

Newsletter



Respect
Perseverance
Success
An Independent Public School

Issue: No 3

6th March 2019

DATES TO REMEMBER

6 th March	School Board Meeting @ 4.30pm	19 th & 21 st March	School Photos
7 th March	Certificates of Excellence Morning Tea @ 10am	19 th March	P&C Meeting @ 7pm
11 th – 13 th March	Year 6 Camp	20 th March	Next Newsletter

School Board Nominations

Nominations for the 2019/20 School Board will appear in the next newsletter. There will be three 2 year and one 1 year positions advertised for community members. Details of the nomination process will be in the next newsletter.

School Board positions run from April to April. This allows a current School Board to endorse the Annual Report of the previous year with a good knowledge of the school and its performance. School Annual Reports are required by the end of Term 1 of each year.

Prior to nominating for a position on the School Board, parents are encouraged to speak with current School Board members or to check the Department of Education website where there is detailed information regarding the roles and responsibilities of Board members. 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.

Year 6 Camp

The countdown is on for next week's Year 6 camp at Forest Edge in Waroona. We thank the teachers of these classes (Miss Wylie, Mrs Nadesan and Mrs Gopi) as well as others who will be attending (Mr Hackett, Mr Hart, Mrs Guppy and Mrs McCausland) By giving their time, staff allow these camps to continue each year and we very much appreciate that commitment. Camp is certainly a highlight of the year and a great deal of organisation, preparation and time has gone into making the experience so memorable for our students. We hope they enjoy every moment and leave having met some challenges and made many lasting memories.

Before School Routine – a reminder

Thank you to those students and families who are assisting us to establish our morning routines.

A reminder to everyone that **all** students who arrive at school prior to 8.30am are required to go straight to the Undercover Area.

Those students who come into the school close to 8.30am and go to their classroom with their parents are reminded that they must stay with their parents who will supervise them as no teachers are on duty other than in the Undercover Area at this time. There will be no playing on equipment or running around playing games in the playground for the same reason.

All students who are not with their parents should be in the Undercover Area. These students are released to their classrooms at 8.30am.

It is best that arrival time is as close to 8.30am as possible when classrooms will be opened for students to enter and organise their belongings in preparation for the day.



SCHOOL PHOTOS
Tuesday, 19th March
&
Thursday, 21st March



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

Advanced notice – an invitation to attend our Anzac Day Ceremony last day of this term – Friday, 12th April

This year we will be conducting our Anzac Day Ceremony at 9.45am on Friday, 12th April which is the last Friday of Term 1. Anzac Day is a public holiday on 25th April, however, it is more appropriate to have our ceremony prior to the event, rather than after, and rehearsals can be better accommodated in the last week of this term.

All parents are welcome to attend and a special invitation is extended to other family members or veterans who may wish to join us. Seating will be available.

A guest speaker will be delivering the Anzac Address and, as usual, our Student Councillors will be conducting the ceremony. Children from each class will be selected to lay wreaths.

As in previous years, we will be collecting flowers and greenery for making wreaths on the morning of the ceremony. **Parents who would like to volunteer to assist with wreath making for each class are asked to advise class teachers.** We have had a wonderful group of parents who have made some beautiful wreaths in past years. Wreath making will be in the alcove activity area at the rear of Enterprise Block from 8.00am prior to the ceremony. **To those parents who are able to send flowers and/or greenery, we would be most grateful as we anticipate making a wreath for each class as well as special guests.**

Bronwyn Tester, Principal

School Photos – a reminder

SCHOOL PHOTO DAY IS COMING!

Dear Parents,

Our school photo days are Tuesday, 19th and Thursday, 21st March. Approximately two weeks prior to the photo day every student will receive a Kapture Photography order envelope to bring home. The recommended method of ordering your photos is online through Kapture's website as your payment is secure and can be easily verified at any time. If you pay online, there is no need to return the order envelope to school.

Alternatively you can pay by cash and return the provided envelope to the school on the photography day. Please note the photographers cannot open sealed envelopes and cannot provide change.

SIBLING ORDERS CAN ONLY BE PLACED ONLINE: *Late requests cannot be granted.*

You have the option to order a sibling photo package online, however please note **sibling orders will close in most instances @midday sharp at least one business day before the first photo date.** We suggest you place your online sibling order as soon as you receive your order envelope with your order instructions.

