

MESSAGE FROM THE PRINCIPAL

RU OK?

This week we are recognising RU OK? Week. It is an opportunity for everyone to acknowledge that life isn't always easy and we all experience bumps along the way. One of the simple messages that we are promoting across the school is learning how to ask R U OK? It is quite simple really, but often a difficult conversation starter.

As a guide, there are 4 easy steps to doing this



1. Ask



2. Listen



3. Encourage
action



4. Check in

Information and resources for R U OK? Week can be found at <http://www.ruok.org.au/>

BUSY BEE

I would like to say a huge thank you to everyone who turned out to help clear the STEM area in preparation for the upcoming development. I thought I was a bit ambitious in suggesting we could get it all done in a morning, however the amount of helpers and just sheer effort made this possible.

It was fantastic to hear the sound of the Dingo, jack hammer and chainsaw blasting away as the walls came down, the pavers came up and the gardens were cleared. I am really looking forward to watching the area developing into a multi-use space to assist the learning program.

FACTION ATHLETICS

A huge congratulations to everyone who was involved in the Athletics carnival a couple of weeks ago. It was a fantastic day with lots of talent and team work on show. Well done to MASON for taking home the overall shield and congratulations to the individual champions and runners up.

Thanks to the P&C for the food, the staff for their work on the day, the parent helpers, the children for their great spirit and Mr Caddy for his brilliant organisation.

OPEN NIGHT

It was wonderful to see all of the families in attendance at the Open night last week. This was a fantastic opportunity to see what your children have been doing and spark conversations about the learning that has taken place. The feedback I have received has been overwhelmingly positive.

This was another example of the exemplary practice that takes place at our school.

STIRKFEST

Another amazing celebration of talent was on show at STIRKFEST last Thursday. STIRKFEST is a celebration of music and performance and includes other schools from the Hills. One of the best things about STIRKFEST is the community songs, where everyone gets to sing together and just enjoy singing as part of a mass group.

DATES TO REMEMBER

Wednesday 25 September 2019
CYBER SAFETY WORKSHOP
6:00 – 8:30PM

Thursday 26 September 2019
Kindy Group 1 (dress in yellow!)

Friday 27 September 2019
Challenge Walk (free dress)
Kindy Group 2 (dress in yellow!)
Last Day of Term 3

Monday 14 October 2019
Office open – No Students

Tuesday 15 October 2019
Students return for Term Four

Wednesday 16 October 2019
PP-Yr3 Swimming Lessons Commence

Tuesday 22 October 2019
Assembly hosted by Languages at 2:15pm
2nd Hand Uniform Store

I was very impressed once again, by the standard of the performance and the energy and enthusiasm shown by the staff and students in creating an amazing event.

A big thank you to Mrs Elsegood and Mrs O'Reilly for the countless hours spent behind the scenes in organising the event.

FIRST LEGO LEAGUE

By now you would have heard about the FIRST Lego League Competition that GHPS is hosting in Term 4. This is a Robotics completion where students build and control a robot made from Lego to complete certain tasks all under this year's theme of City Shaper. It is going to be a massive event as it is a qualifier for the National Championships that will be held at Curtin University early in 2020.

As the host of this competition, we will welcome students from other schools around the area in what is going to be a very exciting event. We require volunteers to complete the Judging and Referee courses, provided by Curtin University in October. If this is something you can help with, please let me know at school and I will provide you with the information about the training.

Further information about the competition can be found at <https://firstaustralia.org/programs/first-lego-league/>

There will be a lot more information and advertising as we get closer to the event in Week 7. We will be well supported by Bendigo Bank and the Bibbulmun Network in preparing for the event that is likely to attract media attention and provide fantastic exposure for STEM within our community.

**Principal
Matthew Snell**

School Announcements

CONGRATULATIONS

The following students received honour certificates at our assembly on Tuesday; *Lilly, Noah, Charli, Thomas, Lucy, Pia, Eliza, Archer, Indiana, Sommer, Orson, Connor, Joe, Imani, Chloe, Stella, Ryan, James, Callan, Joel, Max, Eva and Filippa.*

CYBER SAFETY TALK

A reminder that the Cyber Safety Workshop is on tonight from **6:00 to 8:30pm**. There are plenty of seats still available.

ENVIRONMENTAL UPDATE

A reminder that Gooseberry Hill PS are now collecting plastic bottle tops and bread tags for 'Lids for Kids'. An organisation that creates mobility limbs for disabled children.

Please drop your lids and bread tags to the office, lids are to be clean, and free of any other lining and sorted by colour.



