Dear Parents and Carers

**LEARNING JOURNEYS** – All families are requested to keep **Monday, March 23** between **6.00 and 7:30pm** free when classrooms will be open so they can participate in the school’s second *Learning Journey*. The staff apologises for the short notice, but the combination of this being a short term and staff leave commitments towards the end of the term made this the best available date.

The staff will again this year have a shared focus on improving communication between school and homes and the *Learning Journey* is a way for the school to provide parents with some feedback on how their children have been progressing throughout Term One. In our *Learning Journey* the children will have the responsibility for leading their parents through their class’s Learning Journey and will be coached at school on how this should be done. The Visual Arts and Music rooms will also be open for families to visit. This will provide families with more than one child at school time to complete the *Learning Journey* in each room. Teachers will be in their rooms to meet parents and discuss how the class functions and talk in general how the class is progressing. If parents want to discuss their child’s progress this is the perfect time to make an appointment to meet with the teacher at a mutually suitable date and time. This type of evening has proven to be very popular with families at many schools and I am looking forward to seeing a huge number of Poseidon parents sharing this experience with their children.

*Peter*
Peter Blackford  
Principal

**Thought of the Week**
Character is like good soup, it’s made at home.

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**DATES FOR YOUR DIARY**

**Upcoming Events**

**TERM 1, 2015**

**Friday March 13**
Yr 2 Rm 19 Ms Kasperkiewcz’ Assembly  
P & C Year 3-6 Sundowner 5.00pm-8.00pm

**Wednesday March 18**
P & C Meeting 7.00pm

**Monday March 23**
Poseidon Learning Journey 6.00 – 7.30pm

**Friday March 27**
Whole School Assembly – Easter Hat Parade & Raffle

**Saturday March 28**
Joondalup Festival 2015  
Twilight Lantern Parade 6.30pm-7.15pm

**Monday March 30**
School Board Meeting 7.00pm

**Thursday April 2**
END OF TERM 1

**Friday April 3**
GOOD FRIDAY

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**TERM 2, 2015**

**Monday April 20**
School Development Day  
STUDENT FREE DAY

**Tuesday April 21**
START OF TERM 2

**Friday April 24**
ANZAC Assembly

**Monday April 27**
ANZAC Day Holiday

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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.
Every child deserves the best start in life. Good eating habits formed during childhood help children grow well and protect them against disease in later life, such as heart disease, diabetes and some cancers. Too many children are not eating enough of the foods essential to good health. Fruit and vegetable consumption is particularly low. The results of government research on primary school aged children in Western Australia found that, on any given day:

- Three out of five do not eat enough vegetables
- Two out of five do not eat enough fruit
- Nearly half do not meet their daily fluid requirements

The proportion of overweight and obese children has tripled in the last 30 years, with one in four Western Australian children now overweight or obese.

**What is Crunch&Sip®?**

Crunch&Sip is a set break to eat fruit or salad vegetables and drink water in the classroom. Students re-fuel with fruit or vegetables during the morning or afternoon, assisting physical and mental performance and concentration in the classroom.

Through Crunch&Sip, Poseidon Primary is demonstrating our commitment to nutrition education in the classroom by making links with the curriculum and creating a supportive school environment. We will be gradually implementing the program across the school, with students bringing fruit or salad vegetables to school to eat in the classroom at a set time.

For more information on the program and for helpful hints and suggestions, please see your classroom teacher, the attached brochure or click on the link [http://www.crunchandsip.com.au/].
**Behaviour Management**

I have included in this edition a summary of the school’s ‘Classroom Behaviour Management Procedures’ so that everyone is aware of the consistent manner in which all teachers manage student behaviour in the classrooms. The most important aspect of this procedure is the first aspect – the establishment of a positive classroom environment in which all students feel safe and happy. This is a real strength for the staff of Poseidon Primary and is crucial to providing every student with opportunities to achieve their potential. Administration staff deal with incidents of inappropriate behaviour that happen in the playground at recess or lunch times to ensure that students feel safe and happy whilst at school. If you have any concerns or questions about any aspect of our policy please don’t hesitate to contact the Front Office to make an appointment to discuss it with me.

