



# ALINJARRA PRIMARY SCHOOL

33 Northumberland Avenue  
Alexander Heights WA 6064  
Phone 9342 3388 / Fax 9247 3263  
[www.alinjarraps.wa.edu.au](http://www.alinjarraps.wa.edu.au)  
Absentee sms 0409 682921

## FRIENDSHIP

No 15—19th September 2017

Dear Parents and Caregivers

A huge thank you to our community for their support during this busy term. School finishes on Friday 22nd and Term 4 commences for students on Tuesday 10th October.

We are very proud of the students who competed in the interschool carnival against the local primary schools. Well done to all who took part and thank you to Mrs Campbell and Mr Rowe who trained the teams.

We ask that sick children please be kept at home. We do understand that some parents have to work but we do not have the facilities to look after children who are ill. We are working to minimise the spread of coughs, colds and upset stomachs by children staying home when they are feeling unwell. We really appreciate the support of parents in this matter.

**Just another reminder to parents and caregivers that the front car park is not for dropping off or picking up of students, please use the KISS and DRIVE facility.**

I would like to welcome the new P&C executive and sincerely thank the outgoing parents for their hard work and support during their time. A huge thank you to the outgoing executive Mrs Nicole Denton, Ms Dianne Dixon and Mrs Kelly Fair who have all played an enormous role in the P&C over the last several years. Your commitment to our school has been much appreciated.

I welcome the following incoming committee:

President: Mrs Rebecca Lyle  
Vice President: Mrs Lindsey Johnson  
Secretary: Mrs Danielle Symons

Unfortunately we do not at this stage have a treasurer.

The role of treasurer is vital to the existence of the P&C. WACSSO have advised the P&C that we must find a person to act in the role within six weeks otherwise the P&C must fold. That would be horrid for our students. Essentially it would mean that the canteen would close, uniforms would have to be sourced elsewhere, other services including school banking, special meal days, discos, our Christmas carols night, Fathers and Mothers day stalls would not be on the school calendar.

If you are considering taking on the role, please have a chat to either myself or one of the above executive members, who can give you details. If you have MYOB experience that would be a benefit but it is not necessary.

I urge our community to consider taking up the role, it is a rewarding experience and the P&C is a valued part of our school.

Wishing all a restful and safe break over the holiday period, recharge the batteries to get ready for a very busy term four.

*Mrs Lesley Meyers*  
Principal

**CHILDREN MUST NOT ARRIVE AT SCHOOL PRIOR TO 8.25 AM**

*Congratulations to the following children who received Merit Awards at the assembly on Thursday 7th September:*

*Joshua from Kindy 2*

*Ayah from EC1*

*Liam from EC3*

*Jonathan from EC3*

*Scarlett from Room 1*

*Alexander from Room 1*

*Leshai from Room 2*

*Tobias from Room 3*

*Emaan from Room 5*

*Malaak from Room 6*

*Audrey from Room 7*

*Lani from Room 8*

*Jenny from Room 9*

*Sophie from Room 12*

*Harry from Room 13*

*Clinton from Room 15*

*Emma from Room 17*

*Andy from Room 18*

*Kyran from Room 13 for Italian*

*Ethan from Room 6 for ICT*

*Mozghan from Room 6 for Phys Ed*

*Max from Room 2 for Phys Ed*

*Kaylee from Room 7 for Science*

*Isabel from Room 15 for Science*



### **School Holidays Emergency Dental Care**

**During the School holidays the Dental Therapy Clinic at Roseworth Primary School will be closed.**



**In case of a dental emergency please contact Tuart Hill Dental Therapy Clinic 9344 1585.**

# FREE, FUN KIDS PROGRAM



Join your next FREE local program at Herb Graham Recreation Centre

**DO YOU HAVE KIDS 7-13 YEARS OLD? ARE YOU WORRIED ABOUT THEIR WEIGHT?**

The Better Health Program is a fun, interactive 10 week healthy lifestyle program for families. In a supportive and friendly environment, children become fitter, healthier and happier.

**PLACES ARE LIMITED! FIND OUT MORE OR REGISTER NOW FOR TERM 4 2017:**



Call us: 1300 822 953

Text us: 0409 745 645

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

Starts: October 12<sup>th</sup>, 2017

Day: Thursday

Time: 4-6pm



GOVERNMENT OF  
WESTERN AUSTRALIA

PARTNER

betterhealthprogram  
HEALTHY. ACTIVE. HAPPY. STRONG.

