

Newsletter

Issue: No 4

4th March 2019

DATES TO REMEMBER

21 st March	School Photos	28 th March	Positive Parenting Workshop - Asthma@ 8.45am
22 nd March	National Ride2School	29 th March	SCSSA Summer Carnival
26 th March	Assembly Rm 24 @ 8.45am	3 rd April	Next Newsletter

School Board Nominations

The nomination process for the 2019/20 Ranford Primary School Board is now open and forms are included in this newsletter, and sent home today to each family, should parents wish to nominate. Information about the role of School Boards and representatives is available on the Department of Education website. A brochure detailing the responsibilities of Independent Public School Boards is available at the front office.

Five positions are vacant, three 1 year terms and two 2 year terms. This will ensure that the Board has continuity of membership with other existing members having one year's membership remaining. Should there be more nominations than positions available, then a vote will go to the school community.

Members of the School Board represent the school community and support the school in achieving the goals of the current Business Plan and the best outcomes for the students. Parents should consider including in their nomination a statement regarding their reasons for nominating for a position on the School Board.

It should be noted that a requirement of nominating for the School Board is being available to attend Board meetings – 6 per year. This is usually two meetings in Terms 1 and 4, and 1 each in Terms 2 and 3. These are held in Week 5 of the term on a Wednesday commencing at 4.30pm and usually running until 6.00pm. The second meeting in Terms 1 and 4 are usually in Week 9 of these terms.

The closing date for nominations is Friday, 29th March.

Interim Reports Years PP - 6

Interim Reports for students (Kindergarten to Year 6) will be sent home with students during the last week of term. For those families who receive two copies, one will be posted.

In line with our Reporting Framework and Policy, Interim Reports will give parents information about how the year has started for their child. Key learning areas of Mathematics and English will feature as well as aspects of social development and work habits. Teachers have indicated on the report where children are experiencing some difficulties and if this is the case, then parents who have not already met with the class teacher would be requested to make a time to meet and share information specific to supporting learning. This will be indicated in the "Interview requested" section of the report. There may also be information regarding IAP's (Individual Adjustment Plans). The reports will also indicate if a student's attendance had fallen below 90% as this is the point at which research has determined an impact on learning.

The staff trust that parents will find this initial report informative as it provides parents with feedback about how their child's learning is progressing and how they have settled into the start of the year. Ranford Primary Interim Reports are not a system level requirement and thanks go to classroom teachers for providing parents with this information.

Parents are reminded to add their comments to the Report before returning it to school in the first week of Term 2. These will be copied for school records and the original report will then be sent home.



22nd March
National Ride2School
Day

PARENT WORKSHOPS
POSITIVE PARENTING
PROGRAM
REGISTER AT THE
OFFICE TO SECURE
YOUR PLACE

Thursday, 28th March

Please do not park in the
numbered bays in either
of the carparks. These
are reserved for staff
arriving at work.



Kiss and Drive
Please keep the
line moving.

If you see any
suspicious activity at
the school after hours
please contact
School Watch Security
on 1800 177 777

Easter Raffle

This is a traditional event for our P&C and one that is so well supported by our community. Tickets have been in the previous newsletters and are also available at the front office if you have sold out!

Keep the donations coming in, the more we have the more prizes can be made for each class. Perhaps just choose the coolest days to bring them into school! Chocolate and hot days are never a good mix.

Many thanks to our P&C parents who are waiting to collect the donations, wrap them all and organise the prizes.

Bronwyn Tester, Principal

NAPLAN

The National Assessment Program – Literacy and Numeracy (NAPLAN) assesses literacy and numeracy skills for students in Years 3, 5, 7 & 9. Students participate in NAPLAN each year and are tested in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy. In 2019, students at Ranford will be sitting all tests online apart from Year 3 Writing, which will still be completed on paper. It is expected that all students in Years 3 and 5 will participate in the NAPLAN tests however, if parents do not want their child to participate, please make a time with the classroom teacher to further discuss this. The NAPLAN Online assessment starts on Tuesday 14th May and finishes on Friday 24th May. The order of the tests is:

- Writing
- Reading
- Conventions of language
- Numeracy

By the end of Term 1, a schedule will be provided to let you know when it is expected students will be sitting particular tests. Further information on NAPLAN can be found at www.nap.edu.au.