**School Support Chaplain**

The school is very lucky to have the services of a School Support Chaplain for two hours every Monday morning. Chris re-introduces himself to the school community below.

Hello Poseidon PS - I, Christoph Urschitz will be your Support Chaplain again in 2015! People call me Chris and I’m a Youth and Social worker, Pastor, Chaplain, Cabinet Maker, Husband, Father, Friend and your Support Chaplain.

My role as a Support Chaplain is to be available to assist with the Pastoral Care and Support for staff, students and families, lending a hand with issues such as conflict, hardship, grief and loss, and to provide mentoring and guidance for social emotional wellbeing when requested.

The core practice of our pastoral care is predominantly done though ‘one on one’ informal conversation with students, staff and carers/parents.

I am also available to assist in classes with any existing social/emotional life skills programs the school runs or offer a program known under the name SEE Program, which stands for School Experiential Education and focuses on SEEING Self, Others, Situations and responding appropriately. The SEE program is designed for students to learn interactively in a guided, safe, fun, and in-and outdoor environment about a range of life skills and developing self awareness, self confidence as well as teamwork, communication, problem solving and leadership skills.

Access to the chaplaincy service will be through the Principal and Deputy, who will contact me, as needs requiring my support come to their attention.

I work 4 days a week as a YouthCARE Chaplain at Belridge Secondary College and Ballajura Community College. My scheduled visits to Poseidon PS this year will be Monday mornings, however I am available anytime for critical incidences.

I am extremely hopeful and excited about partnering with, and serving your/our school community to the best I can. Take care and kind regards,

- Chris-

Christoph Urschitz
School Support Chaplain
Twilight Lantern Parade

The Joondalup Festival is the spectacular finale to the City of Joondalup’s summer events season. Celebrating seventeen years in 2015, it is the northern corridor’s largest and most significant community event, a two-day feast of arts and cultural happenings.

One of the highlights of the Festival is the Twilight Lantern Parade, a participative community arts project that showcases the talent, energy and creativity of the community. Using the rich colours of the rainbow, lantern parade entries will come together to create our own curious landscape at the Joondalup Festival.

This year our school was invited to make and carry 1.5 metre tall puppets in the lantern parade. Many thanks to the parents who helped us finish the puppets last Tuesday. The students will now be practicing how to walk with the puppets.

Don’t forget to mark Saturday 28 March in your diary and join us at the parade!!

- Loretta -

Mrs Loretta Clark
Visual Arts Specialist

Wanted

Mrs Clark from the Art Room is in desperate need of the following items for the School’s Art Program:

- 1 Litre drink bottles
- Ice cream containers with lids
- Margarine containers
- Paper kitchen towel rolls

Items can be dropped off at the Front Office.

Wear Green For St Patrick’s Day

On Tuesday March 17, the Student Councillors, in conjunction with The Canteen, are celebrating St Patrick’s Day. For a gold coin donation, students are allowed to wear green to school for the day. The Canteen is organising a special St Patrick’s Day lunch along with tasty green recess treats – more details in the Canteen News section. There will be no other Canteen lunch orders on this day.

Parenting Ideas

This week’s Parenting Ideas article is titled ‘Help Your Kids Build their Own Firewall Against Online Nasties’. The online world provides endless access to inappropriate content for our kids. Filters can play a part, but as Catherine Gerhardt describes, it’s much better to have a fully rounded approach to tackling the issue.
Easter Bonnet Parade

Our annual Easter Bonnet Parade will be held as part of the Easter Assembly on Friday, March 27. Parents are encouraged to help their child to make their own Easter Bonnet at home. The major prizes in our monster Easter Raffle will also be drawn at the assembly. Raffle tickets will be coming home with your child shortly, and will also be available before school from P&C Central in the Undercover Area.

