Dear Parents, Carers and Staff,

Help your children identify the emotions they feel and express them in an acceptable way. Keep a clear head yourself. Sometimes you can get emotional too and logic goes out the window. The simple act of remaining calm will defuse some of your child's negative feelings.

Give them an opportunity to talk about why they think things didn't go the way they expected them to go. This way they can get it out of their system especially if you just quietly listen without criticising or jumping in with solutions. Venting to a trusted adult can be a helpful release.

Celebrate having a go as if it were a win. Give as much praise for having a go as you would do for winning. Reinforce the message that winning isn't always the most important thing – what's important is the effort you put in, your positive attitude, and the fact that you can learn from everything and should keep on trying are equally important life lessons.

Hugs and words of encouragement can ease the pain of disappointment.

When people are gushing about one child's achievement, siblings may feel sorry for themselves. Raise your children to congratulate each other. Being able to put your own disappointment aside to be generous to others is a sign of maturity.

Medals or certificates can cause upset when a child misses out, especially for younger children. Sometimes they just want to have something to show for all the hard work and effort they've put in. To upbeat music, taking a deep breath, having a chat, using positive self-talk, reading a book, getting a hug, watching a funny movie, going for a walk. Give suggestions if your child is little or provide a diversion but by the time they are 7 or 8, they should be able to figure out for themselves what helps them calm down and move on.

SVPS mobile app
As you are aware we have the SVPS phone app available at no cost which can be downloaded from apple I Tunes or Google play store.

The app keeps you up to date with announcements for activities around the school, the latest newsletter, the term planner, canteen menu and uniform price list. There is also a facility to email the school when your child is unwell and not attending.

If you have problems accessing the latest information for Apple phones there is a refresh button in the top left hand corner, Android phones automatically update when turned on.

Cheers, Marg
**Enrolment for 2016**

We are currently taking enrolments for Kindergarten 2016. Applications close on 31st July 2015. If you are a parent, or know of a parent, with a child that was born between 1st July 2011 and 30th June 2012 they are eligible to attend Kindy in 2016. Please enrol your child by coming into our school office, by downloading a form from our website, or by contacting us by phone to have an application posted out to you.

**Immunisation records**

Our records indicate that there are a number of students whose immunisation records are not up to date. Letters are being sent home to the parents/carers. Please bring in your up to date immunisation forms so that the office can update its records. Thank you.

**Student Update forms**

Student update forms will be sent home shortly to every family so that our records are current and up to date. This is vitally important in case of emergencies. Any alterations in change of address, emergency contacts or medical history needs to be updated as soon as they occur. These forms need to be brought into the office as soon as possible. Thank you.

**Lightening Carnival**

The annual Winter Lightning Carnival will be played tomorrow (Friday). We will be participating in the following sports:
- Soccer – to be played at Swan View Park,
- Netball – to be played at Dulcie Liddelow Netball Centre,
- Volleyball – to be played at Helena Valley Primary School and Football to be played at Ron Jose Oval.

Good luck to all our participants.

**The River Rangers**

The River Rangers had their first unit meeting on Wednesday. Here is what some students had to say:

Ainsleymaree– “We watched a girl named Linley who explained to us about chemicals going into the river and the damage it does. I had paint and Linley had a model river. When I poured the paint into the drain we saw how the paint ended up in the river and the damage it can do to plants and wildlife. Other kids also had different chemicals that could affect the river.”

Brahim– “We had a lady called Linley who discussed about pollution and what could happen to the river if you put rubbish and chemicals in. Then we had a scale model of the Swan River and the coast and we also discussed about where not to do things that affect the river, like washing your car near a drain, where the chemicals wash down the drain and into the river.”

Ciahn– “I really liked the River Rangers because I learned about keeping the environment safe and healthy. We had to discuss about what to clean and where to clean it. We learned not to leave fishing lines around the water because some dolphins and fish could get stuck in it and die. We also learned to pick up after your animals. Manure washed into the river can cause the river to get dirty and unhealthy and make the fish sick. Also when oil goes down the drain all the fish could die.”
**Literacy News**

So much in our life depends on reading—from simple (but very important) road signs to assembly instructions of kit projects and complicated contracts. Being able to read makes life safer and easier, and helps us learn more about a whole range of topics.

Things you can do to help your child feel good about reading:
- Read to or with your children often
- Make this time special, comfortable and fun
- If you like to read as a family, sit together while reading and enjoy your books together—show that you really like to read too
- Show your child how we use everyday things in our lives, for example, food labels, road maps and finding out how to treat a bee sting from a first aid book or the internet
- Praise your child when they choose to read.
- Read letters, birthday cards and emails from friends and family with your child
- Want more ideas for fun with your child?
- SMS ‘happy’ to 134692 and we’ll keep you updated with easy and fun tips


**Everyday maths**

**In your neighbourhood**
- Point out the house numbers—talk about whether they are odd or even
- Count homes in your street
- Talk about the shapes such as signposts (give way sign is a triangle)
- Give directions to a friend’s house or to the shops

**In your car**
- Count cars; for example say ‘Let’s count all the green cars’
- Give and follow directions using right, left, north, south, east and west
- Show your child how to read the maps in a street directory using the reference numbers and letters

**Shopping**
- Count items into the trolley
- Point to 3D shapes and say what the shape is called (for example, this can is a cylinder)
- Talk about money, notes and coins
- Talk about saving up for something special
- Work out how many we need (5 people each want 3 sausages)


Mrs Armstrong is asking if there are any parents/carers out there who are able to make some play dough for us to use to teach decimals and measurement. Divide the quantity into 5 zip lock bags and bring them into the office. Thank you.

2 cups of plain flour
1 cup salt
4 tblsp Crème of Tartar

Mix boiling water into remaining ingredients
Knead
Enjoy...

2 cups of boiling water
Food colouring
(Combined)
It’s time to enjoy our new WINTER MENU. A hot meal on a cold day!

Soups, lasagne, fried rice, macaroni cheese and spaghetti. Dino snacks now come with a serve of creamy mashed potatoes, peas and corn.

Nachos are new to Tuesday and Wednesday. We’ve turned a traditionally AMBER meal GREEN by toasting corn tortillas, topped with salsa, corn and melted cheese. Sour cream is also optional.

Wedges and gravy are available every day for recess. Home-style seasoned wedges, baked and grilled then topped with gravy and served in a foam cup with a fork.

LET’S COOK—Please bring your/your child’s favourite recipes to the canteen to be part of the Swan View Primary School cook book.

We have 2 unclaimed books from Bookclub at the office. They are from Issue two. If you have not received the complete order that was placed please contact Lynda on 0438 312 984 to receive them.

The Helen O’Grady self-development drama programme helps 5-17 year olds:
Develop confidence
Increase self esteem
Improve communication
Learn life skills
Classes are enrolling near you!
To find out more phone 9378 4332 or email us merylena.sulak@helenogrady.net.au

SDJSA is committed to the development and enjoyment of Junior Soccer in the Midland and Greater Swan area.

We are holding 2015 registrations for juniors aged between 4 and 12 years who are interested in learning the game, developing their skills or just to enjoy and play with their friends.

Natalie on 0404 331 108 or Ray on 0415 140 677, or enquire online at www.sdjsa.myclub.org.au