



**RIVERTON
PRIMARY CAMPUS**
INDEPENDENT PUBLIC SCHOOL



Riverton Primary School Western Australia

26 March 2019

Riverton Review

Principals: Paul Grundy and Vicki Sturgeon
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IMPORTANT DATES

Tuesday 26 March

- Newsletter

Wednesday 27 March

- Sports Captain Meeting
8.15am Library
- Impact Leadership
Conference-Student and
Sport Leaders

Thursday 28 March

- Rangers Meeting 8.35am
Library

Friday 29 March

- Room 12 Assembly
- Down Syndrome Awareness
Day - Crazy Sock and
Cupcakes

Saturday 30 March

- P&C Photo Fundraiser

Monday 1 April

- Student Leaders Meeting
12.30pm Library
- Swimming-Pre Primary,
Rooms 21 and 22

Tuesday 2 April

- Swimming-Pre Primary,
Rooms 21 and 22

Wednesday 3 April

- Sports Captain Meeting
8.15am Library
- Swimming-Pre Primary,
Rooms 21 and 22
- NAPLAN Online Information
Session 9.00-10.00am-
Staffroom

Thursday 4 April

- Swimming-Pre Primary,
Rooms 21 and 22

Friday 5 April

- Junior Assembly Room 2
- Boys Tennis Academy Plate

Monday 8 April

- Student Leaders Meeting
12.30pm Library
- Swimming-Pre Primary,
Rooms 21 and 22

From the Principals

As we approach the last few weeks of Term 1, a number of activities have kept our students very busy. Our Year 6 camp was held a couple of weeks ago, whilst last week was centred on Harmony Day and the related activities and incursions across the school. With another set of classes about to begin their swimming lessons next week, the events keep coming.

I was fortunate enough to attend the Year 6 camp a couple of weeks ago. Excited and enthusiastic, our students enjoyed four action packed days, attempting a number of activities that presented challenges for them every day. From building rafts, kayaking and paddle boarding through to rock climbing, abseiling and taking on a low ropes course, our students never faltered, with many surprising themselves with the results. Often working in teams, the students developed the necessary collaborative skills and strategies based on teamwork to successfully achieve their goals. It was a pleasure to see the students develop and build relationships and establish rapport with not only their peers, but with the staff members as well. Congratulations to all the students for their efforts and behaviour on the camp. Thank you to Mrs Annison, Mrs London and Mr Tomasevich for their work as the teachers across the whole week and thanks to Cam Grundy, Karen Polkinghorn and Sonya Anderson for their hard work with the students. Thanks also to Ms Sturgeon and Sam Moore for their input as well. Finally, thanks to the parents for allowing their children to attend this valuable and exciting annual event, that consolidates and builds on our values.

It was fantastic to see the large number of families and friends attend the Harmony Day Picnic on Thursday. Despite the humid and hot weather, the families had a great time sharing their traditional foods with others. What a brilliant way to celebrate and acknowledge the diversity we enjoy at our campus. One of the key values at our campus is inclusivity and this was clearly illustrated at the picnic. Thank you so much to all the families who were able to come along and share this event with us. I would like to acknowledge and thank Ms Smith and her EAL/D team including Ms Fox and Ms Campbell for all their hard work and also our staff members for their support.

The EAL/D team also organised an incursion for all our students on Tuesday. The "suitcase stories" presentations highlighted the variety of origins of immigrants and families coming to Australia and once again illustrated in a humorous way the diversity of communities in Australia. The classes really enjoyed the shows and I thank the EAL/D team for the organisation of the visit.

Congratulations to the Year 2 students from Room 8 who presented a lovely poem by Spike Milligan centred on the importance and impact of smiling and friendship at our recent Junior Assembly. Thanks to Mrs Harper and Ms Packard for their work in preparing the students and well done also to the students who won Merit Awards at the event. It was also great to see more winners of the "6 Kinds of Best" awards and the large number of points being gained for the respective houses at Riverton.

I was lucky enough to spend Friday afternoon at the State Tennis Centre and Belmont Park Tennis Club watching our representative boys' tennis teams in action in the Academy Plate. The boys played really well with our A and B teams winning through to the semi-finals, before the B team went on to contest the plate final at Belmont. Whilst we were unable to ultimately win the competition, our boys were fantastic and enthusiastic participants who were tremendous representatives of the campus. Thank you to those parents who provided transport and were able to attend, and to Mr Tomasevich and Mrs London who organised the day and worked with the students. Congratulations also to our girls' teams who also competed strongly and enjoyed themselves at the competition that was held in hot and difficult conditions on Thursday. We are lucky to have such talented and committed students.

