Dear Parents and Carers

Welcome back to Term Three and what is shaping up to being another busy and exciting term for the students and staff of our great school. Some of the events that have been scheduled for this term include: the Poseidon Spelling Competition, Interschool Cross Country, Faction and Interschool Athletics carnivals and the school photograph day.

School Development Day - Monday July 21
The staff had a very productive day on Monday. During the day the staff participated in a session on current Department of Education Human Resources policies. The staff also examined Year 2, 4 and 6 data from testing held in May and On-Entry data for current Pre-primary and Year One students. The afternoon session was devoted to Sustainability through re-using materials for Art tasks.

Thought of the Week
If you want something you’ve never had – you have to do something you’ve never done.

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.

Michael Wright
Principal
WA Education Awards 2014
Recognise Excellence in Your School

Students have the chance to turn the tables on staff at our school and award them with merit certificates as part of the 2014 WA Education Awards. The merit certificates are an opportunity for students and parents to recognise the work of school staff and let them know they value the work they are doing. Merit certificates are available for download on the awards website. Don’t miss this opportunity to celebrate what’s great about our fantastic school. The merit certificate is also available at the end of the newsletter for you to print and fill in.

Parents can nominate our school, teachers and staff for a WA Education Award. The awards are your opportunity to tell everyone what’s great about our school and the staff who work here. This year there are six award categories that apply to Poseidon Primary. Please click on the category to find out more:

- WA Premier’s Primary Teacher of the Year
- WA Primary School Leader of the Year
- WA Beginning Teacher of the Year
- WA Education Assistant of the Year
- WA School Services Staff Member of the Year
- WA Primary School of the Year

I would be more than happy to support anyone with the completion of a nomination for any of the awards. Please contact the Front Office for more information.

School Photo Day

School photo day will be held early in Term 3.

Kindy, Pre-Primary and Sibling Photos: Thursday August 7
Years 1 to 7 Photos: Friday August 8

You can now order your photo packages securely online through Kapture’s website. Alternatively, you can select the options you wish to purchase and return the envelope to the school on the photo day with cash or cheque payment included. Please note, credit payments can now only be made online for security purposes. If you have placed your order online please DO NOT return your envelope to school.

Any parent who forgets or is unable to supply their envelope on the photo day will have five business days to complete an online order. The Front Office cannot accept any late payment envelopes.

You also have the option to order a sibling photo package. Sibling photo packages can ONLY be ordered online. Siblings orders close @ 12:00pm Wednesday August 6.

Kapture offers 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.

All students will be photographed individually on photo day for school administration records. They will also be included in their class group photo, which is available for purchase to all families. Should there be any reason why your child should NOT be included in the photo shoot, please contact the Front Office.
Kindergarten & Pre Primary Enrolments 2015

Say Hello to Learning

Application and enrolment forms are now available from the office. See the table below to find out when your child can start school. Please don’t wait to enrol as places are filling fast.

<table>
<thead>
<tr>
<th>My child was born</th>
<th>My child can start Kindergarten</th>
<th>My child can start Pre-Primary</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 July 2010 to 30 June 2011</td>
<td>2015</td>
<td>2016</td>
</tr>
<tr>
<td>1 July 2011 to 30 June 2012</td>
<td>2016</td>
<td>2017</td>
</tr>
<tr>
<td>1 July 2012 to 30 June 2013</td>
<td>2017</td>
<td>2018</td>
</tr>
</tbody>
</table>

Library Volunteers Needed

The Library is in urgent need of some parent helpers to paint the Library Trolleys and the Book Display Shelf. If you can spare some time and would love to do some painting, please let Lydia in the Library know of your availability or alternatively you can leave your details at the front office.

Parenting Ideas

This week’s parenting ideas titled “Raising Space Cadets” is about **Stop, think, act**. Learning to stop and think before reacting is one of the most valuable life skills a child can develop.

P & C News

P & C Quiz Night

**Poseidon P&C Presents:**

**Let’s Get Quizdiculous!!**

**$12**

**Doors open 6.15pm**

**Starts 7pm prompt**

Saturday 23 August 2014

Beaumaris Community Centre

Constellation Drive

Ocean Reef
Join us on Saturday August 23 at Beaumaris Community Centre for the Poseidon P&C Quiz Night!!
Doors open @ 6:15pm, Quizdiculousness starts @ 7:00pm
LOADS of prizes, cash bar, BYO nibbles
Tickets only $12, tables of 8
There are only 30 tables, so grab your tickets from P&C Central NOW!!

Let’s Get Quizdiculous – How You Can Help

Apart from gathering some friends together to buy a table of tickets, Poseidon P&C are also seeking prizes and donations for this year’s Quiz Night. A silent auction and a raffle will be conducted during the night so if anyone is able to donate a prize then please let us know.

We already have some electrical goods donated by an electrical retailer who was closing down his business, Gaylene Bicheno from Peard Real Estate is sponsoring a round and providing a major prize, and Jan Norberger is also providing one of the major prizes.