TERM 4 ASSEMBLIES

Please see below for the Term 4 Assembly Roster

22 October 2019	5 November 2019	19 November 2019	3 December 2019	19 December 2019
Hosted by Languages 2:15pm	Hosted by IMSS – 1:45pm	Hosted by IMSS – 1:45pm	Hosted by Music – 1:30pm	Final Assembly 2:30pm

SCHOOL DISCO

SAVE THE DATE! On Friday 1 November is the School Disco for Kindy to Year 6. The theme will be "Crazy Hair"

TRIATHLON

The Year 6 Triathlon Sports is on Friday 8 November, notes have been sent home today to participants.

CHAPLAIN CHAT

Resilience is a 21st Century parenting concept that every parent needs to understand.

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn't faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Building Resilience

From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a 'you can do it' attitude for your child when he meets some of life's curve balls.
2. Look for teachable moments. Many kids' learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.
3. Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.
4. **Build kids coping skills.** There are plenty of strategies you can pass on to kids to help them cope when life doesn't go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don't go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in your yourself, and your child's ability to cope

For more information go to www.parentingideas.com.au

Thank you,
Adrian Wilson
School Chaplain

OPERATION CHRISTMAS CHILD

WHAT IS OPERATION CHRISTMAS CHILD?

Operation Christmas Child is a project of Samaritan's Purse. It partners with local churches in developing nations to reach out to children by providing gift-filled shoeboxes.

Operation Christmas Child is an opportunity to share love and to bless a child through a simple, gift-filled shoebox.

Will you join with us this year to help us reach more children with gift-filled shoeboxes from Australia and New Zealand for distribution to children in the developing world?

HOW TO PACK YOUR SHOEBOX

- 1. SHOEBOX:** Get a standard-size shoebox to pack for a boy or girl. Need shoeboxes? Preprinted shoeboxes are available on our website.
- 2. SPECIAL ITEM:** Select a quality toy such as a doll, soccer ball with pump, or stuffed animal. EVERY BOX NEEDS A SPECIAL ITEM!
- 3. OTHER GIFTS:** Pack full with other fun toys, hygiene items, and school supplies.
- 4. PRAY:** Most importantly, pray for the child who will receive your gift. Including a personal note and photo makes a big impact.
- 5. INCLUDE \$10 DONATION:** A donation of \$10 is critical to cover shipping and other project costs. Give online through Follow Your Box and discover the destination of your shoebox.
- 6. DROP OFF:** Take your shoebox gift to a local drop off point during **October**. Visit our website to find one near you.

For additional gift suggestions and more, visit operationchristmaschild.org.au or operationchristmaschild.org.nz

GIFT SUGGESTIONS:

- ✓ **SOMETHING TO WEAR:** T-shirt, polo shirt, shorts, skirt, cap, beanie, sandals, etc.
- ✓ **SOMETHING TO LOVE:** teddy bear, doll, soft toy, etc.
- ✓ **SOMETHING SPECIAL:** carry bag, sunglasses, bangles, stickers, necklaces, craft kits, wind-up torch, a personal note, a photo of yourself, etc.
- ✓ **SOMETHING FOR SCHOOL:** exercise book, pencil case, pens, pencils, colouring pencils, sharpener, eraser, chalk, etc.
- ✓ **SOMETHING TO PLAY WITH:** tennis ball, cars, skipping rope, marbles, musical instrument, yo-yo, slinky, finger puppets, etc.
- ✓ **SOMETHING FOR PERSONAL HYGIENE:** soap and face washer, toothbrush, hairbrush, comb, scrunchies, hair-clips, etc.

DO NOT INCLUDE:

- ✗ **ITEMS THAT LEAK OR MELT:** (these can spoil boxes) including toothpaste, shampoo, bubbles, crayons and plasticine/play dough
- ✗ **FOOD OR LOLLIES OF ANY KIND:** (due to customs regulations) including medicines and vitamins
- ✗ **USED OR DAMAGED ITEMS:** (due to customs regulations) including worn clothing and old toys
- ✗ **BREAKABLE ITEMS:** including glass, porcelain and mirrors
- ✗ **ITEMS THAT CAN SCARE OR HARM A CHILD:** including Halloween, war or pirate-related items such as toy guns, knives, military figures or skull and crossbones
- ✗ **GAMBLING-RELATED ITEMS:** including play money, playing cards and dominoes
- ✗ **RELIGIOUS LITERATURE:** including tracts and Bibles (every child is given an Operation Christmas Child evangelistic book at an outreach event)



**Good news.
Great joy.**

AUSTRALIA Enquiries: 1300 884 468	NEW ZEALAND Enquiries: 0800 726 274
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Please return your gift-filled shoebox to Gooseberry Hill Primary School Office by Friday 18 October 2019

DOWNLOAD RESOURCES AT:
operationchristmaschild.org.au/resources
OR operationchristmaschild.org.nz/resources



HOW TO PACK A SHOEBOX

Remember to pray for the child who will receive your shoebox!

