

# ALBANY PRIMARY SCHOOL

## NEWSLETTER 2022 Term 2 Week 3

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

### FOR YOUR DIARY

#### WEEK 4

##### 16 May

- Board Meeting 7pm

##### 19 May

- Bike Ed Rm 15 & 17, 9am – 10:20 am

##### 20 May

- Room 6 Assembly
- Bike Ed Rm 16, 11:10 am – 12:40 pm

#### WEEK 5

##### 27 May

- Room 16 Assembly

#### WEEK 6

##### 01 June

- Cross Country

##### 02 June

- Back up cross country

##### 03 June

- School Development Day



### *From the Principal's Desk*

It has been a busy and productive start to the term for staff and students. We are in the midst of our annual NAPLAN assessments this week and next. It is great to see our students trying their best and

persevering.

I am delighted to have assemblies back from this term. We will be starting with the wonderful class of Year 1/2 from Room 6 next Friday 20 May, followed the following week with Room 16, Year 6 hosting. Be sure to check the schedule, on the connect notice sent out this week for Term 2, as there are lots of assemblies to catch up on the ones we missed in Term 1.

Cross country will be here very soon – Wednesday 1 June. Our students are training hard. Thanks to our staff who have volunteered to take on additional training supervision before school and during break times so our student can complete some additional training.

#### **School Development Day Term 2**

A reminder we have changed our SDD to Friday 3 June. Our lucky students will have a four-day long weekend!

#### **Staff Changes**

We welcome Mr Adam Beard to Room 17, Year 5/6 for the remainder of 2022. Mr Beard has worked at APS before and we are delighted to welcome him back whilst Ms Greenwood takes up the Principal position at Borden Primary School.

New to our great team is Mrs Kate Green who will be working alongside Miss Strickland in Room 2, Pre-Primary. Mrs Green comes to Albany all the way from sunny Broome. We are excited to have her on the team.

#### **Bike and Road Safety**

There have been a few incidences around school and off school grounds with our students and unsafe bike/road use.

Children are to walk their bikes and scooters on school grounds. This includes along the access road which runs from Campbell Way into the school and along the basketball courts.

When riding to school students should be mindful of other traffic and not ride through carparks.

Please encourage safe behaviours by speaking with your children at home about the above issues.

On an encouraging note, I attended a Road Safety meeting early this week and it was lovely to hear positive feedback from the Traffic Wardens about our students' great manners, consideration and use of the crossings. Well done, everyone!

### Media Permissions

During Term 1 a Connect notice was sent to everyone asking you to complete the various permissions for publication of photos, etc. A reminder was sent again this term.

There is still a large number of these outstanding. Please check your Connect account and complete these for your children.

We are required to have these completed by parents every year. Thank you for your help with this.

### Covid Update and RATs Tests

It wouldn't be a newsletter without a Covid update! The most recent easing of restrictions information was sent via Connect on Friday 29 April. Along with this, the requirements for ventilation has modified to account for the change in season and the advent of cold weather.

Thank you to all parents who have called or emailed to let us know if your child has tested positive to Covid. This is important information for us.

We have begun the distribution of our large allocation of RATs tests for students. Each student is entitled to 20 free RATs. Please pop in to the front office to collect your allocation. We are unable to send these home with students so they need to be collected by an adult.

### Premier's Reading Challenge

The Reading Challenge is back this year, with lots of great prizes for children to win, just by reading books!

