

**FROM THE PRINCIPAL**

**SCHOOL APP PAYMENTS**

Thank you to the 237 users who have registered and are now using the Qkr app for permissions and payments. We have 260 families in the school so that is an excellent take up so far. A reminder that if you choose not to use the app as a payment and permission return, then **you** need to come through the office and make payments in person (students cannot make payments). This is because you need to physically sign the permissions. *Classrooms are no longer equipped to receive payments.*

**SCHOOL BOARD**

Thank you to the six parents who nominated for the positions available. Ballot papers were sent home Tuesday. There is one vote per family and must be completed on the allocated form. Votes can be placed in the locked box situated in the office. No votes accepted after 3.15pm Friday 17 March.

**GATES**

As part of a safety plan, please be aware that all school gates need to remain closed during the day. Signs are now on each gate to remind you.



**CONGRATULATIONS**

Well done to Miller Ellul and Blaze Mann (U9s), Tyler Mann (U10s) and Reilly-James Mann (U11s) for representing Wanneroo Joondalup T-Ball Club in the 2017 State Tee Ball Championships.



**IN TERM SWIMMING**

We have had a wonderful start with students working very hard. Even in three days the improvement in skills has been amazing. It has been fantastic to see so many parents attending to support their children. Remember we need Dads to assist in the changing process post lesson. This really just requires you to be the "hurry up", "don't day dream" reminder.

**HARMONY DAY ASSEMBLY**

What a superb assembly! Thanks to Miss Hannaford and her team for preparing the class so well. TA9 did a brilliant job in presenting a message that I wish some in our community could heed. Congratulations to all concerned.



**SWIMMING CARNIVAL**

The children behaved and performed really well. Mrs Dunham was exceptionally pleased. Thanks to all the staff who were at the venue from 7.15am to set up and to the parents who assisted on the day. Well done to Mrs Dunham and everyone involved in the organisation of the day.

**PLAY WORKSHOP**

The P&C are facilitating a **very important** parent workshop to be held on Thursday 28 March. This workshop, delivered by an Occupational Therapist and a Play Coordinator, will provide you with critical knowledge and understandings about the strong link between risk in play and resilience. You will get practical ideas and an understanding of where the school is heading. We can then work more effectively together for your child. *The workshop is limited to only 60 participants so don't miss your place.* Enrol at your classroom or through the office.



Dates to Remember	
March	
24	In-term Swimming concludes
28	P&C Parent Workshop – Importance of Play 7.00pm – 9.00pm in Undercover area

## UNWANTED VISITORS

Please keep your eyes open for intruders on our school grounds. We have had some recent bouts of graffiti and someone tampering with the door of the chicken coup. They used a special tool to remove the gate and put the lives of the chickens at risk. Call school watch on **1800 177 777**.



## STARS OF THE FORTNIGHT

TA2	Mia
TA3	Amelia, Kyen
TA4	Lara, Sam
TA5	Jasper, Bethlehem
TA6	Solomon, Shaylee
TA7	Jess, Louis
TA8	Elodie, Dylan
TA9	Lily, Rueben
TA10	Max, Indi
TA11	Ayden, Jascinta
TA12	Liam, Aiden
TA13	Sebastian, Ben
TA14	Selena, Lucy
TA15	Sophie, Hayden
SUSTAINABILITY	Ash, Ava, Cleo, Aidan
ART	Prachi

## MODCROSSE (YEARS 1-6)

It's that time again when I call for registrations for our school teams. Flyers will come home with students over the next few weeks from clinics being held at school. One is also attached to this newsletter. Games are held on Saturday mornings at Penistone Reserve commencing at 8.30am and finishing by 9.30am. We are hoping to have two U13 teams this year and one U10 team. Contact the club to register and indicate that you are part of Greenwood PS when you do. Forms are also available through my office.



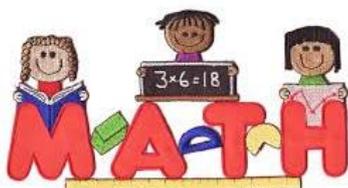
**Peter Mulcahy**  
Principal



## MATHS TIP

Check out the 'Dominoes and Unifix 7' instructional video on Dr Paul Swan's website, under the Early Childhood routines section. This activity is great to develop a range of early years skills including subitising, more or less, the difference between numbers and addition. Hint: you could use Lego instead!

<http://www.drpaulswan.com.au/videos>



## YEAR 6 STUDENTS' FUNDRAISING EVENT A HUGE SUCCESS

Last Saturday the Year 6 students, parents and staff held a very successful cake and book stall along with a meat raffle. I would like to thank the wonderful parents who helped on the day or supplied cakes and books to sell. A special mention goes to Teegan Giles who spent all of Friday morning baking, the wonderful parents who came in to help the children decorate the cupcakes in the afternoon and Paula Dalzell and Sharon Thomson who spent most of Saturday assisting the children selling their wares. Overall, it was a great success and the total profit amounted to \$1 555.25. Congratulations parents and Year 6 students from TA10 and 12.

**Sandra Dias**



## CHAPLAIN'S CORNER



### MAKE YOURSELF A PRIORITY

This year my focus has been on looking after myself. Honestly, I do find this difficult because I've always been a "DOER" and I'm always putting the needs of others before me...I guess that's why I have made it my focus this year ☺ But I have learnt that looking after yourself, or self-care, is so important in keeping you healthy, relaxed and ready to take on any work or responsibilities. But due to our busy workloads or weekly commitments we forget about ourselves and our needs.



Looking after you looks different to everyone. For some, it may be going to bed early, walking along the coast, taking an RPM class, starting a project or cleaning and organising. However, these forms of exercises can release stress, keep you healthy, strong, burn off any worries or nerves. Starting a project or cleaning helps people to take their minds off the big project that they may have at work. It helps you to recharge, un-wind and de-stress.

It's important to set some time aside to practise self-care. For some it comes naturally, while others find it so difficult. Maybe think about practising this on your weekend or day off. However you may decide to practise it, it's important to remember to learn to switch off and focus on you.

You and your needs are important, so I hope that you can find the time to look after yourself.

**"You can't pour from an empty cup. Take care of yourself first."**

### How can I practise Self-Care?

#### Physical

- . Go for a walk
- . Dance
- . Gym/Fitness class
- . Swim
- . Play with a dog
- . Clean and reorganise your room
- . Getting extra sleep

#### Mental

- . Read a book
- . Learn a new skill e.g. drawing, photography
- . Do a DIY project
- . Turn your phone off
- . Take a break from social media

#### Emotional

- . Practice yoga
- . Talk with a friend
- . Date yourself – go to a café and write down a list of things you're grateful for
- . Journaling
- . Saying no

**Kelly Collins**

YouthCARE School Chaplain

Greenwood Primary School

## RECYCLING – PODS

# NESPRESSO®

We are now accepting Nespresso, metal pods, as part of our Sustainability program.



### Best practices for recycling

Collectors, please drop off your Nespresso capsules at the Coffee Capsule Recycling bin at the front of the Library.

### What happens to the waste

The capsules are shredded and then separated by material. Metals are melted down and turned into new aluminum products.

Residual coffee is sent to an industrial composting facility.



### SECONDHAND UNIFORMS

The Year 6 students will be selling secondhand uniforms before and after the assembly on a Friday morning. The school jumpers are \$5.00, school shirts and black items such as skirts, shorts and shorts are \$2.00. The money raised goes towards fundraising for the Year 6 Graduation activities. If you have any school clothing donations, please drop them into the office.

**Sandra Dias Year 6 Teacher**



**Loose Parts play with TA2**

# TA13



**Science & Maths galore!**