Easter Raffle Donations

This year’s P&C Easter Raffle will be drawn at the Easter Assembly on Friday, March 27 and is only two weeks away!! We are in desperate need of easter eggs, easter rabbits and new soft toys for our Easter Raffle.

We are asking every family to please donate at least one egg so we have loads of prizes. We like to have many small prizes (rather than one big prize) so everyone has a better chance to win. Please drop off you donations to P&C Central as soon as possible.

Could every family please donate at least one item

More Donations = More Prizes!!

Drop off your donations at P&C Central as soon as possible

Poseidon Easter Raffle
Poseidon P&C are hosting another Sundowner, this time for the Years 3 - 6 on Friday 13 March from 5pm. We have devised a treasure hunt around the school for the children and their parents to participate in together. Cost to enter the Treasure Hunt is $2 per child to cover the cost of the Ultimate Treasure!

The Sundowner is a great way for our families, staff and P&C members to catch up and have fun. So pack your eskie, we'll fire up the BBQ (gold coin donation) and come and join us on The Oval. Everyone welcome!!
Canteen News

St Patrick’s Day Lunch

The Canteen is celebrating St Patrick’s Day this Tuesday, March 17 with a delicious lunch. Students can order Shepherd’s Pie or a Stuffed Spud and a drink for only $5. Lunch order forms went home yesterday, and there are spare forms at The Canteen.

Plus there will be fun and tasty green treats at recess!!

Please return your order to The Canteen asap. No other lunches will be available.

Friday Lunch Special – Ice Cream with Sprinkles. In order to comply with healthy food guidelines, our ice creams with sprinkles will now only be available on Fridays. Still only $1!!

😊 Bronwen & Claire 😊

Uniform Shop News

The Uniform Shop needs more volunteers! If you have a spare 20 minutes between 8:00 and 8:40am before school, we’d love to see you. Please write your name on the roster outside the Uniform Shop or contact Debbie Ellis on 0408 083 312.

😊 Jodie & Debbie 😊

Contact the P & C

Next Meeting: March 18, 7:00pm
(The date listed in the last newsletter was incorrect. We apologise for any inconvenience)

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. Alternatively you can contact us via email at poseidonpandc@gmail.com.
CLASSROOM BEHAVIOUR MANAGEMENT PROCEDURES

Classroom Groundwork
Establish a positive set of simple classroom rules.

Step 1.
First Infringement  -  Warning and reminder to the student.

Step 2.
Second Infringement  -  Student’s name is written on the board.

Step 3. (Think Spot)
Third Infringement  -  Cross beside the student’s name on the board.
The student then goes to the Think Spot to think about their behaviour.
The Think Spot is a single desk located in each classroom with the class rules on display above the Think Spot desk.
If the student is compliant they may rejoin the class. If they are not compliant or they are arguing “In Class Time Out” is the next step. A student may be timed out in a classroom after having gone through all of steps 1, 2 and 3.
Timeout students may listen to classroom lessons but do not participate. Students do not go to specialist areas until they have made a commitment to follow an agreed plan. Non-compliant students are to be sent to Admin.
If a student disrupts the class while in Time Out they are to be sent to Admin.

Step 4. (“In Class Time Out”)
Fourth Infringement  -  Student’s name and cross are circled on the board.
This clearly indicates that the student has now reached “In Class Time Out”.

During this time counselling will take place and a student will complete, in clear detail, an “In Class Time Out” sheet which is to be taken to the office for the Admin to sign. This form is then sent home for signing. The details of the incident will be entered into the Student’s Activity Report in SIS.

Step 5. (“Out of Class Time Out”)
If the student still does not comply with the classroom rules then “Out of Class Time Out” applies.

The former music room will be utilised as the Time Out room. A student may remain in this room until the completion of the current half day (e.g. morning session until lunch time, afternoon session until home time.)
A conference between the Principal, Classroom teacher and the student will take place before the student is admitted back into the classroom.