New Games for the Undercover Area

A big thank you to the P & C who have renewed and upgraded the games students play in the Undercover Area each morning. The students had a wonderful time on Friday, 15th March when they got to see and play with the lovely new games and puzzles that were waiting for them. Many students arrive at school before 8.30am and go to the Undercover Area where they are supervised by a member of Admin. They have all been waiting patiently for the new games and were excited to see they had arrived. They played games with their peers very respectfully and took their time to pack all games away carefully, ready for next time. Thank you again to the P & C for providing these welcomed additions.



Kylie Godfrey, Deputy Principal

Parent Workshops – Term 1 2019

During 2019 we will be continuing with a series of workshops for parents. We plan to have these workshops as a regular part of the information we share with our community.

The workshops will be held on Thursday mornings from 8.45am to 9.45am in the Meeting Room at the end of the Undercover Area. It will be essential to inform the school if you are attending the session as many will include handouts and information brochures. This will assist with our preparation.

Week 8 - Thursday, 28th March-

Managing Asthma

Presenter: Mrs Sue Woods, School Nurse, Child and Adolescent Health Service and a staff member of the Asthma Foundation

This workshop will provide information about asthma and aims to support you in better managing asthma for your children. To register, please call our front office on 9456 5255.

Belinda Baldey, Deputy Principal

Year 6 Camp 2019

On Monday, 11th March, 73 excited and enthusiastic Year 6 students boarded the bus ready for Year 6 camp along with 7 Ranford teachers and staff. We headed to Forest Edge Recreation Camp in Waroona ready for three days and two nights of exciting activities and Year 6 bonding.

When we arrived at Forest Edge we were told that camp would help us to, "expand our paradigm," by making us step out of our comfort zones. The activities and experiences we shared definitely made us do that and we all left camp exhausted, but with lasting memories.

Camp Activities

The Incentive Course was a challenging 3-hour hike through the forest and valley that ended in an epic mud fight! On the hike we experienced many obstacles such as fences, nasty ants, creek crossings and slippery tracks. We even had to zip line over a creek and walk across wet logs.



Down at the dam we experienced raft building and kayaking. Raft building taught us new skills and we can now all successfully tie a 'Bob knot'. We learnt how to work together as a team to keep our rafts afloat and had to work with a partner to navigate around the dam in our kayaks. Abseiling and Big Fox forced many of us to face our fear of heights and work together to keep each other safe. We wore harnesses and helmets and used ropes to secure ourselves. On the Big Fox we tested our strength as we had to return the heavy flying fox gear up very steep rocky hills. Although many of us were nervous about these activities we would now go back and do them all again!

The Low Ropes course was really just a game of 'The Floor is Lava' as we worked as a team to keep our climber from falling off the course and onto the ground. The climbers' 'Guardian Angels' were successful with some of us not falling off at all.

At Boomerang Making we heard about how boomerangs were used by Aboriginal peoples to help them hunt and how traditional boomerangs did not come back. We each filed, sanded and painted a traditional boomerang using wood-working tools and traditional painting instruments (sticks, leaves, rocks, etc.). The paintings on our boomerangs each tell a different story that we created.

At night time we had a movie night and a quiz night. On the first night we all gathered downstairs with our sleeping bags and pillows to watch *Home Alone 3*. It was hilarious! On the second night Mr Hackett and Mr Hart ran a quiz night where we worked in our dorm groups to earn dorm points.

We had a fantastic time on camp and would really like to thank Mrs Nadesan, Miss Wylie, Mrs Gopi, Mr Hackett, Mr Hart, Mrs Guppy, Mrs McCausland and all the Forest Edge staff for making camp such an amazing experience!





THE MOON & ITS NEIGHBOURS

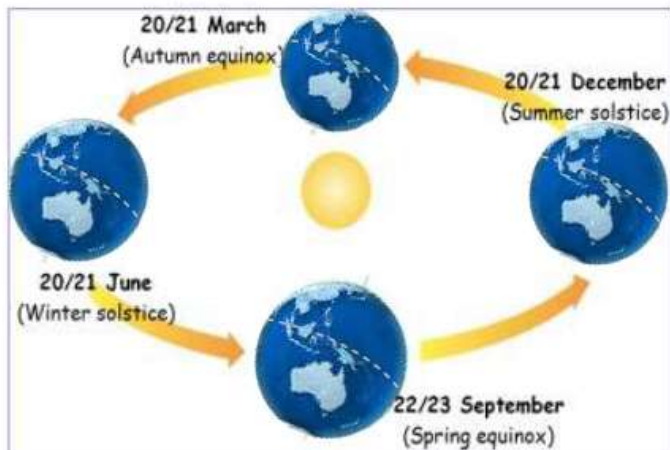
27th – Waning gibbous moon very close to Jupiter from midnight until sunrise

