Dear Parents and Carers

Welcome back all students and staff to a very busy and exciting Term Two. This term we have scheduled the following: NAPLAN testing program next week in Week 3, the whole school dance program, a variety of assemblies and five interschool sport days. See the attached term planner for the relevant dates.

The Kindy and Pre-Primary students and staff enjoyed their first excursion to AQWA today. The students learnt about the ocean as part of the whole school theme of Environment. There are other planned incursions planned for students coming up in future weeks.

I would like to thank Mrs Willett and Mr Sullivan for their work supporting me as Deputy Principal while Mr Blackford is on leave.

We would like to take this opportunity to wish all Mothers at Poseidon Primary a very Happy Mother’s Day this Sunday May 11.

Thought of the Week

Whether you think you can or you think you can’t, you’re right!

You don’t need to join Facebook to see our page! Simply Google Search “Facebook Poseidon Primary School Heathridge” to find our regular posts about upcoming events and school news.
NAPLAN Testing

NAPLAN Testing will be conducted during Week 2 for all students in Years 3, 5 and 7. This can be a stressful time for some students, but I know that teachers have worked hard throughout Term One to prepare all students so that they will have the best chance of performing well in each of the five areas. Although the results only indicate how the students perform in a one off test, they do provide the school with some very useful information in regards to our areas of strength, as well as areas of improvement that we need to focus on in the future. Traditionally, our students have achieved excellent results when compared to other like schools across the state and country. Individual results will be sent home in Term Four.

This year we will also be testing all Year 2, 4 and 6 students to gather further information on their progress.

Whole School Dance Program

The whole school dance program commences on Tuesday May 20 and will continue for seven weeks, concluding with a Dance Final and lunch on Tuesday July 1.

Due to timetabling issues the dance timetable has been changed.

- 8:40am - 9:35am: Pre-Primary classes
- 9:40am - 10:35am: Year 4 and Year 5 classes
- 11:00am - 11:55am: Year 3 classes
- 12:00pm - 1:40pm: Year 1 and Year 2 classes
- 1:45pm - 2:40pm: Year 6 and Year 7 classes

Inter School Winter Sports

This term the Year 5, 6 and 7 students will be participating in an Interschool Winter Sports program which will operate over 6 weeks, from Friday May 23 until Friday June 27. Our students will be participating in 4 weeks of friendly practice matches and an afternoon Lightning Carnival on Friday June 27.

Sports will be played at the following venues:

- Football: Sail Terrace Reserve
- Hockey: Eddystone Primary School
- Netball: Belridge Senior High School
- Soccer: Heathridge Primary School

All students are to wear their school uniform and bring a drink bottle. They may also bring required equipment to school (shin pads, boots, mouth guards, etc). Students who need asthma medication are to make sure they bring it with them.

Each week Poseidon Primary staff work to allow the Winter Sports fixtures to take place (if at all possible). A final decision is made at 12 noon if weather may stop the matches being played. Please do not phone the office prior to 12 noon.

All games are played from 1.15pm to 2.30 pm with a staggered start.

Teams will be leaving school at 1:00 pm and returning at 3:00 pm.

Due to duty of care arrangements, ALL students will need to return to Poseidon Primary at the end of the day.
No Parking Zone

The fence alongside the Early Childhood Block is definitely a **NO PARKING ZONE**. Parents are reminded that fines apply to vehicles that cross the footpath to park on the verge. Cars that park on the verge create a potentially dangerous situation with pedestrians forced to leave the footpath and go on to the road to pass the vehicles.

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<tr>
<th>VERGE PARKING PROHIBITED</th>
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<td>Fines Apply</td>
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For the safety of your children, we ask parents NOT to use the Staff Carpark

Parenting Ideas

This edition’s article is called “The Power of the kitchen table” and will give you ideas of how to connect as a family during meal times.

P & C News

The next P & C Committee Meeting will be on Wednesday May 21 at 7:00pm in the Staffroom.

This dedicated and hard working group needs the support of more parents and families, and parents and carers are always welcome and encouraged to attend, share their ideas and provide input on decision making. The committee members are happy to chat to parents and carers who cannot attend about any ideas or feedback and are able to bring issues to the meeting for discussion.

Come along and find out more about how the P & C works and how you can become a part of it.

Family Movie Night

**Cat in the Hat**

**Saturday, May 24** in the Undercover Area

Buy your tickets from P&C Central every day before school

**Tickets $3 each**

**ONLY 200 TICKETS AVAILABLE**

**so get in quick!!**
School Banking

The Dollarmites have found sunken treasure from the Lost City of Savings and they want to share it with your students in the form of some amazing prizes.