IN TERM SWIMMING

Monday 1 April - Friday 12 April 2019

ROOM NUMBER

LESSON TIME

PP1, PP3, Room 21 - Year 6

12.50pm

PP2, Room 22, Room 21 - Year 5

1.40pm

HARMONY DAY

Thank you to all the students, teachers, parents, grandparents, aunties, uncles and friends of Riverton Primary Campus for attending our Harmony Week activities last week.

On the Tuesday, the students attended a fabulous incursion titled "Suitcase Stories". This incursion featured tales of a number of migrants to Australia. Characters included the cockney Beth Barry, Vittoria the Italian nurse and her contribution to Australia during 1945 and Afifa the hijab-wearing, soccer-loving Lebanese Muslim who speaks about the difficulties she experienced after 9/11. Other stories also featured Danke Ryan who represents the Australian Dutch community, Bardi who speaks about the Dreamtime and white settlement, and Zhou who is Chinese and wants to embrace the Australian life. Anna Petrovna is the 'superstar ballerina' and tells of the hardships suffered in Eastern Europe at the end of WW2. The children were captivated by this performance and much laughter was shared.

On the Thursday, we had many members of our Riverton School community attend the Harmony Day Picnic. Every year you embrace this event with such positivity! A variety of colourful cultural dress was on display and looked fabulous. Delicious smells of foods from many cultures floated through the air. Many photos were taken on the day by a variety of people. If you have a great photo that you would like to share please send it through to the school.

Never a school day goes by where we take for granted the safe and respectful school environment we have at Riverton Primary Campus. The most important resource in any learning environment are the people. We thank you for always remembering this and taking the time to participate in events in a harmonious manner!

Thank you!

Ms Smith, Ms Fox and Ms Campbell



HARMONY DAY



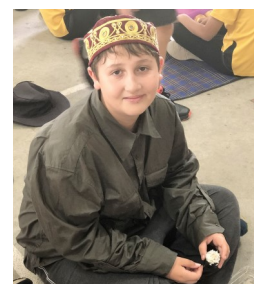
On Thursday it was Harmony Day. We celebrated all the different people from all the different countries. We also got to dress up in traditional clothes. I dressed up in my Australian clothes. My Australian bandana, kangaroo and koala top and my jean skirt. We had lunch with our family. I had edepus, oreo's and an icy pole.

Written by Anabella - Room 2



Yesterday we celebrated Harmony Day. We celebrated Harmony Day because students are from different countries and we want to see what dress they wear. I wore Afgaree dress with a scarf. I had a lunch order.

Written by Raihan - Room 2



SOLVING SUDOKU - ROOM 14

Room14 has recently been solving a sudoku in class. We had three weeks to finish it. It was a challenge and very hard to complete. Some people got it and some didn't but the best part about it was that it was really enjoyable. The Rhombus group Aaron, Trey ,Alex, Ashton, Tiana, Jainam, Tom, Suyash, Charlotte, Lewis, Keiran and Rayna all took part in the Sudoku puzzle. It was part of our maths groups.



Written by Alex - Room 14

MURAL INSTALLATION

Rooms 14 and 15 kick started our mural installation by linking the HASS area of Geography and creating a map, illustrating land and ocean animals of Australia. Our feature artists Haylee and Visual Arts Specialist, Ali Blackwell introduced the project to students, brainstormed on paper animals of Australia and then developed ideas which included challenging students to consider characteristics of place and making connection between habitat and animals. Student art work was then drawn onto paper using large shapes and positioned to paint onto the map. Students added their animal onto the wall and collectively the group marvelled at the visually engaging and creative art work they had collectively created. Churchlands SHS Visual Arts Specialist, Ali Blackwell was highly impressed by the student potential and drawing talent displayed by students, recommending that they consider applying for specialist Arts programs for high school as they show great promise with their drawing talent! The next step is for Feature Artist, Haylee to take ideas from the students and in collaboration with Ali Blackwell and Team, install a permanent feature mural. Watch this space!!



