Dear Parents and Carers

Can you believe it? We are almost half way through the last term already! Our International Food Day was once again a very successful community event with a large number of parents, grandparents and community members joining the students as they sampled the delicious food from around the world that was prepared by staff, students and parents. A big thank you to all the parents who assisted with the preparation and selling of the food. This day is a perfect example of the school community Creating Opportunities Together to achieve a positive outcome.

Our fourth Poseidon Art Show proved to be as popular as the previous ones with many parents and grandparents really appreciating the amazing display of student artwork that Mrs Clark, our Specialist Visual Arts teacher, worked so hard to create.

The culmination of International Food Day was the Lapathon. Once again, Mr Michael Wright, our Associate Principal successfully organised this active conclusion to a very busy and enjoyable day at Poseidon Primary. Sponsorship money should be returned to classroom teachers by Friday November 21.

Peter
Peter Blackford
Principal

Thought of the Week
Dreams can take you anywhere you want to go.
New School Board Elections
Call for Nominations

Yesterday each family should have received a letter from Mrs Yvonne Atkinson, Interim School Board Chairperson, outlining the process that will be followed to elect five community members to our School Board and calling for nominations. The School Board is responsible for ensuring Poseidon Primary achieves its strategic direction of “being the school of choice in the northern suburbs” and implementing Poseidon Primary’s values and school wide pedagogy.

Poseidon Primary has a reputation for its very supportive school community. As members of this community this is your opportunity to become involved in the school at an exciting time. I look forward to receiving many nominations from the talented pool of parents who have both the skills and experience to help the school to achieve its vision. Please send a brief email to Peter Blackford (poseidon.ps@education.wa.edu.au) and outline (in no more than 250 words) why you wish to nominate for a board position. Also include if you would be interested in a 12 month term, a two year term, or a three year term.

Nominations will be accepted up until 3:00pm on Friday, November 14. Voting will commence on Friday, November 21 and close on November 28. Results of the election will be made public before the end of the school year.

West Coast Song Fest

On Friday, 7th November the school choir will be performing at the Arena Joondalup as part of this increasing popular musical event. This year there will be 3500 students from 150+ schools performing over three days. Ms. Sturgess and the 30 choir students have been practicing before school for most of the year in preparation for this performance. It will also be the choir’s first public performance in their new choir shirts that the P & C purchased for them out of the funds that have been raised this year.

The Poseidon Primary School Choir in their new shirts
Interschool Spelling Competition

On Wednesday, October 29 a team of 10 students competed in the Interschool Spelling Competition at Ocean Reef Primary. The students who represented the school were: Lauren Reindl, Laura Mahon, Lauren Buzza, Wendy Chen, Jessica Greenhalgh, Griff John, Chloe Putelli, Rylee Wilkinson, Callam Pratt and Ben Greenhalgh. All students performed exceptionally well against some very talented spellers from the other schools. In the four years the school has been participating in the competition, 2014 was our best result with Griff John winning the Year Five section, and becoming the third Poseidon Primary student to win the Interschool Challenge. Lauren Buzza, Rylee Wilkinson and Ben Greenhalgh finished second in their sections. Congratulations to our winners and Poseidon Primary is very proud of all our competitors.

In Newsletter Vol 15 there was an error in names printed for the Year 4 Winner and Second Place. The correct students who won were: Winner, Lauren Buzza and Second Place, Wendy Chen. We apologise for this mistake.

Halloween Disco

This was another fantastic Poseidon P & C event that was really enjoyed by all who attended. Our students and hence school community are really lucky to have such a group of dedicated, enthusiastic, talented and hardworking group of parents and carers supporting our school. Whilst fundraising is an important aspect of the P & C’s work, creating events that bring the school community together to strength the sense of belonging and friendship is equally valuable. In my 30+ years in schools, I can honestly say that Poseidon Primary School’s P & C is the BEST one I have had the privilege to be associated with.

If you are interested in finding out more about what the Poseidon P & C is, what they do and how you can be a part of it, come along to the next meeting on November 19 at 7:00pm in The Staffroom. Everyone welcome!!
Travel Safely Suggestions for Students

The school has received a number of reports through our regional office in recent times of suspicious incidents that have been reported by students attending northern suburb schools when either walking to or from school. To help ensure the safety of all students when travelling to and from school, I’d like to remind families each term of the simple, but important ways they should regularly discuss and reinforce with their children.