These items are prohibited to protect children or to comply with overseas government and customs restrictions.

Samaritan's Purse
INTERNATIONAL RELIEF AUSTRALIA / NEW ZEALAND
Samaritan's Purse Australia Ltd. ABN: 84 070 722 404. NZ CCRN: CC36649

WHAT'S BEEN HAPPENING IN OUR CLASSROOMS?

R U OK WEEK

24 September 2019 - Kids Helpline Webinar

As part of our R U OK? Week activities, Room 9 participated in a webinar session with a Kids Helpline Counsellor. The interactive session gave the students a greater understanding about the service that Kids Helpline provides and that counsellors are available, anytime to talk about anything at all, anonymously.

Kids Helpline - 1800 55 1800



Sharing time with friends in Kindy

P&C News

CANTEEN NEWS

The canteen is offering a special menu on Friday for the Challenge Walk. Check out the menu on QuickCliq – [Click Here](#)



Community

The inclusion of any community advertising does not constitute or imply endorsement, sponsorship or recommendation thereof by Gooseberry Hill Primary School. Gooseberry Hill Primary School does not accept any responsibility or liability for the conduct or content of those advertisements and sites and the offerings made by the third parties.



TINY TOTS TENNIS & MEGA TENNIS BAYSWATER

T: 0400 64 33 55 or 9471 8491
E: tinytotstennis@bigpond.com

Tiny Tots & Mega Tennis Bayswater offer tennis lessons to everyone from beginners to novice players, from age 3 to adults. Our lessons are focused on correct technique and developing physical motor skills in fun small groups with a maximum of 6.

Tiny Tots & Mega Tennis Bayswater also support Tennis Australia tournaments and operate our own 'in-house' tournaments for children and adults to further develop their tennis skills and provide matchplay.

Our tennis lessons operate 6 days a week and school holidays. For more information, please contact Head Coach Anthony Harbrow on 0400 64 33 55 or tinytotstennis@bigpond.com or visit www.tinytotstenniswa.com.au



Check us out & Like us on Facebook!!
Tiny Tots Tennis Bayswater

FEES PER 8 WEEK TERM

LESSON	1 PER WEEK	2 PER WEEK
30 MIN	\$120	\$220
45 MIN	\$140	\$250
60 MIN	\$160	\$280



TRIAL LESSON
For all new clients
All racquets supplied
Adult tennis available





SWAN DISTRICTS TEEBALL ASSOCIATION



HAVE-A-GO DAY

SATURDAY OCTOBER 5. 10AM – 2PM

North Swan Park, Patterson Drive.
Middle Swan.

We will have KID SPORTS online available on the day. As an incentive to register, fees for children playing for the first time will be ~~\$50.00~~ for the season. Players returning will pay fees of ~~\$70.00~~ per season and Tiny Tots will pay ~~\$30.00~~

Any enquires please call 0475 555 906

Pay fees in full by the start of the season (October 19) to go into the draw to win a \$100 club voucher

Register Online

Can't make it down to registration's? Don't stress. You can easily register online!!!

Simply go to www.swandistrictsteeball.com.au and fill out an online registration form.



KALAMUNDA NIGHT MARKET

FRIDAY 11 OCTOBER
6pm to 9pm

HAYNES STREET & CENTRAL MALL

A great selection of multicultural street food, desserts, local artisan food, giftware and crafts, local businesses and community groups. Live entertainment and activities for the children. Fun for the whole family!

WWW.KALAMUNDANIGHTMARKET.COM.AU



South of the River Branch 2019 Book Sale

FOR SAVE THE CHILDREN



eftpos available

A huge number of quality donated books in popular and specialist categories; plus CDs, DVDs, LPs and sheet music all at bargain prices.

70% of funds raised will go to programs here in WA in areas like Armadale, Gosnells, Kununurra and the Dampier Peninsula. The remaining funds are distributed across other programs run by Save the Children in Australia and across the World.

VOLUNTEERS NEEDED

For more information please contact Barbara Gunther
barbaragunther@bigpond.com or 0419 955 053

Proud event supporter



Saturday
28th September 9 - 5pm

Sunday
29th September 9 - 5pm

Monday
30th September 9 - 5pm

Tuesday Half price Tuesday
1st October 9 - 5pm

Wednesday \$10 a box Wednesday
2nd October 9 - 5pm

Location
Cannington Exhibition Centre
Corner of Albany Highway & Station Streets, Cannington



Save the Children



<https://creativecommons.org/licenses/by/4.0/>

Run, Jump, Throw

Our students recently took part in the Sporting Schools Athletics Program, where they had the opportunity to develop their running, jumping and throwing skills through a range of fun, team-based activities. If your child enjoyed the program, we encourage you to explore the sport of athletics!

Summer track and field competitions run from October through to March, with Cross Country and Race Walking meets being held during the Winter months.