Log on to kapture.com.au for your sibling photo order cut-off date and time.

Late payment envelopes cannot be accepted by the school office or by Kapture. You can place an order online for class or individual photographs at any time for the remainder of the current school year however a \$15 fee will apply if you order more than 10 days after photography.

If your child is in a sports or special group photo, you can use the same school code on your order envelope to view and order these photos on Kapture's website, around the time that school photos are ready to be delivered. Please note; Class group, individual and sibling portraits are not available to view online.

Kapture offer a money back guarantee for any parent who is not fully satisfied with their photo package. Should you have any queries before or after photo day, please direct them to the Kapture office on 9240 1714 or email enquiries@kapture.com.au.

Belinda Baldey, Deputy Principal



THE MOON & ITS NEIGHBOURS

11th – Waxing crescent moon near Mars from sunset until 9pm

13th – Wide waxing crescent moon close to Aldebaran (alpha star of Taurus) from sunset until 10:30pm

WAXING – INCREASING, TOWARDS A FULL MOON (21st March)



ISS WATCH

These are the best opportunities to see the space station in our skies during the evenings over the next fortnight:

		BEGINS	ENDS
Sat 9 th March		7:58pm in SW	8:02pm in E
Mon 11 th March		7:52pm in WSW	7:57pm in N
Tues 12 th March		7:01pm in SW	7:08pm in E



DISTANCES IN THE NIGHT SKY ARE DECEIVING

The ISS will appear to pass near Mars and the Moon just after 7:45pm on Wednesday evening, 13th March. Although seemingly near each other, the space station will be far closer to Earth than it is to Mars or the Moon.

With no reference points, the distances of objects in the night sky are difficult to perceive. The space station will actually be travelling relatively close to us – about 600km away – and the moon about 380,000km beyond. At this particular time, Mars is gradually dimming as we move away from it and will be about 280 million km from Earth.

Look just above the Moon and you may see a star. This is Aldebaran, the alpha or main star in the constellation of Taurus. It is much further away (67 light years) but is still visible to us because of its immense size. Aldebaran is an orange giant and around 44 times the diameter of our Sun. In 1972, the space probe *Pioneer 10* was launched and after investigating Jupiter and its moons began a journey into deep space in the general direction of Taurus. Although no signal has been possible since 2003, the probe's current course should get it to Aldebaran in about 2 million years!



The expected trajectory of the ISS will take it through the same part of the night sky shared by Mars, the Moon and Aldebaran (α Tauri) on the evening of Wednesday 13th March 2019.



ASTROFEST 2019 IS ON & IT'S FREE

The annual celebration of astronomy and science is on again at Curtin University from 5:30pm to 9:30pm on Saturday evening, 16th March. For more details, go to the Astrofest webpage to find out about events, exhibitions, activities and locations.

<http://www.astronomywa.net.au/astrofest.html>



Dave Hackett, Science Specialist



Get Ready for Ranford's Ride2School

Our annual Ride2School event is happening on Friday, 22nd March 2019. So, check your bike is ready to ride, and grab your helmet. We would love as many students (and families) to ride to school on that Friday as possible. Why don't you see if you and your family can ride to school regularly – it's good for your body and the environment!

From the Health Committee

From the School Nurse

Head lice

Head lice are tiny insect parasites that live on your head and feed on your scalp. Head lice are spread by head-to-head contact with another person who has head lice. This kind of contact includes doing group work, playing, or hugging.

Tips for preventing head lice

- **Check your child's hair regularly** for head lice and eggs ('nits'). Use a metal fine tooth 'nit' comb and plenty of hair conditioner applied to the dry hair, to make the task easier and more effective. To help children sit still for this, offer distracting activities, e.g. play a favourite video, provide games, iPad apps, offer a head massage.
- **Tie long hair back.** Braid long hair and/or put it up if possible.
- **Consider applying hair gel or mousse.** These do not prevent or repel lice but may help to keep stray hair strands from contact with other heads.
- **Avoid sharing combs or brushes.**
- **Remind your child to avoid head-to-head contact** with other children, e.g. when working at the computer with others, or when playing, or hugging.

If your child has head lice please notify the teacher.