Down Syndrome Awareness Day

Crazy Sock Day 29 March 2019.

Wear your crazy socks for a gold coin donation.



Another term quickly coming to a close with only the girl's soccer left for the interschool events. That doesn't mean that it isn't still packed with opportunities for everyone else. You will realise that by the length of my newsletter this week

ACADEMY PLATE TENNIS

What an impressive couple of days of tennis that I got to witness! First of all, I would like to thank Mrs London and all the parents who helped out over the 2 days! Big or small it was really appreciated. The academy plate is played over 2 venues, with the winning teams playing in Belmont later on in the afternoon. Riverton went in with a strong boys and girls team so required parents on call to drive car loads of students to ensure everyone got to where they needed to be. For some that was school and others that was an academy plate final.

I will start with the girl's tennis. Riverton A and C were successful in making the Academy plate semifinals but were both knocked out in that round. The girls fought hard all day and had a great time in doing so with all of them coming back to school with positive reviews and big grins on their faces. It is encouraging that we went in with such a young team with a number of year 4s also participating and performing strongly shows the strength of Riverton in the future.

The boys tennis was a bit more chaotic with the boys B team making the academy plate second grade final, which they unfortunately lost to a talented Lansdale Primary School. This final meant a mad scramble on the Friday afternoon for parents to get all the children from Burswood to Belmont Tennis Club in time for the final. The Riverton A team also deserves a mention who were successful in making the finals but were knocked out in the semi by a strong Wesley College team.

GIRLS SOCCER

The girls soccer has been confirmed for 11 April 2019 with trials beginning next Monday. This interschool event does clash with swimming but after speaking with Riverton Leisureplex, missing this swimming day will not impact their chances of passing their level.

Expression of interest:

I am also looking for any parents wanting to participate or attend at any sporting events in the future to please contact me at kane.tomasevich@education.wa.edu.au. It would be great to have you and know the students would appreciate it!

Mr Kane Tomasevich
Physical Education Specialist



Friday Morning Taiko Club

Year 5 and 6 students have been working very hard to practice the Taiko pieces every Friday morning before school starts. Look at their smiles! It is not too late to join us if you are interested.



When: Friday morning 8:20am - 8:50am

Where: Multi-purpose Room

Who: Year 5 and 6 students

Tsuzuki Sensei

NAPLAN ONLINE

Riverton Primary School will be hosting information sessions for parents with students in years three and five about NAPLAN online on the following dates in the staffroom;

Wednesday
3 April 2019
9.00am - 10.00am

Wednesday
10 April 2019
5.00pm - 6.00pm

Support following the tragedy in Christchurch

You would all be aware of the tragedy in Christchurch and there may be many in our school community that are impacted on a personal level. I have attached 2 flyers from the Red Cross with information to help with understanding reactions to a crisis, as many people do have a stress reaction to a collective trauma like this one. There is also a resource provided from the Australian Psychological Society that could be helpful for parents, caregivers and staff. You can access this on the schools website.

Kind regards,

Karen Nelson
School Psychologist

INFORMATION SHEET

Looking after yourself after a crisis

Being involved, or witnessing, crisis events like natural disasters, criminal acts, accidents or terror attacks can be very distressing. It is normal to feel upset, anxious and distressed. It can take time to resolve these feelings.

Normal reactions include:

- Finding it hard to think, concentrate and remember details
- Restlessness, unable to relax
- Problems sleeping
- Muscle tension
- Headaches, nausea
- Feel angry, upset, sad, moody

Tips for looking after yourself:

- Minimise exposure to media coverage for you and your children
- Talk to people you trust about the event and your reactions
- Take extra care of yourself
- Acknowledge you have been through a highly stressful event
- Allow time for memories, dreams, or flashback to fade

How you can help others:

- Spend time with friends and family
- Offer support and listen
- Help with practical tasks and chores
- Give people the time, space and patience they need
- Don't try to talk people out of their reactions

For more information or support:

Australian Red Cross:
www.redcross.org.au/self-care
www.redcross.org.au/aftertheemergency

Lifeline: 13 11 14

Kids Help Line: 1800 551 800

Beyondblue: 1300 224 636

Typical reactions to disaster

November 2017

Being affected by an unexpected and traumatic event can be extremely distressing. It is normal for people to feel upset, anxious and distressed. It can take time for these feelings to resolve.