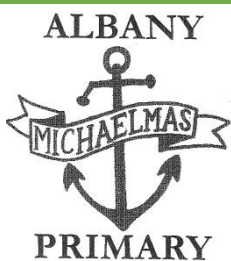
More information about how you can register and participate is in today's newsletter and at

<https://www.premiersreadingchallenge.wa.edu.au/>

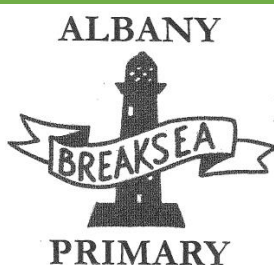
*Ms Cathy Willis*

*Principal*

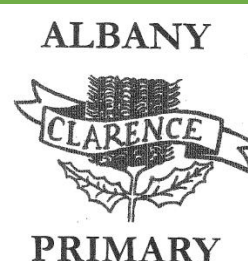
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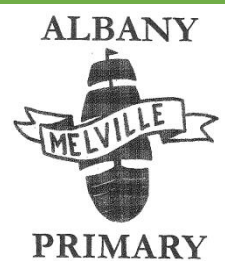
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314



Department of  
Education

Premier's  
Reading  
Challenge

# Reading can take you *anywhere*

The Premier's Reading Challenge is a four-month voyage through the enchanting world of books. Fly above the clouds, dive into the depths of the ocean and uncover great mysteries as you explore thousands of amazing stories.

Register at [premiersreadingchallenge.wa.edu.au](http://premiersreadingchallenge.wa.edu.au) to start your magical journey.



Tourism  
WESTERN AUSTRALIA



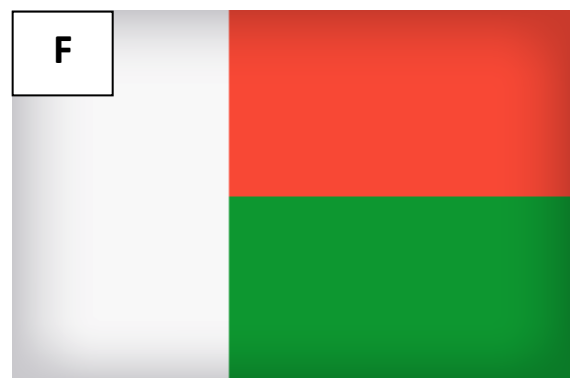
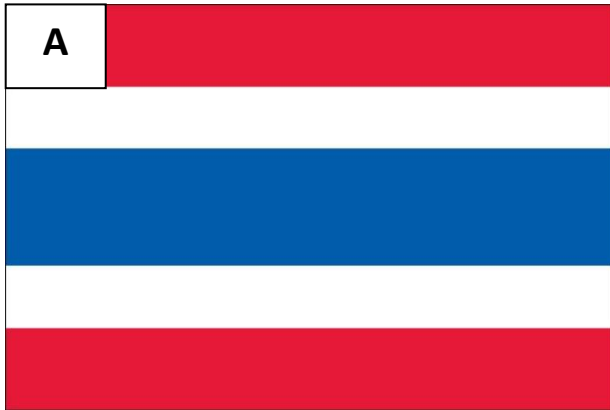
CATHOLIC  
EDUCATION  
WESTERN AUSTRALIA

AISWA  
Association of Independent Schools  
of Western Australia



## Flags of the World!

Test your knowledge on the World Flags. Name the flags below and bring your answers to the front office by Wednesday 1<sup>st</sup> June for your chance to win a prize.



Show **R**espect

Include **O**thers

Be **S**afe

Personal **E**xcellence

## Junior Quiz Time (Kindy to Year 2 only)

Test your knowledge on animals. Name the animals below and bring your answers to the front office by Wednesday 1<sup>st</sup> June for your chance to win a prize.