Please have a think about what you might be able to contribute that will help the evening be another successful event. Bottles of wine, chocolates, electronics, craft items are all examples of what was donated to the Spring Fair silent auction. Don’t be concerned if the prize appears to be small, every bit helps and we can combine items to make up hampers.

If you are a business owner you may consider sponsoring a round at the Quiz Night which will promote your business to the local community. Sponsorship packages start from $200.

Remember the Quiz Night is this year’s major fundraiser and all profits benefit our students. The P&C has many exciting projects that are being undertaken and wants to support even more.

If you are able to provide any suitable prizes, please bring them to P&C Central as soon as you can. If you are interested in sponsorship, contact Yvonne Atkinson, P&C Fundraising Co-ordinator at trevoli@bigpond.com.au or 0419 184 572.

Uniform Shop News

STOCK CLEARANCE
All faction shirts are ON SALE!!
Only $10 each!!
Get ready for Faction Carnival and GRAB YOURS NOW!!

We also have a range of second hand items going out for only $5 each.

DON’T MISS OUT!!
UNIFORM SHOP OPENING HOURS
The P & C Central Uniform Shop is open Monday to Friday, 8:00am to 8:20am. We are happy to open in the afternoon by prior arrangement. Simply contact Debbie Ellis on 0408 083 312.

😊 Jodie & Debbie 😊

Canteen News

Term 3 Treat – Vanilla Billabong Icecreams $1
Available at Lunch

Restricted Diets
Every now and then, a student may forget their lunch, or their sandwich might accidentally get trodden on. The Canteen is happy to help out and make sure kids don’t go hungry, but if your child has a restricted diet, be it for health, religious or lifestyle reasons, we would like to know. Drop by and have a chat with us about your child’s diet to ensure we can provide safe, healthy food for them.

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 😊

Entertainment Book Will Soon Be GONE
ORDER YOUR ENTERTAINMENT BOOK NOW!!!!!
Available as a Traditional Entertainment Book OR the NEW Entertainment Digital Membership for up to four Apple or Android devices.

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)

All book payments or unwanted books need to be returned to either P&C Central or the Front Office ASAP. If you need more information about ordering or returning books, please contact Katie Newbury on 0417954689 or via email at katienewbury@outlook.com

Contact the P & C

Next P&C Meeting: Wednesday August 20
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.
Create your moment at the...

**OCEAN RIDGE JUNIOR CRICKET CLUB**

2014/2015 Registration Day
Saturday 9th August, 11:00am - 2:00pm
Heathridge Park Club Rooms

Club Contact: Rob Leeming - Robert.Leeming@watercorporation.com.au
Boys & Girls aged 5-17 of all abilities are welcome!

Gaylene Bicheno, Pead Real Estate
Major Sponsor of the 2013 Spring Fair
Learning to stop and think before reacting is one of the most valuable life skills a child can develop.

Know someone with a hair trigger? The smallest thing sets them off. That ‘thing’ maybe a cutting comment from someone, a nasty look or a thoughtless remark. Whatever it is, not a moment is taken to think, consider or weigh up options. They simply explode.

Anger exudes from every pore.

I know some adults like this. They are awful to live with. Their family walks on eggshells, not wanting to upset them. The trouble is, they’ve been like that since childhood.

I also know some kids like this. I wonder if their hair trigger will remain into adulthood. Such kids, who are usually highly strung, need to learn to put a space between an event (that leads to a reaction) and their response. They need to become space cadets, learning how to stop, think and act – all in a split second.

When a space cadet hears someone say something sarcastic he’ll pause for a split second while he thinks of different responses (ranging from doing nothing through to engaging in a bit of humorous banter) and only then choose the best of those responses. Some space cadets I know, who have been taught this skill, will call on their BEST SELF and choose the best response based on one that represents their values for that occasion.

Space cadets generally have healthier relationships as they are predictable, more considerate and better able to match their responses to their own BEST self.

Anyone who has ever regretted a remark they made to a friend, loved one or workmate under duress will know what I mean. You felt that the remark ‘let yourself down’. Space cadets experience less of this guilt as they are more likely to make the right remark in the first place.

Space cadets have high emotional awareness which not only leads to better responses, but it also leads to better regulation of emotions and behaviour. That’s why the development of self-awareness in kids is probably more important to long-term wellbeing, success and happiness than the development of self-esteem. If not, it’s on a par because it’s such a valuable skill to possess.

WHEN SOMETHING EVOKES AN UNPLEASANT EMOTION (ANGER, FRUSTRATION OR ANXIETY), ENCOURAGE KIDS TO:

STOP

Avoid reacting impulsively. Take some deep breaths. Be calm.

WHAT happened? How are you feeling? What are you thinking?

THINK

ACT

How can you best respond?

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW Parentingideas Club today at parentingideasclub.com.au. You’ll be so glad you did.