Normal reactions include:

- Finding it hard to think, concentrate and remember details
- Restlessness, unable to relax
- Problems sleeping
- Muscle tension, aches and pains
- Headaches, nausea
- Feel angry, upset, sad, moody

Signs people may need further support:

- They don't seem to be coping
- They have no one to talk to
- Relationships are strained
- Changed behaviour to usual
- Emotional numbness, depression or continuing anxiety
- Difficulty feeling connected
- Difficulty managing emotions

How you can support others

- Offer support and listen
- Help with practical tasks and chores
- Give people the time, space and patience they need
- Don't try to talk people out of their reactions



For more information or support:

Australian Red Cross
www.redcross.org.au

Lifeline: 13 11 14

Beyondblue: 1300 224 636

Kids Helpline: 1800 551 800

From the P&C

Riverton Primary Campus Parents and Citizens Association - Executive Committee 2019

Position	Held by	Email	Contact #
President	Erin Money	Erinmoney7@gmail.com	0411 613 909
Vice President	Christiana Lee	christiana_lee_84@hotmail.com	
Secretary	Gemma Yip	gemma_forsyth@yahoo.com.au	
Treasurer	Andrea Manning	andreamanning@westnet.com.au	
Executive Committee	Lisa Spicer Gill Nathan Claire Horrocks-Money	lisaanne81@hotmail.com gillian@simplesolutionsaccounting.com.au clairey_m@hotmail.com	
Fundraising Coordinator	Lisa Spicer	lisaanne81@hotmail.com	
Canteen Coordinator	Sarah Peckham	craigandsarah@bigpond.com	
Uniform Shop Coordinator	Denise Powell		



PINK STUMPS DAY

FRIDAY 15 MARCH 2019

A massive thank you to everyone for supporting the Pink Stumps Fundraising Day. We raised \$857.45. An amount of \$607.45 will go to the Glenn McGrath Foundation and \$250.00 to the P&C towards saving the canteen.

Congratulations to Room 15 for winning the icy poles with \$82.00 collected.

Thank you to those families that donated cupcakes: Melissa Spear, Jane Atkinson, Eva from Room 18, Donna Abbey and Gillian Nathan. Thank you to Carla Smales for the customised pink stumps biscuits.

Thank you to everyone that came down, played, participated, scored and supported. It was a great turn out and we got to see some Dads reliving their cricket youth.

Well done to Josh (Room 20) for his hard work in putting this together and supporting a fabulous cause.

P&C PHOTO FUNDRAISER

The P&C is running a family photo shoot day on Saturday 30 March 2019 at the school for families to get a portrait sitting for \$20.00.

The process:

- Book online ONLY and pay the money at the time of the booking.
- You will have a 15 minute photo session on Saturday 30 March 2019.
- Photo viewing session will be a few weeks later

For your \$20.00 you get one picture and one key ring. You will have the opportunity to purchase additional photos. There are a variety of "packs" available at the photo viewing session.

YOU CAN ONLY BOOK ONLINE AT www.trybooking.com/000933



Please follow below link to book appointment time & pay donation online
(+ 30c booking fee)

www.trybooking.com/456399

To receive your beautiful gift from Laura Jean plus an obligation free sitting
Spaces filling fast
Low overheads = great value professional portraits!
*Limited offer one voucher per person/family
*Parent/guardian to view own portraits or p&h applies
*No refund for failure to keep appointment

Gillian - 0479 076 616
gillian@simplesolutionsaccounting.com.au

See sample portraits at
www.laurajeon.com.au



www.facebook.com/laurajeonfundraising

Riverton Primary School
\$20.00 Portrait Fundraiser
Framed** 10"x13" Family Portrait
Saturday 30th March

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

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.

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

Community News.....

National Titles August ACT (Canberra) Preliminary Trials

South of the River – Aubin Grove Camden Boulevard

13 April 2019 – 4.00pm

11 May 2019 – 4.00pm

Preliminary Squad selected 12 May 2019 (18 Players)

Final Squad Trials –

18 May 2019 – 3.00pm Woodvale SHS Timberland Drive

25 May 2019 – 3.00pm Aubin Grove Camden Boulevard

To be eligible for selection, nominees must:

Be a full time student at a recognised educational institution

1. Be 11* or 12 years as of the 31 December 2019
2. * Students who turn 11 in the year of competition and who are selected in the final team must be accompanied to the event by a parent or nominated guardian even if the student stays in the team accommodation.



