29th July 2019

Important Dates to Remember

- Wrapper Free Wednesdays
- School Banking Tuesday mornings behind the staff room
- Early Close Every Wednesday at 2.30pm
- Lunch Orders
Sushi every 2nd Monday
Subway Fridays
- Assembly, Thursday 1st August, 8:45am—Room 15, Year 2 Miss Ransom
- Yr 6 Lightning Carnival—6th August
- Book Week—19th Aug—23rd Aug
- School Jumps & Throws Carnival—14th August
- Pearsall Faction Carnival—29th August

From the Principal...

Welcome back to Pearsall for another term full of learning and activities. We hope that you had a relaxing break! Term Three looks like it will be a fantastic term. Just some of the things planned are Book Week, Faction Athletics Carnival, Science Fair, Fathers Day events, Science Week and a range of other activities. A Term Planner will be attached to the newsletter for your reference.

- **Yr 6 Lightning Carnival—6th August**
- **School Jumps & Throws Carnival—14th August**
- **Book Week—19th Aug—23rd Aug**
- **Pearsall Faction Carnival—29th August**
- **Science Week 9th Sept—13th Sept**
- **Interschool Athletics Carnival—20th Sept**



Semester 1 Reports

Semester 1 reports were distributed via Connect on the last Wednesday of last term. You will need to check your Connect account for an electronic copy of the report. Hard copies cannot be printed by the office. Email addresses need to be continually updated to ensure that you receive important information through Connect.

French Celebration -

Tuesday 30 July

French is taught in Years 3 and 4 at Pearsall PS. To celebrate Bastille Day we will have a whole school cultural event on Tuesday 30th July. **Children are encouraged to wear colours of the French flag—Red White and Blue** or their normal school uniform. Winners of the sticker competition will be announced and all students will receive a French treat on the day.



Merit Certificate Awards Term 2, Week 10

Excellence Every Day

Jorja—Rm 3
Kiara—Rm 4
Boston—Rm 5
Isabella—Rm 6
Elodie—Rm 7
Maddison—Rm 8
Avani—Rm 9
Kade—Rm 10
Anisse—Rm 11
Sienna—Rm 13
Leah—Rm 14
Chelsi—Rm 15
Krish—Dem 1
Teodora—Dem 2
Elloise—Dem 3
Amber—Dem 4



Leader In Me

Taylor—Rm 3
Alfie—Rm 4
Alexis—Rm 5
Akio—Rm 6
Ella—Rm 7
Bobby—Rm 8
Willow—Rm 9
Gabriel—Rm 10
Emilia—Rm 11
Heidi—Rm 13
Ethan—Rm 14
Kiahn—Rm 15
Olivia—Dem 1
Xzaviah—Dem 2
Cooper—Dem 3
Summer—Dem 4

Kindy Hospital Incursion

At the end of Term 2, our Kindergarten students had a very special visit from the Hospital Familiarisation Program which increase’s children’s knowledge and reduces anxiety about hospitalisation and medical care. The session included talks, dvd and interactive role playing. The students had a great time and enjoyed the session immensely.



- 8.25am Classrooms Open
- 8.40am Siren for start of day
- 10.40am Recess
- 11.05am End of Recess
- 12.45pm Lunch
- 1.25pm End of Lunch
- 3.00pm School Day Ends

Please note:

2.30pm finish on Wednesdays

Assemblies held every 2nd Thursday at 8.45am

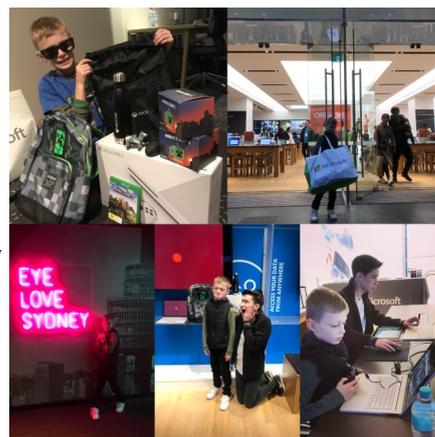
Second Hand Uniform Shop

8:00-8:30am Fortnightly Thursday mornings in the under covered area. Run by the P&C Committee.

ROALD DAHL'S IMAGINORMOUS CHALLENGE

Congratulations to Mitchell from Rm 12, Year 3

Out of 2500 applicants Mitchell was chosen as the winner of the Roald Dahl Imaginormous Challenge—Minecraft World Creation Competition. As a part of his prize, Mitchell spent the day at the Microsoft Flagship store in Sydney and he spent the day building his Minecraft Theme Park World complete with a haunted house, roller coaster through lava and secret portholes & trap doors! Mitchell was helped by Jordan (or more commonly known by his YouTube name of Eystream). He has a huge 1.5 million subscribers to his channel and he recorded several videos featuring Mitchell which he was super excited about! He then received an amazing gift pack from Microsoft & Minecraft. It included an Xbox One S, backpack, T-Shirt and lots of other goodies! Well done Mitchell!



National Data Collection

The Nationally Consistent Collection of Data on School Students with a Disability occurs in August each year. The nationally consistent approach to data collection provides all Australian schools, education authorities and the community with a clear picture of the number of students receiving adjustments because of a disability in schools, and the level of adjustments they are provided to enable them to participate in education on the same basis as other students. While it is compulsory for all schools to provide information to the Department of Education on their students, the information **will not explicitly identify individual students.**



Room 5, PrePrimary with Miss Dunne celebrate 100 Days of School



Enrolments for 2020 are filling fast. You need to apply to enrol your children in school for 2020 if they:

- Starting Kindergarten—4 years old by 30th June 2020
- Starting PrePrimary, the first year of compulsory school—5 years old by 30th June 2020

All children of compulsory school age must be enrolled in school and attend everyday—this is the law. If your child is not enrolled yet, please contact the school office on 9405 7845 immediately.

