Dear Parents and Carers

The count down to the end of year has well and truly begun! Staff are well into the process of preparing the end of year reports for all students. Teachers put a lot of thought and effort into creating individual reports that reflect the progress and achievements that each student has made during this semester. Students will be given their reports to take home on **Tuesday December 16**, so that if you have any concerns about any aspect of your child’s report, there is still time to make an appointment to discuss it with the class teacher.

Our Garden Busy Bee was a huge success and we will be celebrating with a Garden Opening Assembly followed by Poseidon’s Got Talent on **Friday November 28**.

This year our annual Christmas Assembly will be held on **Friday December 12**. The Kindy and Pre Primary students will be performing and the School Choir will lead us in singing Christmas carols. This will be followed by our Volunteer Morning Tea.

On **Monday December 15**, we will be holding our annual Book Awards Assembly. The Year Six & Seven Graduation ceremony will be held on **Tuesday December 16**, commencing at 5:00pm at Poseidon Primary. I am looking forward to seeing lots of parents, grandparents and friends at these end of year events.

**Peter**

Peter Blackford  
Principal

**Thought of the Week**

I might not know where I’m going, but I’m definitely making good time.

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### Upcoming Events

**TERM 4, 2014**

- **Friday November 21**  
  Yr 1 Rm 4 Miss Ward’s Assembly
- **Friday November 28**  
  Poseidon Veggie Patch Opening & Poseidon’s Got Talent
- **Friday December 5**  
  Yr 2 Rm 6 Ms Mugg & Yr 3 Rm 8 Mr Swan’s Assembly  
  ORSHS Yr 6/7 Orientation
- **Monday December 8**  
  Yr 6/7 Camp Woodman Pt
- **Tuesday December 9**  
  Yr 6/7 Camp Woodman Pt  
  Belridge Yr 7 Orientation
- **Thursday December 11**  
  Belridge Yr 6 Orientation
- **Friday December 12**  
  Christmas Assembly
- **Monday December 15**  
  Book Award Assembly
- **Tuesday December 16**  
  Reports Sent Home  
  Year 6/7 Graduation Ceremony at Poseidon Primary  
  Year 6/7 Graduation Dinner at Bridgeleigh
- **Wednesday December 17**  
  Yr 6/7 Great Escape Hillarys
- **Thursday December 18**  
  END OF TERM 4

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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.
Congratulations to our Year Six & Seven Students

Our Year Six and Seven students will shortly be embarking on their end of year activities and graduation ceremonies. This is the first time the school will be graduating two cohorts of students as Year Sevens will be based in secondary schools from 2015. It is an exciting time for all those involved as they prepare for secondary school and savour the last memories from primary school. We wish them all the best during this exciting time of their school career.

Garden Busy Bee

Poseidon Primary would like to formally acknowledge the massive amount of work that took place over the weekend, which resulted in the creation of our school’s new garden area. The erection of the fence and the establishment of eight raised, reticulated garden beds was simply amazing in such a short period of time. It was another great example of our school community creating opportunities together to establish an outdoor learning area that students from all levels of the school will be able to access to enhance their learning and life skills.

It was a pleasure to be part of a truly committed school community of parents, staff, students and members of Rotary Joondalup, who worked cooperatively over the two days. Over 30 volunteers from 20 families contributed more than 200 hours of their time.

Thank you to the Atkinson, Walton, McAndrew, Buzza, McDonald, Mannion, Szkudlarski, Dowling, Smolarek, Houston, Newbury, McSpadden, Jerling and Scholtz families, Peter Blackford, Mike Hawke-Linsley, Margaret Willett and Daniel Swan of Poseidon Primary, the Poseidon P&C and Jim Cross, Gary Mort and Darren Penena of Joondalup Rotary. There is a buzz of excitement around the school as both staff and students are keen to become involved in The Garden.
We will be celebrating our fantastic achievement with a Garden Opening Assembly on Friday November 28, followed by our student showcase Poseidon’s Got Talent. We hope to see you there.
School Board Elections

I am delighted to announce that Peter Blackford received 12 nominations for the 8 board member positions currently available to make up the new school board.

The quality of each of the nominations is breathtaking and I am thrilled there is so much support and enthusiasm, both amongst the staff and our community, for this process.

The next step is to hold elections for the staff and community to vote for who they believe should hold a board position. Elections open tomorrow (21 November) and will close at 3pm on Friday 28 November. Each family will be emailed with the link to vote online for their community representative. Staff will also be emailed to separately vote for their staff representatives. I urge everyone to take two minutes and be a part of Poseidon Primary’s transition to an Independent Public School.

The nominees for the three staff representatives are:

- Ros Mugg
- Michelle Porro
- Effe Sentonas
- Danial Swan
- Margaret Willet
- Michael Wright

The nominees for the five parent representatives are:

- Yvonne Atkinson
- Wes Buzza
- Mi-Lin Finnie
- Melinda McAndrew
- Sam McSpadden
- Linda Orton

A brief profile of each nominee will be included in the link to the online survey tomorrow. For those who don’t have email access ballot papers and community representative profiles will also be available from the front office.