A



B



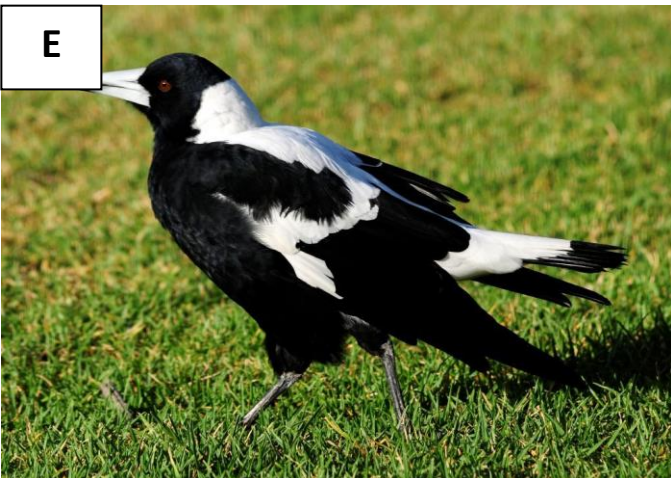
D



C



E



F



# School Nurse

## Influenza

Influenza, or the 'flu' is caused by an influenza virus. It is spread through the air when someone coughs, sneezes or talks. It is also spread by touching something that has the virus on it and then touching your nose, eyes or mouth. Common symptoms include sore throat, cough, fever, headache, chills, tiredness and muscle aches.

People with the flu should rest and drink plenty of fluid. Use paracetamol in recommended doses if necessary - but do not give children any medication containing aspirin.

Be sure to keep your child home from school while he or she is sick. If you require school work for your child contact the school to prepare some for you to collect.

The best way to prevent flu from spreading is by washing your hands regularly and after coughing, sneezing or blowing your nose.

### **Why should I consider having my child vaccinated against the flu?**

The National Health and Medical Research Council, Australia's peak body for health advice, recommends annual vaccination for anyone six months of age or older who wants to reduce their chances of becoming ill with the flu.

Annual flu vaccination is strongly recommended for anyone six months of age or older with a medical condition that places them at higher risk of severe illness from flu. Children and adults with heart, lung or kidney disease or a weakened immune system, are eligible for free flu vaccine through the National Immunisation Program.

Children without underlying medical conditions who become infected with flu can also develop serious illnesses. Flu can cause high fever and pneumonia, and make existing medical conditions worse. Flu can also cause convulsions and diarrhoea in children.

Influenza viruses are always changing. Each year scientists try to match the strains of influenza viruses in the vaccine to those most likely to cause flu illnesses that year. It takes up to two weeks for protection to develop after vaccination against flu and protection lasts about a year.

The flu vaccine is available free for Primary School Aged children (Kindy to Year 6) as part of the National Immunisation Program.

The seasonal flu vaccine is available on prescription or via GP's and immunisation clinics and is provided free for certain groups. For more information visit [https://healthywa.wa.gov.au/Articles/F\\_I/Flu-vaccine-for-children](https://healthywa.wa.gov.au/Articles/F_I/Flu-vaccine-for-children).

**The Warden Avenue Immunisation Clinic (in the Population Health Building at Albany Health Campus) provides appointments on Tuesdays by appointment and can be contacted on 9892 2499.**



## Out and About at APS

### Sporting schools surfing experience

Towards the end of Term One some of the Year 5 and 6's went to Middleton Beach for surfing with Mez and the team. It was on Thursday afternoon at 3:30 to 5:15. It was so much fun.

Some people were learning in the whitewash, but some went out further. On the last day we all went to Mutton Bird and said thank you to Mez and the team for teaching us surfing. We learnt how to pop up, understand the weather conditions, and to be brave in the waves. Mez and the team were so helpful and they were very nice.

On the last day we had a group photo at Mutton Bird and the waves were so big and great to surf. Middleton was great too because we got to jump off the jetty by ourselves and with the board. We also learnt how to jump off a rock onto the surfboard and paddle out to a team member. We also got to play a game called toilet chasey where if you got tagged you had to be still until someone 'flushed you'.

All six weeks were super dooper fun. Learning how to surf was awesome and very exciting. Mez and the team are so encouraging to help you surf. Even though people surfed in the whitewash they got confident. It was fun!!!!

Written by: Rosilee



Show **Respect**

Include Others

Be **Safe**

Personal **Excellence**

## Chaplain's Corner

It has been said that the only constant is "change". Sometimes we expect it: like changing tyres, a change in seasons, change in the tide, but sometimes we don't expect change, like: our holiday plans changing, or a change in someone's mood, or a sudden change in our day to day routine.