# FREE, FUN KIDS PROGRAM



Join your next FREE local program at HBF Arena Joondalup

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HEALTHY. ACTIVE. HAPPY. STRONG.



# betterhealthprogram

healthy active happy kids

## Evidence based obesity treatment program for children and families

The Better Health Program is a multi component healthy lifestyle program for overweight and obese children aged 7-13 years and their families. It is funded by the WA Department of Health and is FREE for families to attend in the Perth metropolitan area.

The Better Health Program meets all current Australian guidelines, including the NHMRC recommendations for the Management of Overweight and Obesity in Children.

Interactive sessions, combined with custom designed resources, support children and families to adopt healthy lifestyle behaviours around food and physical activity, to make informed food choices and learn essential health skills. Our approach encourages children and their families to become fitter, healthier and happier as they have fun, meet new friends and learn new skills to establish and maintain healthier lifestyles. The program runs for 10 weeks, with a 2-hour session each week.

### EVIDENCE BASE AND OUTCOMES

The Better Health Program was designed by specialist dietitians and psychologists and has been researched extensively. A successful RCT was completed and published, (Obesity, Vol 18, Supp 2, Feb 2010) showing statistically significant improvements at 6 months including:



### Program Structure

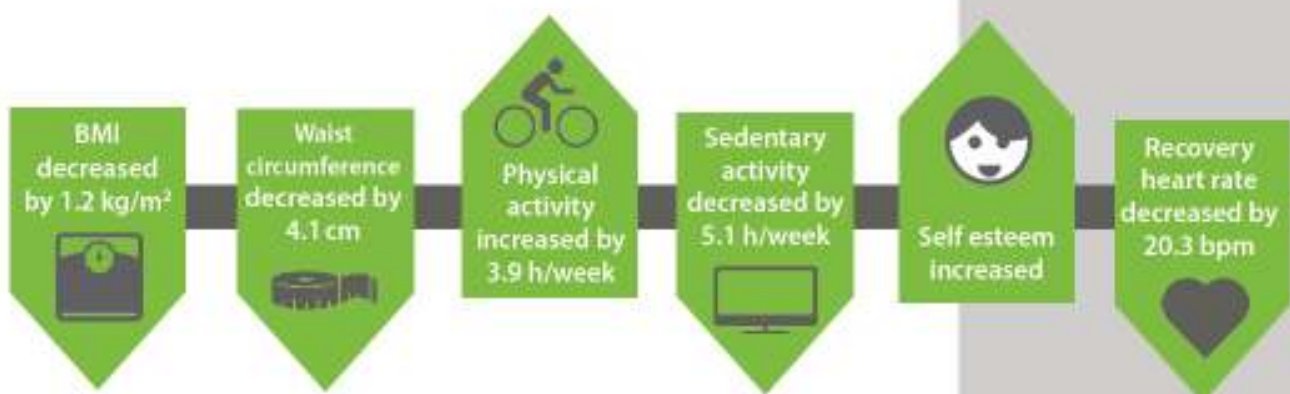
#### 1st hour

**Children and parents** participate together in fun theory activities alternating between nutrition and behaviour change

#### 2nd hour

**Parents** participate in a facilitated discussion with the theory leader

**Children** participate in a fun land or water physical activity session with the physical activity leader



## PROGRAM DELIVERY

### Program Leaders:

The Better Health Program is delivered by local health professionals who have completed Better Health Program training.

### Program Delivery Pack:

A standardised resource pack is provided as part of each program and provides all teaching aids, equipment and resources for leaders to effectively deliver the Better Health Program. This helps to ensure the delivery of the program is standardised and of a high standard.

### Participant Resources:

Each participant of the program receives a full set of resources to assist their learning and behaviour change during and after the program.