For more information: Request the Head lice Fact Sheet available from the school
Visit: http://healthywa.wa.gov.au/Articles/F_I/Head-lice

P&C News

Hi Ranford Community,

Welcome to the 2019 school year at Ranford Primary! It's hard to believe that Term 1 is already well underway. On the 19th February, 2019 we held a well-attended Ranford Primary P&C AGM. It was great to see many members from previous years – as well as a few new members.

Please join me in thanking all those who volunteered and dedicated their time to serve on our P&C in 2018, and to welcome all those who will be serving our community in 2019.

We are looking forward to partnering with Ranford Primary School management, teachers and staff in adding value to our children's learning environment in 2019.

Warm Regards
Peter Edalere
P&C President

Canteen Menu

CANTEEN OPENING HOURS:
8am on Wednesday, Thursday and Friday
Please present lunch orders to the canteen before 8.45am



Please make sure you write your full name and class-room number on the lunch bag. Please try to use correct change or small notes (no \$50 notes please)

Brown lunch bags are available at the canteen and cost 5c per bag. For your convenience, you can purchase a pack of 20 white lunch bags to complete at for \$1.

Our canteen follows the food safe program which is nationally recognised. We DO NOT use any nut products. However, please note that some items come with a warning that some nuts or seeds maybe present. Most stock is ordered pre-cooked and pre-packaged.

ENSURE ALL STUDENT ALLERGIES ARE LISTED ON THE LUNCH ORDER.

VOLUNTEERS

Volunteers are always needed and very welcome. If you would like to help, please either ask at the canteen to put your name on the roster or phone the contact details listed.

ALL PROFITS FROM THE CANTEEN SUPPORT OUR P&C

RANFORD PRIMARY SCHOOL CANTEEN MENU

Open Wednesday,
Thursday & Friday
8.00am-12.30pm



SCHOOL LUNCH Menus

ALL ORDERS TO BE PLACED ONLINE BEFORE 8.45am
www.quickcliq.com.au

Canteen Traffic Light System

These foods are encouraged

Foods should be selected carefully and eaten in moderation

Foods are off the menu and will not be available at our school

CONTACT: JULIE LEIPOLD
SCHOOL OFFICE: 9456 5255

Our menu meets with the government requirements for school canteens

LUNCH SPECIALS

Wednesday

Hotdog Rolls plus cup of fruit salad \$5.00

Thursday

Good eating cruiser lite pie \$3.50
 Good eating party pie (max 3) \$1.00 ea
 Good eating sausage roll \$3.00
 Good eating potato pie \$3.50

Friday

Dino Wrap with salad \$5.00
(3 chicken dinosaurs) plus cup of fruit salad

LUNCH

Hot Items : available everyday

Spaghetti Bolognese twirls \$5.00
 Vegetarian Fried Rice (GF,V Gluten Free) \$5.00
 Beef Lasagne \$5.00
 Chicken Lasagne \$5.00
 Macaroni Cheese (V) \$5.00
 Fried Rice (GF) \$5.00
 Teriyaki Chicken & Rice \$5.00
 Teriyaki Chicken & Noodles \$5.00
 Hot Chicken Roll - with Mayo (whole) \$4.50
 Hot Chicken Roll - with Mayo (half) \$2.50
 Hot Hambo Roll - Ham & Cheese \$4.50

Toasted Focaccia
 Ham, Cheese & Tomato \$5.00
 Chicken, Cheese & Avocado \$5.00

Pizza - Cheese \$4.00
 Pizza - Bacon & Cheese \$5.00
 Pizza - Hawaiian \$5.00
 Pizza - BBQ Chicken \$5.00
 Pizza - Vegetarian (V) \$5.00



SANDWICHES/TOASTED (Wholemeal only)

Cheese \$4.00
 Chicken & Cheese \$4.00
 Ham & Cheese \$4.00
 Tuna \$3.50
 Egg \$3.50
 Curried Egg \$3.50
 Vegemite \$2.00

ADDITIONS

Mayonnaise 50¢
 Capsicum 50¢
 Cheese 50¢
 Egg \$1.00
 Lettuce, Tomato, Carrot, Cucumber \$1.00