I think we each know all too well how things can change quickly and drastically \*cough\* COVID \*cough\* (no pun intended). Embracing change is no walk in the park. But a characteristic that helps with navigating change is that of "resilience".

Resilience is the process of adapting well in the face of adversity.

A resilient person is not a person who doesn't have obstacles, it is a person who chooses to try again when it may be more tempting to give in.

Resilience is not a once off decision, and that may sound like bad news because that means that it may be a choice we have to face every day. However, on the flip side- each day *is* a new day. So even if we feel that we chose to despair or be despondent yesterday it does not mean that we can't choose resilience today. The more we choose to be resilient the easier it is to make that decision each time. Kind of like eating salted peanuts, once you choose to start eating them it isn't long before you have subconsciously inhaled the whole packet... or so I have heard 😊.



I will leave you with this final encouragement:

"Hardships often prepare ordinary people for an extraordinary destiny"

*Take care everyone!*

*Mr Caleb Drage, Chaplain*

Days at Albany Primary School

Wednesday, Thursday



## Office Artwork

The last few weeks of Term 1 and the first few of Term 2 we have been lucky in the office to have the amazing artwork from Room 21 and Room 22. They have definitely brought some colour and smiles to the front office! Thanks Room 21 and 22, great work!



## *P & C News*

### *Uniform Shop*

Have you seen our online store? It's really easy to navigate, and you can choose to collect your order, or make a comment at the checkout to have it delivered to your child's classroom.

<https://albany-primary-school-pc-uniform-shop.square.site>

If you do not make a note at the checkout for delivery instructions, or provide delivery advice by email (whichever one), then your items will be packed and left at the front office for you to collect.

Unfortunately we are still feeling the effects of ongoing world production and distribution issues, and our long-awaited jackets have still not arrived. I am hopeful that the first shipment might be here and available to purchase in the next couple of weeks.

Opening hours: thank you to those who responded to our call for help. At this stage while we get our volunteers inducted, we will continue to be closed on Thursday morning, however, hopefully we will be open again on Thursday morning in Week 5 of Term.

Keep an eye on the notice boards at the front of the school, the P&C and school Facebook pages, and on Connect for our Thursday morning re-opening and for when Jackets arrive.

Donations & recycling: thanks to some new donations we have some excellent value stock on our pre-loved rack. There is a tub outside the uniform shop for collection of donations and old uniforms to be recycled. Please endeavour to leave your donations neatly stacked in/on this tub.

Lost Property: we all know that jackets are hard to source at the moment. But, there are lots of jackets in lost property that have no names on them. If your child is missing a jacket please encourage them to take a look in the lost property basket in the undercover area. If items are clearly labelled our volunteers will work with school staff to have your items returned, but if there is no name, or the names of previous students on them, this becomes impossible.

To register your interest in helping in the shop, or to make an appointment please email Rebecca at [apsuniformcoordinator@outlook.com](mailto:apsuniformcoordinator@outlook.com)

### *Uniform recycling*

The P&C sustainability committee is excited to offer families the opportunity to drop off old style uniforms to the uniform shop for recycling.

Please place only your old style uniforms in the labelled box at the front of the door to the uniform shop. They will then be sent in bulk to UPPAREL for recycling.

More information on the clothing recycling can be found at [upparel.com.au](http://upparel.com.au)

## Canteen Details

Please see below our New Canteen Service Menu.

"Served Up" will be offering lunches on Monday, Thursday and Friday.

Orders must be placed on QuickCliq by 9:00am.

Please check that your child/s class number is updated for 2022.