Here are some simple suggestions to help children stay safe:

- Always travel in company
- Walk on the right hand side of the road so you face oncoming traffic
- Wherever possible, leave space between yourself and the roadway
- Stay in areas that are well lit
- Stay in view – avoid going into areas that are hidden from view (such as parkland bush or behind shopping centres) and plan trips to avoid such locations
- Be alert – earphones and headphones can reduce your awareness considerably
- If you have a mobile phone, have it turned on and ready to dial an emergency number
- If a passing car stops nearby never get too close
- Do not hesitate to run from a situation in which you feel at risk
- Provide this advice to brothers and sisters, especially if younger
- Report suspicious behaviour to parents, school and the police, noting number plates of cars and/or clothing or distinguishing features of individuals.

Police Information - for students to take care when going to and from school, and to report anything suspicious to parents, school and the police – call 000 in an emergency or 1800 333 000 to reach Crime Stoppers.

Year 4 Assembly

Mrs Paragalli’s & Mrs Porro’s Year 4 Assembly has been moved to Friday, November 14 in the Undercover Area, starting at 8:40am. It would be great to see lots of family and friends in the audience to enjoy their performance.

Wanted

Mrs Clark from the Art Room is in desperate need of ice cream containers with lids. The ice cream containers can be dropped off at the Front Office.

Dogs on School Grounds

As a Health and Safety issue for students at Poseidon Primary, we would like to ask parents not to bring their dogs onto school grounds.
As you are aware, we arrived back from our mid-year school holidays to find that The Garden had been stolen - thieves cut the fence with bolt cutters and took all six of the hydroponic tubs. While this was an upsetting event for the students, we looked to the future and created some wonderful plans for our new Garden, with aquaponics, fish, raised garden beds and chickens.

We are now ready to install new fencing and raised vegetable beds for The Garden next to the Apollo Block, and raised vegetable beds in the Early Childhood Playground.

We need your help!!

On Saturday we will be putting in fence posts, making timber garden beds, digging up lawn, filling garden beds and preparing reticulation. On Sunday we will be putting up the fence panels and finishing anything off that still needs doing.

In order to do this we need people skilled in making concrete, fencing and carpentry. We will also need lots and lots of general labourers to dig holes, place garden beds and move dirt.

Equipment wise we need at least 1 concrete mixer (2 would be good) and as many wheelbarrows and shovels as possible. We would need the equipment (especially the concrete mixer and wheelbarrows) first thing on Saturday morning (8am) and the skilled people too. We can arrange to pick up the equipment from you beforehand.

If you can lend equipment or have skills in CARPENTRY, CONCRETE MAKING OR FENCING, please contact us on poseidonpandc@gmail.com or leave your details on the sign up sheets at P&C Central in the Undercover Area.

SEE YOU IN THE GARDEN - ALL WELCOME!!
Students Who Will Not Be Attending Poseidon Primary in 2015

If any parents know that their child/ren will not be attending Poseidon Primary School in 2015, could they please fill in the form at the bottom of the newsletter and return it to the Front Office as soon as possible. This information will help us in compiling the classes for 2015.

Parenting Ideas

This week’s Parenting Ideas is :Teach Children to Persist. Parents can promote persistence by encouraging their children to keep going and not give in at the slightest hurdle or difficulty.

REQUEST FOR INFORMATION ON STUDENTS WHO WILL NOT BE ATTENDING POSEIDON PRIMARY SCHOOL IN 2015

My child/ren will not be attending Poseidon Primary School in 2015.

Child/rens Name

___________________________________________________________

Year ________________________________________________

Signed ___________________________ Date ________________
P & C News

Meet Our Sponsors
Gaylene Bicheno, Peard Real Estate

It’s been a while since our Quizdiculous Quiz Night but thanks and acknowledgement must still be extended to Gaylene Bicheno, our local Peard Real Estate Agent. Gaylene has been supporting Poseidon P&C for the last 12 months and is delighted to be a part of the Poseidon Primary Community.

Gaylene is also very much a part of the Heathridge Community, and has been selling homes in Heathridge for more than seven years. Energetic, highly organised and a great communicator, Gaylene is passionate about the area she works in. “I love selling in Heathridge and the surrounding suburbs. It has such a lot to offer with proximity to Joondalup, the renowned Mullaloo Beach and local amenities.” Gaylene brings a depth of knowledge, integrity and openness to the task of buying and selling residential property. It is important that her clients have a worry-free process, and she is tireless in her pursuit of the best possible outcome for her clients, whether buying or selling.