Should disruption continue “In School Suspension” is the next step.
At this stage the student should realise that there are only two alternatives, return to class and follow the rules or remain out of class.
“In School Suspension” forms will be sent home to parents from the Admin Staff and the Student’s Activity report updated. The length of the “In School Suspension” will be half a day for the first incident and will increase each time a student is placed on “In School Suspension”.

Suspension
A severe clause exists which allows staff to bypass the MSB procedure and send a student straight to Admin. Severe inappropriate behaviour will result in suspension of the student. The duration of the suspension will be negotiated between the teacher and Admin.
Why is water important?
Not drinking enough fluid can quickly cause dehydration which can lead to headaches and irritability, particularly in children. Thirst is not a good indicator - by the time children feel thirst, they are already dehydrated.

Children rarely drink enough water and often forget to drink unless reminded.
Allowing and reminding students to drink water in class helps them to drink more.

Why are fruit and vegetables important?
As a group, fruit and vegetables are rich in vitamins and minerals. They provide other nutrients important for growth and development, such as dietary fibre, needed to avoid constipation.

Tips to support Crunch&Sip®

✓ Don’t forget Crunch&Sip® in the school bag every day
Include:
• An extra piece of fruit or salad vegetables to eat in the classroom
• A small clear plastic water bottle to keep in the classroom.

✓ Be a role model
Let your children see you eat and enjoy fruit and vegetables and drink water daily. Children are influenced by family eating habits.

✓ Plan ahead
Have pre-washed, easy-to-eat Crunch&Sip® snacks ready to take to school. For younger children send cut up fruit or salad vegetables. Be sure that your child’s water bottle is clearly marked with their name and cleaned each day.

✓ Buy in season
Fruit and vegetables that are in season taste great, are good quality and value for money.

✓ Encourage a variety of fruit and vegetables
Take your children shopping to allow them to choose fruit and vegetables to take to school

✓ Involve your children in growing their own vegetables
It has been shown that children who are involved in the growing process are more likely to try new vegetables.
Crunch&Sip®

Every child deserves the best start in life. Good eating habits formed during childhood help children grow well and protect them against disease in later life, such as heart disease, diabetes and some cancers.

Too many children are not eating enough of the foods essential to good health. Fruit and vegetable consumption is particularly low.

Results of government research on primary school aged children in Western Australia found that, on any given day:

- Three out of five do not eat enough vegetables
- Two out of five do not eat enough fruit
- Nearly half do not meet their daily fluid requirements

The proportion of overweight and obese children has tripled in the last 30 years, with one in four Western Australian children now overweight or obese.

What is Crunch&Sip®?

Crunch&Sip® is a set break to eat fruit or salad vegetables and drink water in the classroom. Students re-fuel with fruit or vegetables during the morning or afternoon – assisting physical and mental performance and concentration.

Why have Crunch&Sip®?

Crunch&Sip® encourages fruit and vegetable snacking and drinking water. Schools model healthy eating in the classroom, reinforcing the nutrition curriculum. The Crunch&Sip® break gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all.

What can parents do?

For the Crunch&Sip® break parents will need to provide their children with:

- An extra piece of fruit or salad vegetables to eat in the classroom
- A small clear plastic water bottle to keep in the classroom

The Crunch&Sip® break does not replace fruit and vegetables eaten at recess or lunch.

What foods are allowed in the classroom?