# SERVED UP

PLEASE ORDER ONLINE BY 9AM EACH DAY  
OPEN MONDAY, THURSDAY & FRIDAY

<h3><u>HOT FOODS</u></h3> <table border="0"> <tr><td>YUMMY DRUMMY</td><td>\$1.50</td></tr> <tr><td>PIZZA SUB TROPICAL, BBQ CHICKEN, VEG</td><td>\$3.50</td></tr> <tr><td>SAUSAGE ROLL</td><td>\$4.00</td></tr> <tr><td>HOT CHICKEN ROLL</td><td>\$4.50</td></tr> <tr><td>BEEF PIE</td><td>\$4.50</td></tr> <tr><td>TWISTA BOLOGNESE</td><td>\$4.50</td></tr> <tr><td>MAC N CHEESE</td><td>\$4.50</td></tr> <tr><td>BEEF LASAGNE</td><td>\$4.50</td></tr> </table> <h3><u>BURGERS</u></h3> <table border="0"> <tr><td>BEEF BURGER</td><td>\$6.50</td></tr> <tr><td>CHICKEN BURGER</td><td>\$6.50</td></tr> </table> <p><small>COMES WITH LETTUCE, TOMATO, CHEESE, CUCUMBER, CARROT &amp; SAUCE</small></p> <h3><u>SANDWICHES, ROLLS &amp; WRAPS</u></h3> <table border="0"> <tr><td>VEGEMITE</td><td>\$2.50</td></tr> <tr><td>HAM &amp; CHEESE FRESH OR TOASTED</td><td>\$3.50</td></tr> <tr><td>HAM &amp; SALAD</td><td>\$4.50</td></tr> <tr><td>CHICKEN &amp; CHEESE FRESH OR TOASTED</td><td>\$3.50</td></tr> <tr><td>CHICKEN &amp; SALAD</td><td>\$4.50</td></tr> <tr><td>SALAD</td><td>\$4.00</td></tr> <tr><td>ADD \$1.00 FOR A ROLL</td><td></td></tr> <tr><td>ADD \$1.50 FOR GLUTEN FREE BREAD</td><td>\$6.00</td></tr> <tr><td>ROAST CHICKEN WRAP</td><td>\$6.50</td></tr> <tr><td>CHILLI TENDER WRAP</td><td>\$6.50</td></tr> <tr><td>PLAIN TENDER WRAP</td><td>\$6.50</td></tr> </table> <p><small>SALAD INCLUDES LETTUCE, TOMATO, CHEESE, CUCUMBER, CARROT</small></p> <h3><u>EXTRAS</u></h3> <table border="0"> <tr><td>SAUCES TOMATO OR BBQ</td><td>.50c</td></tr> <tr><td>BEETROOT</td><td>.50c</td></tr> <tr><td>TOMATO</td><td>.50c</td></tr> <tr><td>PINEAPPLE</td><td>.50c</td></tr> <tr><td>CHEESE</td><td>.60c</td></tr> <tr><td>AVOCADO</td><td>\$1.00</td></tr> </table> <p><small>THIS MENU COMPLIES WITH THE HEALTHY FOOD &amp; DRINK POLICY. CHOOSE GREEN EVERYDAY &amp; AMBER OCCASIONALLY.</small></p>	YUMMY DRUMMY	\$1.50	PIZZA SUB TROPICAL, BBQ CHICKEN, VEG	\$3.50	SAUSAGE ROLL	\$4.00	HOT CHICKEN ROLL	\$4.50	BEEF PIE	\$4.50	TWISTA BOLOGNESE	\$4.50	MAC N CHEESE	\$4.50	BEEF LASAGNE	\$4.50	BEEF BURGER	\$6.50	CHICKEN BURGER	\$6.50	VEGEMITE	\$2.50	HAM & CHEESE FRESH OR TOASTED	\$3.50	HAM & SALAD	\$4.50	CHICKEN & CHEESE FRESH OR TOASTED	\$3.50	CHICKEN & SALAD	\$4.50	SALAD	\$4.00	ADD \$1.00 FOR A ROLL		ADD \$1.50 FOR GLUTEN FREE BREAD	\$6.00	ROAST CHICKEN WRAP	\$6.50	CHILLI TENDER WRAP	\$6.50	PLAIN TENDER WRAP	\$6.50	SAUCES TOMATO OR BBQ	.50c	BEETROOT	.50c	TOMATO	.50c	PINEAPPLE	.50c	CHEESE	.60c	AVOCADO	\$1.00	<h3><u>SNACKS</u></h3> <table border="0"> <tr><td>POPCORN</td><td>.40c</td></tr> <tr><td>PIKELET</td><td>.40c</td></tr> <tr><td>SEASONAL FRUIT</td><td>\$1.00</td></tr> <tr><td>HASHBROWN</td><td>\$1.20</td></tr> <tr><td>CHEESIE</td><td>\$1.80</td></tr> <tr><td>MUFFIN</td><td>SML \$1.00 LGE \$2.00</td></tr> </table> <h3><u>DRINKS</u></h3> <table border="0"> <tr><td>FLAVOURED MILK 300ML</td><td>\$2.80</td></tr> <tr><td>JUICE BOMBS</td><td>\$2.60</td></tr> <tr><td>UP &amp; GO</td><td>\$2.60</td></tr> <tr><td>WATER</td><td>\$1.50</td></tr> <tr><td>JUICE</td><td>\$2.20</td></tr> <tr><td>MILK</td><td>\$2.30</td></tr> </table>	POPCORN	.40c	PIKELET	.40c	SEASONAL FRUIT	\$1.00	HASHBROWN	\$1.20	CHEESIE	\$1.80	MUFFIN	SML \$1.00 LGE \$2.00	FLAVOURED MILK 300ML	\$2.80	JUICE BOMBS	\$2.60	UP & GO	\$2.60	WATER	\$1.50	JUICE	\$2.20	MILK	\$2.30
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**LUNCH BOX**  
FRUIT + MUFFIN + SALAD, HAM & SALAD OR  
CHICKEN & SALAD SANDWICH  
**\$5.50**