Payments

Please note that all payments to the school can be made by **EFTPOS** in the front office or **Direct Deposit:**

**Acc: Pearsall Primary School
BSB: 066040**

Acc: 19904146
Put your child's initial, surname and reason e.g. J.Smith swimming.

You can combine the amount if you have more than one child.

Please note, Eftpos and Direct Deposit are for school related payment and not for P&C payments.

Influenza

Its flu season and although its important that children are at school every day there are times when they should be at home. Influenza can be a serious illness for young children. If your child has influenza

symptoms it is best to seek medical attention. Symptoms include: sudden onset of fever, headache, sore throat, runny nose, cough, tiredness, general aches and pains, nose throat and lung congestion. Flu symptoms in children can also include nausea, vomiting and diarrhoea. If the symptoms are mild, it is important to keep the child at home until they are no longer showing symptoms. If your child experiences difficulty breathing, skin or lips start turning blue, has pain or pressure in their chest or abdomen, sudden dizziness, a rash or persistent vomiting you should seek immediate medical attention. In some cases, the flu-like symptoms can improve but then return with a fever and a worse cough.

For further information you can go to: www.healthywa.wa.gov.au/Articles/F_I/Flu-influenza where you can find a detailed facts sheet.

*** Medication**

If your child returns to school but needs to continue a course of medication, an administration of medication form must be completed. This form can be collected from the front office and given to the teacher with the medication required to be taken at school.

Dress Code Policy—Lost Property—Second Hand Uniform

Winter tends to be the time when different colours, especially in jumper appear. Parents are reminded that the school uniform at Pearsall PS is navy blue jumpers or windcheaters. The same colour applies to pants and leggings. Jeans are not acceptable.

Lost Property

There are a large amount of jumpers in the Lost Property box located behind the administration block. Please ensure all articles of clothing worn to school are clearly labelled and regularly check the lost property box.

Second Hand Uniform Shop

A second-hand uniform shop is open every fortnight in the Undercover area, on a Thursday morning, coinciding with Assembly day. Donations can be made at the school office.



**Lost
property**

From THE GREEN TEAM:**Sustainability Hub has moved**

As of Monday 29th July the Sustainability Hub outside the Pre Primary block will be moving to Block 2, the Year 1/2 block. We encourage all families to continue to use our Sustainability Hub to drop off loose coffee pods, dental products, all household batteries and e-waste.

Thank You, The Green Team.



Healthy Minds

...from the Pastoral Care Team

Keys to Happier Living...

FIND MEANING—Be part of something bigger...

People who have meaning and purpose in their lives are happier, feel more in control and get more out of what they do. They also experience less stress, anxiety and depression. But where do we find our meaning and purpose? It might come from doing a job that makes a difference, our religious beliefs, or our family. The answers vary for each of us, but they all involved being connected to something bigger than ourselves.

Action Ideas:

- **Feel part of something bigger. Spend time with children, visit an inspirational location, gaze at the stars or join a club.**
- **Be more charitable. Give others your time, offer to help neighbours or friends, consider giving blood or volunteering, recycle or donate something you no longer need.**

“Act as if what you do makes a difference, It does!” William James

Keys to Happier Living...

Nobody’s perfect. But so often we compare a negative view of ourselves with an unrealistic view of other people. Dwelling on our flaws—what we’re not rather than what we’ve got—makes it much harder to be happy. Learning to accept ourselves, warts and all, and being kinder to ourselves when things go wrong increases our enjoyment of life, our resilience and our wellbeing. It also helps us accept others as they are.

Action Ideas:

- **Ask a trusted friend or colleague to tell you what they think your real strengths are. Try to make more use of these.**
- **Be as kind to yourself as you are to others. See your mistakes as opportunities to learn. Notice things you do well, however small.**

“Friendship with oneself is all important, because without it one cannot be friends with anyone else in the world.” Eleanor Roosevelt

Children and Screen Use

Most children have grown up in a world, very different to the world of today's adults, a world of multiple electronic devices that allow them to be constantly connected with each other and the digital landscape. This has led Government bodies and Paediatric Academies to question the positive and negative effects of screen use on young people. For decades, less than two hours per day of screen time was recommended for children aged over two years. This recently changed, with many countries suggesting no more than one or two hours per day of high-quality programming. Parents are now encouraged to restrict their children’s screen exposure and encourage them to achieve a balance between screen time, physical activity and other pursuits.



Building a Love of Reading

It only takes 10 minutes a day for students to make an improvement in reading. Studies show 10 minutes a day of reading greatly improves, not only their academic pursuits but positively impacts many areas of their lives. Below are some ways you can support your child with developing a love of reading:

- Have a special place at home to keep books and other reading material
- Encourage your child to read about what they are interested in, from a wide variety of sources. Be positive about their choices.
- Let your child see you reading—for enjoyment and for learning.
- Speak to your child about what you are reading, what it makes you think about, why you chose it.
- Set aside a regular specific time for reading each day. Model this yourself too.
- Ask your child about what they are reading. Why not learn something together.
- Visit your local library together.
- Buy books as gifts.
- Try books in a series, if your child gets “hooked” they are more likely to continue reading the series.