The Crunch&Sip® break is a time to introduce children to fruit and vegetables and encourage the water drinking habit. Fresh fruit or vegetables are the best choice. Please only send foods with a tick:

<table>
<thead>
<tr>
<th>Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruit</strong></td>
</tr>
<tr>
<td>✓ All fresh fruit (eg whole fruits, chopped melon etc.)</td>
</tr>
<tr>
<td>✓ Fruit canned in water, juice or ‘no added sugar’ (eg peach slices)</td>
</tr>
<tr>
<td>✓ Dried fruit - please limit as it contains concentrated sugar and tends to cling to teeth, increasing risk of tooth decay</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
</tr>
<tr>
<td>✓ All fresh vegetables (eg celery, carrot sticks, broccoli bits etc.)</td>
</tr>
<tr>
<td><strong>Water</strong></td>
</tr>
<tr>
<td>✓ Only plain water</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Not Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drinks</strong></td>
</tr>
<tr>
<td>✗ Drinks other than plain water are not permitted</td>
</tr>
<tr>
<td>✗ All other drinks (including waters with added vitamins, minerals, or carbonates)</td>
</tr>
<tr>
<td>✗ Fruit or vegetable juices or fruit juice drink</td>
</tr>
<tr>
<td>✗ Fruit cordial or mineral waters</td>
</tr>
</tbody>
</table>

All other foods are not permitted including:

- ‘Fruit’ products (eg fruit leather, fruit roll-ups, fruit bars or similar)
- Fruit jams, jellies, pies and cakes
- Fruit canned in syrup or jelly or with artificial sweeteners
- Canned or processed vegetables
- Vegetable or potato crisps, hot potato chips, olives
- Vegetable pastries (pies, pasties, sausage rolls)
- Vegetable cakes, fritters, quiches, breads or similar
- Popcorn

“We found that children were lacking energy in the afternoon. The Crunch&Sip® break adds ‘fuel to the tank’ to allow them to continue through the afternoon.” Primary School Teacher
The online world provides endless access to inappropriate content for our kids. Filters can play a part, but as Catherine Gerhardt describes, it’s much better to have a fully rounded approach to tackling the issue.

**Fiction vs. reality.** One of the biggest concerns I have as a parent at the moment is the relative ease with which children can access to online pornography. Recent studies revealed that children as young as eight years old have seen it, and most kids have witnessed it before parents have even considered discussing it. For me, it’s about considering what the long-term effects are going to be on our children’s future relationships. With wide access to the internet, including mobile devices and gaming systems, it is too easy for even young children to reach inappropriate content.

Most kids who have seen pornography know immediately that it feels wrong. They can feel ‘strange’ and their personal instincts kick in like an alarm system telling them something is not quite right. They may feel sick, embarrassed, confused. Some kids stumble across it (many porn sites know popular key strokes kids use), and others are exposed to it by friends or family.

**Is pornography really that big of a deal for our kids?** The simple answer is yes. Pornography damages their brains by tricking them into releasing the same pleasure chemicals that drugs do. “A child’s brain is more vulnerable as it is rapidly forming neural connections. Viewing pornography can reprogram a child’s brain and initiate an addiction that is often harder to overcome than drugs or alcohol,” says Kristen Jenson, author of Good Pictures, Bad Pictures.

**Pornography harms relationships.** Youth are being exposed to pornography even before they have had the opportunity to experience a relationship. Teens tell researchers that they don’t like pornography but they feel pressured to watch it, and they even acknowledge that it provides a model for them to follow. When we start to think about kids getting sex education from pornography, we can start to understand why we should be worried about their future relationships. Viewing pornography is setting up unrealistic expectations and desensitizing sexual expectations. Pornography can distort a person’s view of what a healthy relationship should be, and devalues the principles of mutual respect, trust and love we expect our children to experience in the future.

**What can parents do to build their child’s firewall?**

**Be proactive, be preventative.** Like most things it’s helpful for parents to begin the conversation before their child becomes interested in porn. Younger kids are more likely to see the parent as a dependable source of information; by the time they are teenagers peers become the reliable source and peer pressure and curiosity can lead them down a path of unrealistic expectations and perhaps, even addiction.

**Be open.** Most kids won’t tell their parents because they know they shouldn’t be looking at that stuff and, worst of all, you might take the technology away from them. Be honest, for many of us that might be our first reaction. But in hindsight it only prevents kids from telling us about their online experiences later on. It’s okay to say, “Thanks for telling me, I’ve had that happen too”, or “Let’s look into that together”.