Find your Local Little Athletics Centre

Little Athletics is a great way to keep fit and builds the foundation skills of running, jumping and throwing through weekly athletics programs for young people aged 5 to 16 years. Registration opens 7 September.

To find your local centre, visit

walittleathletics.com.au

JOIN US FOR THE ATHLETICS WA TRACK & FIELD SEASON

Athletics WA offer weekly competitions for competitors aged 12 and above. Registration opens 1 October.

For more information on Membership and Clubs, visit

waathletics.org.au



coles



Mundaring Arena Indoor Workshops

Hockey WA are delighted to offer indoor clinics in 2019 at Mundaring Arena. These 90 minute workshops will be full of fun, games and skills!

Date: Friday 4th October 2019

Venue: Mundaring Arena, Mundaring

Cost: \$15 for 90 minutes

Times:

Age	Time	Max Capacity
Under 9 Years	9:00am-10:30am	32
10-13 Years	10:45am-12:15pm	32
13+ Years	12:30pm-2:00pm	18

Equipment: Indoor Hockey Sticks provided by Hockey WA: We advise participants to purchase an indoor glove. *Indoor gloves can be purchased at Just Hockey.*

Register/More Information

<https://hwamundaringindoorworkshops2019.eventdesq.com>



HANCOCK
FAMILY MEDICAL FOUNDATION (INC)



LESMURDIE LEGENDS
SWIMMING CLUB



Join the fun!

Registrations open

All ages and abilities welcome

Contact

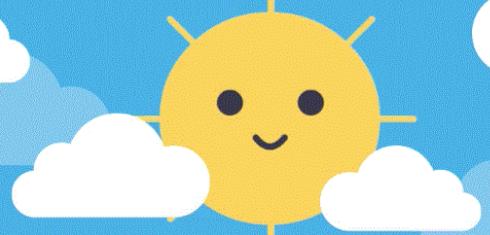
Lesmurdie Legends Swimming Club
registrar.llsc@hotmail.com
lesmurdielegends.org.au

Swimming WA

wa.swimming.org.au | (08) 9328 4599

Swimming – an essential part of the Western Australian way of life

THE ACTORS WORKSHOP



SHOW IN A DAY!

WEDNESDAY 9TH OCTOBER 2019

We will create a show filled with improvisation, dance and art ready to perform for parents at pick up time!

\$60 per child * 9am - 3.30pm (performance at 3pm) @ Maida Vale P.S
Bookings essential: 0406 640750 or irma.actorsworkshop@gmail.com

www.loliverstennis.com.au

✉ lolivers@bigpond.com

Lolivers Tennis



Tennis Coaching for Children age 3 - 16



- Saturday mornings & Tuesday, Thursday and Friday afternoons at Darlington
- Friday afternoons at Helena Valley
- Squad Training for competitive players

Enjoy your first lesson or your money back!

Adult Tennis Lessons

Visit www.loliverstennis.com.au for current sessions

Cardio Tennis - First Lesson FREE!

Monday evenings (6pm) at Darlington

Private Lessons - By Appointment

Fully Insured and Fully Qualified
Over 25 years of Tennis Coaching Experience



KaBOOM! Toons

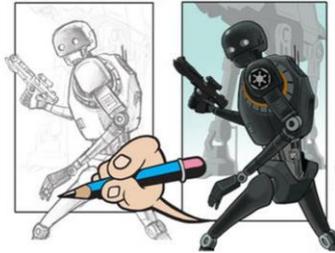


NY Events
presents

Cartooning Skills 9.30am - 12.30pm



WITH EX-DISNEY ANIMATOR JASON TREVENEN



FAIRE & CO
Shop 27B,
Kalamunda Central
Shopping Centre
Enter via Central Mall
Monday 7 Oct 19

For more info & booking contact:

Nicole Airay 0416 152 997

www.nyevents.com.au/kids-events



KALAMUNDA & DISTRICTS BASKETBALL ASSOCIATION

HOLIDAY CAMP 7-11 OCTOBER 2019

Our camps are a great opportunity to learn new skills, play games and have some fun led by some of our current Eastern Suns players and coaches.

Where: Ray Owen Sports Centre, 96 Gladys Rd, Lesmurdie

Who: Boys & Girls of all skill levels aged 5 - 16

Time: 9am - 3pm

Cost: \$35 / day or \$120 / week

Register & pay online: <http://bit.ly/KDBACamp>

For further information please email:
holidaycamp@kalamundabasketball.com.au



NY Events
presents

Family Skating 1-6pm

\$13.50 online deal online



**MORLEY
ROLLERDROME**
95 Catherine St
Morley
Sunday 13 Oct 19

For more info & booking contact:

Yvonne Fletcher 0410 301 130

www.nyevents.com.au/kids-events



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