Community News.....

Willetton Basketball Stadium School Holiday Camp

First Camp – 4 Days

For children 9 years and under

[min age 5 years]

Monday 15 April – Thursday 18 April

[Excludes public holiday Friday 19]

Second Camp – 3 Days

For children 9 years and over

[all courts 10-foot baskets]

Tuesday 23 April – Friday 26 April

[Excludes public holidays ie Monday 22 and Thursday 25 April]

9.00am – 3.30pm daily

Please visit www.willettontigers.com.au and go to

The junior Holiday Camp tab



HOOKIN2 HOCKEY

CANNING DISTRICTS HOCKEY CLUB

HOOKIN2HOCKEY FOR 2019

Canning Districts Hockey Club 'Canning Cougars' HookIn2Hockey Program for pre-primary to year 4's commences on Wednesday 8th May at Ferndale Reserve from 4.30 -5.30pm.

There will be a Fun/Come and Try Day on our mini turf on Wednesday 1 May from 4.30-5.30pm.

Anyone interested in playing Hook in2 Hockey this season should contact Sue Lang, on 0403 793 350 or email secretary.canning@hotmail.com for more information.

We still have vacancies in our junior and senior men and women's teams, please email the secretary.



'parkrun': a great family activity, brilliant for cross-country training

'parkrun' is a free timed 5km event held every Saturday at 8.00am all year round. Originally conceived as a time trial for runners, parkrun has quickly developed into a global activity that includes people of all ages and abilities, including children. You can run, jog or walk, with some people taking an hour or more to complete the course. Many families like to do it together.

To try parkrun, each person should register at: <https://www.parkrun.com.au/register/>. For home parkrun choose Canning River or Shelley. Children can be registered from 4 years of age. You will be issued a barcode which should be printed, cut out, laminated if possible, and brought with you every time.

'parkrun' is very social, and families quickly make friends with others before, during and after the event, and many stay for coffee or breakfast at the Canning River café. As a global event there are hundreds of other events within Australia and thousands more in 20 other countries, so 'parkrun tourism' is a thing. My family has enjoyed events in Busselton, Margaret River, Albany, Sydney and Singapore. Japan's first event commences in April. For more information, see:

Local: <http://www.parkrun.com.au/canningriver/> or <http://www.parkrun.com.au/shelley/>

National: <https://blog.parkrun.com.au/> and <http://www.parkrun.com.au/>

Global: <http://www.parkrun.com/>

East Fremantle Football Club



Meet & be coached by players from the
**EAST FREMANTLE SHARKS and
EAST FREMANTLE WOMENS**

Wednesday April 17th



East Fremantle Oval

9am - 1pm

(Registration from 8:30am)



Open to Primary School Aged boys & girls

Cost: \$80

Includes: Coaching, EFFC Bag, Footy,
Drink Bottle, Sharks Team Poster & Lunch

FOR THE PARENTS:

Why let the kids have all the fun? Join in a complimentary, 45 minute Mat Pilates & Stretch Class with the Pilates Base Studio. On Point Sports Therapy will also be giving complimentary massages.



On Point Sports Therapy
& Secretariat Massage

For more info or to book visit www.effc.com.au or call 9339 5533



Mind FIT for girls!



FLYINGMINDS
inspiring young minds to fly

SERIES 1 : STARTS 3 & 4 MAY

MindFIT for girls! is a six week series of fun and interactive mindset development coaching sessions for pre-teen girls aged 10-12 years who are looking for a little help with navigating school, friends, relationships and life!

During series 1 girls will come together to learn powerful tips and strategies for understanding and navigating their identity, friends, worries, changing bodies, thinking patterns and everyday routines.

- Week 1 : **Me FIT!**
- Week 2 : **Friends FIT!**
- Week 3 : **Worry FIT!**
- Week 4 : **Body FIT!**
- Week 5 : **Think FIT!**
- Week 6 : **Growing Up FIT!**

INSPIRE | NURTURE | GROW

Limited places available \$25 per session
For more info email Natalie at info@flyingminds.com.au
or BOOK NOW at <https://www.trybooking.com/BBODC>