### Registrations:

#### Families



Call: 1300 822 953



Text: 0409 745 645



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



Message: Better Health Company

#### Health professional referral



Email: [programs@betterhealthcompany.org](mailto:programs@betterhealthcompany.org)



Fax: 1300 325 301

## PROGRAM OUTLINE

	Parents and children attend together	Parents attend while children are in physical activity
Week 1	Welcome and measurements	
Week 2	Fitter, healthier, happier	Goals and rewards
Week 3	Goals and rewards	Be a moving and grooving family
Week 4	Refined vs unrefined	External triggers
Week 5	Fats and sugars	Internal triggers
Week 6	Label reading	Supermarket tour
Week 7	Ready, steady, eat	Bullying
Week 8	Survival guides	Modelling + sleep and routines
Week 9	Healthionaire!	Problem solving
Week 10	Measurements Graduation and group reward!	



ph: 1300 822 953  
wt: [betterhealthcompany.org](http://betterhealthcompany.org)  
e: [info@betterhealthcompany.org](mailto:info@betterhealthcompany.org)





Government of Western Australia  
Department of Health  
Child and Adolescent Health Service



## FREE POSITIVE PARENTING PROGRAM

You are invited to attend a Group Triple P - Positive Parenting course. Triple P teaches positive, practical and effective ways to manage common issues which most parents will face.

Parents will learn effective parenting strategies such as ways to encourage behaviour you like, how to promote your child's development and how to prevent or manage common child behaviour problems.

The next **FREE** 7 week Group is held:

**When:** Starting 19<sup>th</sup> October 2017  
**Location:** Joondalup  
**RSVP:** Bookings are essential and places are limited.



**Register via:** <https://www.trybooking.com/SBJM>  
or call 9400 9551 for more information.

To find other available programs visit our website  
[www.healthywa.wa.gov.au/Triple\\_P](http://www.healthywa.wa.gov.au/Triple_P)



Government of Western Australia  
Department of Health  
Child and Adolescent Health Service



## FREE PARENTING SEMINARS

You are invited to attend the Triple P Seminar Series. You will learn practical, positive and effective ways to deal with common behavioural problems and ways to help your child achieve their best at school and in the future.

Parents are encouraged to attend all 3 seminars:

1. *Children's behaviour – the tough part of parenting*
2. *Raising confident children*
3. *Raising emotionally resilient children*

The next **FREE** 3 week Series is held:

**When:** Term 4 2017  
**Location:** Warwick  
**RSVP:** Bookings are essential and places are limited.



**Please register via:** <https://www.trybooking.com/SBIQ>  
or phone 9400 9551 for more information.

To find other available programs visit our website  
[www.healthywa.wa.gov.au/Triple\\_P](http://www.healthywa.wa.gov.au/Triple_P)



CITY OF WANNEROO  
KINGSWAY INDOOR STADIUM

# JUNIOR CLINICS & HOLIDAY PROGRAMS

OCTOBER - DECEMBER 2017



10% OFF

Early Bird and Term Pass Family discounts available. See reverse for details.

## GENERAL INFORMATION

- Term pass - \$90 for 10 weeks. Some terms will be shorter in length, therefore the cost will be reduced accordingly. (Only \$9 per week and secures your child's spot)
- Casual entry - only available for first time attendance each term at \$10.50 per session, term pass must be purchased after first casual attendance.
- Early bird discount - purchase a term pass by Sunday 15 October 2017 and receive 10% off.
- Family discount - 10% off available for registering 2 or more children from the same family (siblings only). This applies only when registering children at the same time (does not apply for a child registered in two or more clinics) This offer can be used in conjunction with the early bird discount provided it is paid prior to the end date of Sunday 15 October 2017.
- Clinics frequently fill up so we strongly encourage casuals to arrive 15 minutes early. Term passes are available subject to availability. Purchasing a term pass will guarantee your child placement in a clinic.
- Registrations open 28 days prior to commencement of first clinic/program.
- Registrations available online [wanneroo.wa.gov.au/kingswayindoorstadium](http://wanneroo.wa.gov.au/kingswayindoorstadium) Payments can be made over the phone on 9408 1920 or at the stadium.

## PLEASE NOTE

- A minimum number of children is required to run the clinic depending on the clinic type. In some cases this cannot be determined until the day of the clinic.
- Programs do not run on public holidays.