29th – Waning moon near Saturn from midnight until dawn

2nd – Thin waning crescent moon close to Venus from 4am until dawn

WANING – DECREASING, TOWARDS A NEW MOON (5th April)

GIBBOUS – HUMPED, BETWEEN QUARTER & FULL



AUTUMNAL EQUINOX – Some Quick Facts

What is it? It is the first of two annual events when the tilt of the Earth's axis and Earth's orbit around the sun combine in such a way that the axis is inclined neither away from nor toward the sun. On these days, the duration of day and night will be of similar length worldwide.

When is it? In 2019, Perth will experience it on Thursday 21st March (Autumn Equinox here but the Spring Equinox in the Northern Hemisphere)

What do we notice during an equinox?

- Day and night will be of near-equal length; 12 hours of sunlight and 12 hours without the sun
- The Sun will rise from due East and set at due West
- For places near the Equator (e.g. Singapore) the Sun will be directly overhead at actual midday

An Equinox Explained A seven-minute video that provides a clear explanation during an autumnal equinox in Los Angeles.

Go to: <https://www.youtube.com/watch?v=DdGzcXxn94E>

Etymology Equinox = aequus (equal) + nox (night) – Latin

Dave Hackett, Science Specialist

Italiano News

Here are some examples of the fantastic dream bedroom dioramas created by some of our talented Year 5's.

Saluti!



Signora Young

QKR Tips

TIP OF THE WEEK

Q. Can two parents set up an account for the same student?

A. Qkr! offers the ability for two parents to set up accounts for the same student if needed. However, please note that the two accounts are independent and no details are shared between them.

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.

Helping Hands

Hi everyone,

We are proud to announce that there are many exciting new changes to our HHN rooms this year, from new equipment to new displays and furniture.

Please feel free to pop on over during session times and have a look around, we would be more than happy to show you around and answer any questions you may have.

For those of you that wish to enrol come see us and we can send you in the right direction. Alternatively send us an email to ranford@helpinghandsnetwork.com.au or call us on 0427 006 838

From The Ranford Helping Hands Team

Hi Ranford Primary School Family,

I hope that the school year is off to a good start for you and your respective families. It is hard to believe that we are already on the "tail-end" of Term 1.

This year we have an awesome team of parent volunteers dedicated to creating a positive learning environment for our children and advancing the mission of Ranford Primary School. I wanted to take a moment to introduce and welcome the 2019 Ranford Primary School P&C Members to the Ranford community:

- Peter Edalere (President)
- Sam Rodwell (Vice-President & Canteen Coordinator)
- Angie Farmer (Secretary & Fundraising Coordinator)
- Vik Conhyedass (Acting Treasurer)
- Bridgette Mustchin (Uniform Coordinator & Fundraising Coordinator)
- Erin Taylor (Fundraising Coordinator)
- Samantha Matthews (Fundraising Coordinator)
- Michelle Drysdale (Fundraising Coordinator)
- Julianne Leipold (Canteen)
- Kristy Borg
- Sarah Walkley-Byng
- Nicole Matthewson
- Rhett Sullivan
- Niki Elward
- Zoey Johnson

As the aforementioned P&C members are representative of the greater majority - please feel free to share your ideas, thoughts, concerns or feedback with any of us.

Please remember that most of these amazing people are parents just like yourself - who have chosen to volunteer their precious time, and be sure to be appreciative of their service.

We look forward to an amazing year ahead as we serve our community.

Warm Regards
Peter Edalere
P&C President

Community Notices

Register Now – Cyber Safety Workshop

On **Thursday, 11th April 2019** renowned cyber-safety presenter Paul Litherland an ex-police officer, will be hosting a Partnerships with Parents workshop about the increasingly complex and vitally important topic of cyber-safety commencing at 6.30pm at Campbell Primary School. **This is a do not miss event!**

Feedback from parents who attended last year;

"That would have had to have been the most relevant "parenting" class I have ever been to. Raising a child in this day and age, it is imperative that we are able to stay up to date with technology and this session gave us so many tools on not only what to look out for, but how to communicate with our child. Would absolutely recommend that every parent attend a session as soon as they can!"