Major student prize
One student will win an underwater family adventure holiday including:
- Five nights’ accommodation at the Sea World Resort & Water Park on the Gold Coast;
- VIP Passes for two adults and three kids to Sea World, Warner Bros. Movie World, and Wet’n’Wild Gold Coast;
- A Dolphin Family Aqua Adventure; and
- A $3,000 travel voucher to get them there.

Runner-up student prizes
- 130 Toys"R"Us Gift Cards to the value of $250 each.

Sunken treasure for schools and you
- There will be a separate draw of $1,000 cash for a school in each State/Territory of Australia.

Here’s how to win!
All your students need to do is make three or more deposits through School Banking during Term 2 and they’re automatically entered into the competition.

Canteen Volunteers Needed

The Canteen needs more volunteers! If you have a spare half hour during the day, we’d love to see you.

Our busy times are:

8:15am to 8:45am: Taking the kids' orders
10:40am to 11:00am: Serving recess
12:00pm to 12:20pm: Packing lunches
12:20pm to 1:00pm: Serving lunch

There are always lots of laughs, and we always have lots of coffee!!

😊 Bronwen, Claire & Sheree 😊
The 2014-2015 Entertainment Books make a perfect gift for mum! For only $65, she'll receive over $20,000 worth of valuable offers that can be used from now until 1 June 2015.

Available as a Traditional Entertainment Book OR the NEW Entertainment Digital Membership for up to four Apple or Android devices

Plus, 20% from every Entertainment Membership we sell contributes towards our fundraising. The more Entertainment Memberships we sell, the more we raise, so please tell your family and friends.

Follow the link to order https://www.entertainmentbook.com.au/orderbooks/8610t4 (Please remember to reference Poseidon Primary School when registering your 2014 | 2015 Entertainment Membership)

For more information, please contact Katie Newbury on 0417954689 or via email at katienewbury@outlook.com

Contact the P & C

If you are interested in finding out more about what the P & C is, what they do and how you can be a part of it, come along to one of our meetings on the third Wednesday of each month at 7:00pm in the staffroom. We are also on Facebook - simply search for Poseidon Primary School P&C and request to join our group. Or you can contact us via email at poseidonpandc@gmail.com.

Gaylene Bicheno, Peard Real Estate
Major Sponsor of the 2013 Spring Fair
The power of the kitchen table

“It’s no coincidence that those countries with strong food cultures also have strong families. When people eat together they talk. You can’t help but talk when your behind is anchored to a chair.”

The kitchen table is a parent’s best friend. It’s where conversations occur. It’s where thoughts are aired, compliments are given and food is shared.

If you want to get a window into a child’s world then you need to sit around the kitchen table with him or her.

When I was a kid mum always made sure there’d be some food on the table when I came home from school. As soon as I came through the back door I’d throw my school bag in my room and come and sit down at the kitchen table to eat.

Mum used to sit at the kitchen table and have a cuppa at the same time. She always did…. or it’s seems like she did. My most vivid memories are sitting around the kitchen table with her.

It’s no coincidence that those countries with strong food cultures also have strong families. When people eat together they talk. You can’t help but talk when your behind is anchored to a chair.

People attach emotions to locations.

People attach feelings to different places. I’d like to think my family links happy, joyous feelings to our kitchen table. After all we’ve had plenty of birthdays, Christmases, fantastic dinners, big breakfasts and countless other gatherings around our kitchen table.

The kitchen table anchors my now adult kids back to their childhoods and gives them a sense of belonging. That’s why the kitchen table is the first place they go to when they come home for a visit. They feel at home again.

On my trips to England I’ve noticed that the English don’t use the kitchen table like Aussies do. In fact, about a third of English homes don’t have a kitchen table at all. Many families eat in shifts and in front of the television.

English educators are concerned. They want their parents to talk to their kids more. They know when parents talk with their kids they enrich their vocabularies, and better still, influence their thinking.

They know that the kitchen table is a powerful ally in creating talk between the generations. That’s why they are encouraging people to sit at the kitchen table more.

The power of the kitchen table is immense. Don’t underestimate it or underuse it!

You can build kids’ confidence around it. You can build their character around it. You can build resilience too. Better still, you can build a family around the kitchen table and that’s quite a feat.

Making mealtimes memorable

1. **Turn your evening meal into a night out at home.** Once a week dust off the best knives and forks and set the table in style complete with serviettes and candlesticks. Try waiting on your family restaurant style and impress on kids that they can use their best manners.

2. **Serve from the table.** Turn a simple meal into a communal activity by putting serving plates on the table, and plating up from the kitchen table. Kids usually stay longer when food is served this way.

3. **Any excuse for a celebration.** Look for reasons to celebrate with a sit down meal where everyone is expected to join in. Birthdays, term break-up days or a great school report are worth recognizing in this way.
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