Registrations available online  
[wanneroo.wa.gov.au/kingswayindoorstadium](http://wanneroo.wa.gov.au/kingswayindoorstadium)

Payments can be made over the phone on 9408 1920 or at the stadium

## CITY OF WANNEROO KINGSWAY INDOOR STADIUM

130 Kingsway, Madeley 6065  
T 9408 1920 F 9408 0435  
E [kingswayindoorstadium@wanneroo.wa.gov.au](mailto:kingswayindoorstadium@wanneroo.wa.gov.au)

Monday to Thursday 8.30am-10pm  
Friday 8.30am-9pm  
Weekends and selected public holidays 9am-5pm



## SCHOOL TERM 4 JUNIOR CLINICS

SCHOOL TERM 4 JUNIOR CLINICS	Day	Time	Start Date
Kindy Sports / Gym Combo (2-5yrs)	Mon	9.30-10.30am	09/10/2017
Hip Hop / Cheerleading Combo (8-12yrs)	Mon	4.00-5.30pm	09/10/2017
Beginners Basketball Clinic (5-8yrs)	Mon	3.45-4.45pm	09/10/2017
Juniors Basketball Clinic (9-12yrs)	Mon	4.45-5.45pm	09/10/2017
Tots Soccer (2-4yrs)	Tues	9.30-10.15am	10/10/2017
Tennis (5-8yrs)	Tues	3.45-4.45pm	10/10/2017
Tennis (9-12yrs)	Tues	4.45-5.45pm	10/10/2017
Beginners Netball Clinic (5-8yrs)	Tues	4.00-4.45pm	10/10/2017
Intermediate Netball Clinic (9-12yrs)	Tues	4.45-5.45pm	10/10/2017
Junior AFL Clinic (6-10yrs)	Tues	4.30-5.30pm	10/10/2017
Tots Tennis Session 1 (3-5yrs)	Wed	9.00-9.45am	11/10/2017
Tots Tennis Session 2 (3-5yrs)	Wed	10.00-10.45am	11/10/2017
Fun n Games Soccer Clinic (5-8yrs)	Wed	4.00-5.00pm	11/10/2017
Future Stars Soccer Skills Clinic (9-12yrs)	Wed	5.00-6.00pm	11/10/2017
Beginners Basketball Clinic (5-8yrs)	Thurs	4.00-5.00pm	12/10/2017
Juniors Basketball Clinic (9-12yrs)	Thurs	5.00-6.00pm	12/10/2017
Tots Soccer (2-4yrs)	Thurs	3.45-4.30pm	11/10/2017
Fun n Games Soccer Clinic (5-8yrs)	Thurs	4.30-5.30pm	12/10/2017
Kindy Sports / Gym Combo (2-5yrs)	Friday	9.30-10.30am	13/10/2017
Tennis (5-8yrs)	Friday	3.45-4.45pm	13/10/2017
Tennis (9-12yrs)	Friday	4.45-5.45pm	13/10/2017
Dance Combo Beginners (4-7yrs)	Friday	4.00-4.45pm	13/10/2017
Dance Combo Juniors (8-12yrs)	Friday	4.45-5.45pm	13/10/2017
Floorball (5-8yrs)	Friday	4.00-5.00pm	13/10/2017
Floorball (9-12yrs)	Friday	5.00-6.00pm	13/10/2017
Hip Hop / Cheerleading Combo (8-12yrs)	Saturday	11.00-12.30pm	14/10/2017

Programs are subject to change / cancellation.

Casual Entry - \$10.50\* per session

Term Passes \$90\* for 10 weeks

\*Only available for first time attendance. Term pass must be purchased thereafter. See reverse for all general information.