"An eye opening and informative session. I was unaware of many of the complicated issues around my child's use of technology but instead of leaving frightened, I felt well-informed and equipped to work alongside my child to ensure their safety online. Paul's calm and practical approach gave me the tools I need to help my child navigate the online world."

Parents can expect information about the threats to their child's safety online, some practical strategies to make devices more cyber-safe, as well as ideas to help to educate and protect children in an online environment.

See www.surfonlinesafe.com.au for further information.

RANFORD PRIMARY SCHOOL BOARD 2019

The School Board focuses on school performance and policy development while receiving feedback regarding school operations, budget and future directions. Becoming a Board member provides an opportunity to become involved in our school community and the education of our children. Nominations are now open for the 2019-21 School Board which comprises four staff and five parent/community representatives.

The School Board meets approximately eight times per year and meetings are currently held on a Wednesday from 4.30pm.

There are four vacancies for the Ranford Primary School Board. These consist of 3 x two year terms and 1 x one year term, commencing from the first meeting on Wednesday, 29 May 2019.

✂.....

NOMINATION FORM

Vacancy for elected **Parent Representative** for the School Board

I hereby nominate for a position on the Ranford Primary School Board for the following term:

One Year

☐

Two Years

☐

Name of Nominee: _____

Signature of Nominee: _____

Please write a few lines about your background and experience.

Nominations close on Friday 29 March 2019 at 3pm

Please submit your nomination in a sealed envelope to the Front Office

The School Board -

Takes part in:

- establishing and reviewing from time to time, the school's objectives, priorities and general policy directions;
- planning financial arrangements necessary to fund those objectives, priorities and directions;
- evaluating the school's performance in achieving those objectives, priorities and directions;
- formulating codes of conduct for students at the school; and
- the selection of, but not the appointment of, the school principal or any other member of the teaching staff if prior approval is given by the Regional Executive Director.

Approves:

- a charge or contribution determined by the principal for the provision of materials, services and facilities;
- the costs determined by the principal to be paid for participation in an extra cost optional component of the school's educational program;
- the items determined by the principal to be supplied by a student for the student's personal use in the school's educational program; and
- an agreement or arrangement for advertising or sponsorship in relation to a government school.

Determines:

- in consultation with students, their parents and staff of the school, a dress code for students when they are attending or representing the school.

Provides advice to the Principal of the school:

- on a general policy concerning the use in school activities of prayers, songs and material based on religious, spiritual or moral values being used in a school activity as part of religious education; and
- on allowing time for the special religious education of students in the school, up to a total of 40 hours in a year.

Promotes:

- the school in the community

A School Board does not:

- manage the day to day running of the school (for example, staff management, and student assignment to classes);
- discuss individual issues relating to teachers, staff, students or parents;
- represent specific interest groups, or permit special interests to dominate the agenda of the council/board;
- intervene in the control or management of the school;
- intervene in the educational instruction of students;
- borrow money or obtain funds
- purchase property;
- exercise authority over teaching staff or other persons employed at the school; or
- performance manage the principal or any other Department of Education employee.

Role of School Board members

- Parent members of the School Board bring their experience as parents at the school, and the views and context of the wider school community.
 - Student members of the School Board bring their experience as students at the school.
 - Community members may bring expertise such as business skills that the Board is looking for at that time.
 - Department of Education employees bring their educational expertise.
-

LEEMING SHS
HARMONY - EXCELLENCE

Leeming Senior High School

Open Day Tours

Wednesday 27 March
9:00 am and 5:30 pm



Learn about our Specialist Programs
and experience our peaceful environment in which students can learn and grow

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and our own
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ADOLESCENT SCOLIOSIS SPINAL CURVATURE

How to detect Scoliosis.
Helpful information for schoolgirls in years 5 and 7 and their parents.


What is scoliosis?
Scoliosis is a lateral or sideways curve of the spine. The spine also twists on its long axis as it curves. It usually develops during early adolescence (age 10-15 years) when growth is most rapid.

What is the cause of scoliosis?
The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or eating junk food.

Why is early detection important?
While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase.

What are the outward signs of Scoliosis?