Thanks so much for your continued support Gaylene. Your sponsorship of the Quiz Night contributed hugely to the success of the evening. Just more quizdiculousness!

Gaylene Bicheno
Peard Real Estate
Mobile: 0419 929 616
Email gaylene.bicheno@peard.com.au
Website: http://www.peard.com.au/Contact-Us/Employee/Profile?sid=3059

Christmas Movie Night
Saturday December 6
More Information Coming Soon
School Banking Winner!!

Congratulations to Blake Houston for getting the closest guess for our Lollies in the Jar competition that we ran on International Food Day. Spenny the Dollarmite came to Poseidon Primary yesterday to present Blake with his prize – a bag of goodies and the jar of 680 lollies!

Don’t forget the latest banking competition. The Dollarmites have found the ancient Clam of Fortune, a mythical shell packed with precious prizes. What’s even better is that they want to share their haul with you. You could win one of 40 x GoPro Hero3 White Edition Cameras or 150 x Slip ‘N Slide Double Wave Riders. Every deposit you make into your Youthsaver account will automatically create one entry for you into the competition (up to a maximum of 6 entries). The more you save, the more chances you have to win!!

Competition ends 30th November 2014, so come and see us in the Undercover Area on Thursday mornings before school to make a deposit or sign up for a Youthsaver account.

😊 Terase 😊

Canteen News

SUPPLIER’S SPECIALS
We have another great Supplier’s Special coming up with MAGNUMS!! Remember, these are adults-only deals. More details next newsletter.

NEW SLUSHE FLAVOURS
We have two new yummy slushie flavours – pine lime and cola. Some parents have raised concerns over the new cola flavoured slushies. The slushies are NOT COKE. The flavouring is pear based, and contains no coke and no caffeine.

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 😊
Uniform Shop News

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 😊

Contact the P & C

Next P&C Meeting: Wednesday November 19
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.

Major Sponsors of the 2014 Quiz Night

[Images of sponsors: Peard Real Estate, Blackburne Property Group, Jan Norberger MLA]
“Persistence and patience have a magical effect before which difficulties disappear and obstacles vanish.”

John Quincy Adams

The ability to persist at a task and see it through to the end is one of the most important success attributes that you can develop in a child.

There are numerous times every day when children must persist rather than give in. A young child learning to tie shoelaces must persist. A primary aged student must show determination to finish tasks and a secondary student needs to work through difficulties, particularly those he doesn’t understand or complete right away.

They need to be able to persist when work gets hard or life gets tough. They need the ‘stickability’ to work through difficulties and hang in there when things don’t go their way.

Some children are more naturally predisposed to persist than others. They have a determined, even competitive streak in their temperament that doesn’t allow them to give in. These children and young people can drive themselves very hard to succeed.

The results of the Australian Temperament Project show that persistence is the one temperamental factor that can be improved over time. Parents and teachers can develop persistence in children and also impede its development by making life too easy for children so that they don’t have opportunities to persist or hang in there.

Parents can promote persistence by encouraging their children to keep going and not give in at the slightest hurdle or difficulty.

Parents can be a sounding board for children’s gripes but they should show confidence in their ability to cope and get through their difficulties. “You can do it” is far more powerful in terms of promoting an attitude of persistence than “If it is a little too hard then try something else.”

Let children know that there is a correlation between effort and success. In fact, they need to learn that by GIVING EFFORT they will more than likely experience more success. The ability to persist in the face of difficulties maybe an old-fashioned quality but it is one of the best success attributes that children will ever develop.

Here are four practical strategies you can use to promote a sense of persistence in your children:

1. Develop a vocabulary for persistence.
   Words like “Hang tough”, “Work Hard” and “Hang in there” can become part of their every day vocabulary.

2. Point out to children when they stick at a task.
   Most parents know it pays off when they catch their children being good but it also pays off to catch them being persistent. The behaviours you focus on as parents expand so let them know when they have been persistent. Also remind them that persistence generally pays off.

3. Help children to remember times when they experienced success by HANGING IN when they were younger. Let them know that persistence has paid off before and it will again.

4. Talk about HARD WORK with your children.
   They need to understand that to be successful they need to do things that are NOT fun or easy. While it would be good if all work and learning was fun, in reality, this is not always the case.

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au