WRAPS WITH SALAD

Cheese \$4.00
 Chicken \$5.00
 Ham \$5.00
 Tuna \$5.00

SALAD BOX

Garden Salad with \$5.00
 Chicken \$5.00
 Ham \$5.00
 Tuna \$5.00
 Egg \$5.00
Includes slice of buttered Bread

Sandwich

Cheese \$4.00
 Bacon & Cheese \$4.00
 BBQ Chicken & Cheese \$4.00
 Yogo \$3.50
 Flavoured Yoghurt \$3.50
 RECESS - THURSDAY ONLY \$3.50
 Dinosnack (maximum 5 per child) \$2.00

RECESS SNACKS

Cheese \$1.50
 Bacon & Cheese \$1.50
 BBQ Chicken & Cheese \$1.50
 Yogo \$2.00
 Flavoured Yoghurt \$2.00

RECESS - THURSDAY ONLY

Dinosnack (maximum 5 per child) \$0.50 ea

LUNCH SNACKS

Snow Cones (Choc, Strawberry, Banana) \$2.00
 Apples - red & green \$1.00
 Fruit Salad \$1.00
 Fruit Jelly (when available) \$1.00




DRINKS - RECESS/LUNCH

Choc Milk - 300ml \$2.00
 Strawberry Milk - 300ml \$2.00
 Banana Milk - 300ml \$2.00
 Plain Milk - 300ml \$2.00
 UP & GO: Choc, Vanilla or Strawberry \$2.00
 Orange Juice 250ml \$2.00
 Apple Juice 250ml \$2.00
 Apple/Blackcurrant Juice 250ml \$2.00
 Tropical Juice 250ml \$2.00
 Water - 600ml \$2.00



ALL ORDERS TO BE PLACED ONLINE www.quickcliq.com.au before 8.45am

**** PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE**



2020 Year 7 Enrolments

Canning Vale College Prospective Year 7 2020 Information Night

Tue 19 March


Learn more about secondary schooling, the enrolment process & CVC specialist programs. Please book your attendance via:
<https://www.trybooking.com/BAVRG>

- School Tour running from 5pm
- Information Session commences at 6pm

Tuesday 19th March 2019
Canning Vale College (Dumbarton Rd Entry)

2020 Enrolment Packs will be distributed to all students via their Year 6 teacher.

26 Dumbarton Road, Canning Vale WA 6155 T: 9334 9000
cvc.wa.edu.au



Do you have a particular interest in Visual Art?

Year 6 Art Workshop


Thursday
21st March

Join us for this
FREE event

3.15 - 4.45pm

Canning Vale College
Arts Department

Bookings via [trybooking.com/BBBWx](https://www.trybooking.com/BBBWx)





FIRST TAE KWON DO

Traditional Standards - Progressive Attitude - Comprehensive Philosophy
20 Conveniently located Perth training centres



CHILDREN (6 – 12 years)



TEENAGERS (13 – 19 years)



ADULTS (20 years & over)

First TKD is a traditional, non-competitive, martial art which provides practical self-defence training for children (6 years+), adolescents and adults. Our training focuses on both the physical and mental development of our students as well as being realistically prepared for self-defence situations.

We invite prospective members to come along to a class to see what our training is like and to take a free, no-obligation introductory class at any of our 20 Perth metro training centres.

First TKD training has many benefits, which go beyond just empowering its students with a superior set of self-defence skills. Additional skills that can be developed through dedicated practice under the supervision of an appointed First TKD instructor include:

Increased **Fitness & Good Health**

Advanced **Flexibility**

Greater **Strength**

Developed **Co-ordination**

Superior **Balance**

Improved **Concentration & Mental Focus**

Greater **Self-Discipline**

Boosted **Self-Confidence**

Better **Manners / Social Etiquette**

Enhanced **Threat Assessment**

Goal Setting and **Achievement Strategies**

First Tae Kwon Do Canning Vale Centre

Ranford Pri School Assembly Hall
Tuesday & Thursday
Children Class: 5.30pm - 6.30pm
Adult Class: 6.30pm - 7.30pm
M: 0411 520 526

PLEASE CONTACT US TO BOOK YOUR FREE TRIAL LESSON

P: (08) 9275 7878 **E:** info@firsttkd.com **W:** www.firsttkd.com



Family Fee Discounts, No-Obligation Trial Lesson, No Contracts