Head not centered over body
One shoulder higher
One shoulder blade higher and possibly more prominent
Unusual gaps between arms and torso
Spine obviously curved
One hip more prominent

Outward signs of adolescent idiopathic scoliosis in a girl with a right thoracolumbar scoliosis

The National Self-Detection Program for Scoliosis
A HEALTH INFORMATION PROGRAM RECOMMENDED BY THE SPINE SOCIETY OF AUSTRALIA. THE PROGRAM IS FINANCED BY THE PARLIAMENTARY CHILD HEALTH COMMITTEE OF THE HOUSE OF REPRESENTATIVES COLLEGE OF PHYSICIANS.

How Scoliosis is detected.


Apart from the outward signs with a teenager standing as illustrated, the widely Forward Bend Test is used in the diagnosis of scoliosis.

This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes.

In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region.

If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present, and the difference is simply due to asymmetrical growth of the two sides of the body.

This is called torso asymmetry and is of no significance.



What about brothers and sisters?
Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

Is treatment successful?
Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.



What will happen if Scoliosis is not treated?
The curve may increase uncontrolled during the growing years. Moderate and severe curves may also increase in adult life.

Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

How do you detect Scoliosis?
Simply look for it! It only takes 30 seconds.

Scoliosis Australia
Scoliosis Australia is a project of the Spine Society of Australia.

The Scoliosis Australia website is supported by a donation from Evolution Surgical.

Visit our website www.scoliosis-australia.org

Community Notices



COLOURS of Italy
A CELEBRATION OF Italian Culture & Heritage

SUNDAY 24 MARCH 2019
9AM TO 4PM
STIRLING CIVIC GARDENS
CEDRIC ST. STIRLING, WA

TRY OUR ITALIAN SAUSAGE SOZZLE & CAPPUCINO BREAKFAST
OR THE DELICIES MADE BY OUR NINNAS FROM OUR LOCAL ITALIAN CLUBS
THERE'S ALSO LOTS OF MUSIC & ENTERTAINMENT BY LOCAL ITALIAN ARTISTS
AMAZING ITALIAN CAR DISPLAY FOR THE BIG KIDS
FOOD TRACKS AND LOADS MORE
SEE YOU THERE
Ciao

ICWA

Pratt Spence, Laguna, and other local business logos are at the bottom.



SOUTHERN DISTRICTS NETBALL ASSOCIATION

Newcomers to Netball Winter NetSetGO "NET" 2019 Program 1

NetSetGO "NET" is this only introductory program for netball. It has been developed to provide children aged from 5 and 6 years with the best possible introduction to the sport of netball. The program incorporates skill activities, minor games and modified matches in a fun and safe environment.

Net Set Go provides:

- a program appropriate to age and ability of players
- all children with the opportunity to develop self-esteem, learn new skills and experience a feeling of success from their participation
- an opportunity for children to better develop and expand their motor skills in a non-competitive environment.

COST FOR NEW NETSETGO NEWCOMERS: \$120.00

(Includes Netball WA Affiliation and Net Set Go Pack valued at \$59.00)

SESSION TIMES: Session #1 - 9am to 9.45am (limited to 40 participants)

PROGRAM DATES & TIMES

WEEK 1	Saturday 4 th May
WEEK 2	Saturday 11 th May
WEEK 3	Saturday 18 th May
WEEK 4	Saturday 25 th May
	BREAK - WA day long weekend
WEEK 5	Saturday 8 th June
WEEK 6	Saturday 15 th June
WEEK 7	Saturday 22 nd June
WEEK 8	Saturday 29 th June (presentations afterwards)

- Each new participant will receive a participant pack sent directly to the participant upon registration.
- The participants will learn the fundamental motor skills including balance, running, jumping, catching and throwing through a variety of netball related dance, games and activities.
- They will also learn important social skills, including cooperation and respect for others and have an opportunity to participate with their friends.
- They need to bring a water bottle, a hat, and wear appropriate footwear.

Online registrations only

<https://netball.sportsworld.com.au/common/pages/reg/welcome.aspx?type=6&prodid=80459&id=46057&entirety=39873>

Registrations Close Friday 25th May 2018

Limited places available

For more information please contact

Rev Gallagher
Development Officer - Southern Districts Netball Assoc.
9451 3377
development@sdna.com.au



A DAY IN THE LIFE OF A NETBALLER

The Athlete's Foot

NET FIT

NETFIT CLINICS LANGFORD

DATE: FRIDAY 26TH APRIL
TIME: 9:00AM - 3:00PM
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