Thank you to everyone who has nominated and I wish all nominees every success in being elected.

Best wishes
-Yvonne-

Yvonne Atkinson
Interim Board Chair

Change of Oceanus Faction Colour

The P & C have been investigating the options available to update the school’s current range of faction shirts to one that is more aligned to the school’s new polo shirts. They have spent a lot of time and effort to locate new shirts that are reasonably priced and durable as well as looking very smart on our students. Part of this process has included a review of the faction colours and it has been agreed that as royal blue is the school colour, the Oceanus faction colour will be changed to teal so that the school has three distinct faction colours – red, gold and teal. The new faction shirts have been ordered and will be available for purchase later this
term. I would like to thank Jodie Carroll, Debbie Ellis and the other members of the P & C for the hours of work they did in sourcing these new, smart, value for money shirts.

**Granny Spiers Christmas Hamper Appeal**

This year the P & C has decided not to conduct a Christmas Raffle as it was felt that most families have contributed significantly to the school by supporting the range of fundraising events they have organised throughout the year. The P & C have decided to focus the school community’s spirit of Christmas on supporting the Granny Spiers hamper appeal to assist needy WA families.

We are asking for each student to donate food items for Christmas Hampers. Each class will be asked to donate a specific item. Class Donation Lists will be sent home tomorrow.

**Lapathon**

Thank you to all those families that have collected and handed in their children’s sponsorship money. So far over $4600 has been raised which will be used to start the development of a Nature Playground and purchase literacy resources. It is not too late to bring in sponsorship money as Mr Wright is still in the process of organising the prizes for the 5 students who raised the most money. The highest boy and girl fundraiser per class will also receive a prize.

**Art Show Thank You**

Mrs Clark from the Art Room would like to thank Mrs Murphy, Mrs Smolarek and Mrs Houston for being very supportive to her and the Visual Arts in the school. Mrs Houston helped for a whole day to mount work and kept the signs that were made last year. Mrs Murphy has come into the art room as a volunteer all year for 2-3 hours weekly and this has made a big difference to what has been achieved.

**Poseidon’s Lego League Team**

For the last two months 10 students from Years 3 to 5 have been taking part in Poseidon Primary’s inaugural Lego League team – “Poseidon’s Cool Connectors”. FIRST Lego League (FLL) introduces students to real-world engineering challenges by building Lego-based robots to complete tasks on a thematic playing surface. FLL teams, guided by their imaginations and adult coaches, discover exciting career possibilities and, through the process, learn to make positive contributions to society.

The Perth tournament of FLL is to take place on Sunday November 30 at Curtin University and Poseidon’s Cool Connectors will be attending. Mentored by Peter Atkinson and Danial Swan, the Cool Connectors have spent hours-working on their robotics challenge after school, researching and preparing a project to be presented to a panel of judges at the tournament.

This year’s theme is “Ways We Learn”. Cool Connectors decided they wanted to learn more about nightmares and how children can learn to better manage them. Through their research Cool Connectors realised that the information available wasn’t in a child friendly format, so they have developed the outline of an app that will enable kids to access information and provide solutions for a less troubled night’s sleep.

The team have also designed and built a Lego Mindstorms robot and learnt how to program it to independently complete various missions on the challenge table. They have currently completed five missions out of a possible 13. Over the next week they are confident they will complete another four.
The whole journey has been underpinned by the FLL core values of being a team, sharing their discoveries and experiences and that everyone is there to learn together. The team acknowledges that Peter and Danial are there to guide them but the team finds its own answers. Above all they are to be helpful, kind and respectful and, of course, to have a whole heap of fun.

We wish Poseidon’s Cool Connectors the very best of luck at the FLL Tournament.

**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**

In this edition of our newsletter, I have included an article from Michael Grosse on 10 researched backed tips for raising happy kids.

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**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

Christmas Movie Night

POSEIDON P&C PRESENTS

THE POLAR EXPRESS

SATURDAY DECEMBER 6

THIS HOLIDAY SEASON ... BELIEVE

DOORS OPEN AT 5:00PM  MOVIE STARTS AT 6:15PM
FAMILY TICKET $25 INCLUDES LARGE PIZZA
EXTRA PIZZAS CAN BE PRE-ORDERED
TICKETS FROM P&C CENTRAL
CANDY BAR, COLD DRINKS, EFTPOS AVAILABLE
PLUS THERE WILL BE A SPECIAL GUEST!!!
Canteen News

UPDATED SUMMER MENU
The updated 2014 Canteen Summer Menu is available on our website at http://www.poseidon.wa.edu.au/for-parents/the-canteen/ - don’t forget to check out the great Daily Combo $5 Specials!

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 WEEK IS COMING!
We have new, broader brimmed hats, fantastic new faction shirts and lots of uniform stock arriving soon. We will be having a Uniform Week with extended trading hours to help you get ahead of the Back to School rush. More information coming soon.

😊 Jodie & Debbie 😊

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.

Major Sponsors of the 2014 Quiz Night

[Image of sponsors: Peard Real Estate, Jan Norberger MLA, Blackburne Property Group]
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children. Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids

1. Model good mental health habits: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his
concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.