**FOR ANY QUERIES PLEASE  
CALL OR TEXT  
SHARON PERCY ON  
0418 778 550**





## Community News and Events

Please note notices appearing below are not necessarily endorsed by the school. We provide this space for community groups to advertise to the school community. It is up to parents to scrutinise the activity and organisers for their child.



**OUTDOORS**  
GREAT SOUTHERN

# Kids Adventure Club

## Term 2, 2022

Join Outdoors Great Southern in Term 2 as we prepare for survival in the outdoors, and learn new climbing skills at Albany Indoor Adventures!

Learn:

- Building a shelter
- Cooking on camp stoves
- Finding water
- Campfire Safety
- First Aid
- Navigation and Signalling
- Risk Management
- Climbing techniques
- Climbing safety

**6 Weeks!**  
**\$210**

**Dates:** Sundays  
15/22/29 May  
12/19/26 June

**Junior Adventurers**  
Years 4-6  
Afternoon Session  
now open! 1:30pm start

**Tickets:** [outdoorsgreatsouthern.org.au/events](https://outdoorsgreatsouthern.org.au/events)

**MORNING SESSION SOLD OUT - PM SESSION ADDED**

Supported by

Department of  
Local Government, Sport  
and Cultural Industries

GOVERNMENT OF  
WESTERN AUSTRALIA



**Want to prepare  
your kids for a  
healthy future?**

# BETTER HEALTH PROGRAM

The *Better Health Program* is a **free**, 10-week program for you and your child. Topics include physical activity, nutrition and forming positive habits.

**The program comes in two formats**

**Online** – where you do fun, online sessions with your child and have weekly calls with a health coach.


**Face to face** – where you attend 2-hour group sessions, once a week. These include family learning sessions and physical activity for your child.

On both programs, you receive a bunch of **great freebies**, and a **reward** at the end!

  [@betterhealthprogram](https://www.instagram.com/betterhealthprogram)

**BETTER HEALTH CO.**

**Sign up today!**

 [www.betterhealthprogram.org](http://www.betterhealthprogram.org)

 1300 822 953



Government of Western Australia  
Department of Health

The Better Health Program is funded  
by WA Department of Health.