## October School Holiday Program Timetable AGES 5½ - 12 YEARS

Program Title	Date	Time	Cost*
<b>WEEK 1</b>			
Soccer Camp 1	Tues 26 to Wed 27 Sept	9.00-4.00pm	\$119
Dance Combo Class 1 (6-8yrs)	Wednesday 27 September	9.30-11.00am	\$18
Cheerleading Camp 1 (8-12yrs)	Wednesday 27 September	11.15-12.45pm	\$18
AFL Camp	Thursday 28 September	9.00-12pm	\$25.50
Netball Camp	Thurs 28 to Fri 29 Sept	1.00-4.00pm	\$51
Tennis Camp 1 (5-8yrs)	Friday 29 September	9.00-10.30am	\$18
Tennis Camp 1 (9-12yrs)	Friday 29 September	10.45-12.15pm	\$18
<b>WEEK 2</b>			
Multisports	Monday 2 to Tuesday 3 Oct	9.00-12pm	\$51
Basketball Camp	Monday 2 to Tuesday 3 Oct	1.00-4.00pm	\$51
Dance Combo Class 2 (6-8yrs)	Wednesday 4 October	9.30-11.00am	\$18
Cheerleading Camp 2 (8-12yrs)	Wednesday 4 October	11.15-12.45pm	\$18
Tennis Camp 2 (5-8yrs)	Wednesday 4 October	9.00-10.30am	\$18
Tennis Camp 2 (9-12yrs)	Wednesday 4 October	10.45-12.15pm	\$18
Soccer Camp 2	Thursday 5 to Friday 6 Oct	1.00-4.00pm	\$51
Tennis Camp 3 (5-8yrs)	Friday 6 October	9.00-10.30am	\$18
Tennis Camp 3 (9-12yrs)	Friday 6 October	10.45-12.15pm	\$18

\*PAYMENT COVERS FULL PROGRAM.

## WHAT TO BRING

Packed lunch, snacks, drink bottle and wear closed-in shoes (No AFL or soccer boots)  
SIGN-IN OPENS 15 MINUTES BEFORE EACH CLINIC  
Bookings are essential as places are limited (see maximum numbers)  
For descriptions and to register online, please visit [wanneroo.wa.gov.au/kingswayschoolholidayprograms](http://wanneroo.wa.gov.au/kingswayschoolholidayprograms)  
You may also register in person at the stadium.  
Please note that both the registration form and payment must be received in order to register your child's place.



Programs are subject to change / cancellation.





# ALINJARRA PRIMARY SCHOOL

## TERM 4, 2017 PLANNER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	9 <sup>th</sup> October School Development Day – Students do not attend	10 <sup>th</sup> October  Students return to school	11 <sup>th</sup> October	12 <sup>th</sup> October	13 <sup>th</sup> October
2	16 <sup>th</sup> October	17 <sup>th</sup> October	18 <sup>th</sup> October	19 <sup>th</sup> October  Assembly Rms 8&9 Education Week	20 <sup>th</sup> October  Bali Lap-a-thon
3	23 <sup>rd</sup> October	24 <sup>th</sup> October	25 <sup>th</sup> October  P&C Meeting 7pm	26 <sup>th</sup> October IMSS Primary Band Workshop at BCC	27 <sup>th</sup> October  P&C Halloween Disco
4	30 <sup>th</sup> October	31 <sup>st</sup> October	1 <sup>st</sup> November  Graduation Photos	2 <sup>nd</sup> November  Assembly EC1	3 <sup>rd</sup> November
5	6 <sup>th</sup> November  Swimming Yrs 1-6	7 <sup>th</sup> November	8 <sup>th</sup> November	9 <sup>th</sup> November	10 <sup>th</sup> November
6	13 <sup>th</sup> November  Swimming Yrs 1-6	14 <sup>th</sup> November	15 <sup>th</sup> November	16 <sup>th</sup> November	17 <sup>th</sup> November  Kindy Info Session
7	20 <sup>th</sup> November  Swimming PP	21 <sup>st</sup> November  Parent Helper Morning Tea	22 <sup>nd</sup> November	23 <sup>rd</sup> November  Assembly EC3	24 <sup>th</sup> November
8	27 <sup>th</sup> November  Swimming PP	28 <sup>th</sup> November	29 <sup>th</sup> November  P&C Meeting 7pm	30 <sup>th</sup> November	1 <sup>st</sup> December
9	4 <sup>th</sup> December	5 <sup>th</sup> December  Booklist Cash Collection Day	6 <sup>th</sup> December	7 <sup>th</sup> December  Tulku Drumming 11am - 1pm (Good Standing Reward)	8 <sup>th</sup> December  Yr 6 BCC Transition Day
10	11 <sup>th</sup> December  Yr 6 Graduation	12 <sup>th</sup> December  River Rangers Excursion to Rotto	13 <sup>th</sup> December  Final Assembly	14 <sup>th</sup> December  Last Day for students	15 <sup>th</sup> December School Development Day – Students do not attend