The online world provides endless access to inappropriate content for our kids. Filters can play a part, but as Catherine Gerhardt describes, it’s much better to have a fully rounded approach to tackling the issue.
... Help your kids build their own firewall against online Nasties ...

Start by asking your child. Ask whether they have ever seen inappropriate photos online. Let them know that if it happens you expect they will come and tell you, assuring them they will not get into trouble and will not have the device taken away from them. You can suggest your child leaves a note for you if they see something online that makes them feel uncomfortable. This lets you know when they are ready to discuss it and gives you the chance to have a chat with them on the subject when you are ready.

Internet filters and porn blockers. These are important, but they are not a one-stop shop on protecting our kids. They can certainly help by minimising the risk of ‘random’ porn attacks, but they won’t safeguard them either. Even if we feel we have placed adequate measures within our own homes, children must, and do, go out into the wider world where they will have exposure that is beyond our control.

Developing internal filters is about getting kids to understand what pornography is, how it affects their brain, and coming up with strategies they can use when they are exposed to it. Children need to be able to make safer choices when they are in situations where content filters or adults are not monitoring their behaviour. It is normal for kids to be curious and as they head into the teenage years that curiosity peaks. As children grow they spend more time online and get exposed to more of the online world, with parents having less control over their viewing habits.

Parenting responsibility. Websites and governments are taking the minimum responsibility on these issues, so it has to become primarily a parenting responsibility. Children can be protected and harm can be minimised by taking some common sense approaches. Parents need to establish their expectations about children’s viewing; make sure communication devices are used in public places; install net nannies and firewalls where appropriate and don’t be afraid to keep a check on website histories. Investigate how you can protect your children and minimise their exposure by installing a porn site blocker onto your internet connected devices. A quick Google search will provide some options which best suit your family.

Discussions about pornography need to be part of an ongoing conversation within the family. Talking won’t put your kids at increased risk; in fact, it increases their awareness and empowers them to make safer decisions when the time does come. Short, frequent discussions will help your child remember information – rather than one big long lecture. As bestselling author Steve Maraboli advised: “Take action! An inch of movement will bring you closer to your goals than a mile of intention.”

Catherine Gerhardt

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.
Joondalup Festival 2015

TWILIGHT LANTERN PARADE

Our Curious Landscape: Creatures and plants from over the rainbow

Saturday 28 March 2015
6.30pm to 7.15pm
AUSSIE RULES FOR JUNIORS

- Boys & Girls aged 3 - 8 years
- Basic, skills based introduction to Aussie Rules
- Indoor sessions
- Modified equipment
- Ideal for beginners
- Age appropriate programs
- Parent help for 3 & 4 year olds
- FOOTBALL TO KEEP!

Where
Beaumaris Primary School Hall, Beaumaris Blvd, Ocean Reef

Starts
Saturday the 2nd of May
3 year olds - 9.00am to 9.45am
4 year olds - 9.45am to 10.30am
5 and 6 year olds - 10.30am to 11.15am
7 and 8 year olds - 11.15am to 12.00pm

Cost
$90 for 6 weekly sessions and a football for you to keep!

To secure your place, you MUST register by one of the following methods:
- Email - rego@getactivesports.com.au
- Phone - 1300 772 106
- Website - www.getactivesports.com.au

To register, please let us know the location of the program and your child’s details as below.
Once registered bring the completed, signed consent form and payment to the first session.

REGISTRATIONS FOR TERM 2 ARE NOW OPEN!

No session on 30th of May due to long weekend but our program will still run for 6 sessions.

OCEAN REEF AUSSIE RULES FOR JUNIORS CONSENT FORM - TERM 2, 2015

Name: ........................................................................................................ D.O.B: .................................................. Male / Female

School/Kindy: ............................................................................................. Email: ............................................................................................

Phone (Home): .......................................................................................... Phone (Mobile): ..............................................................................

Any relevant medical conditions/medication taken? .................................................................................................................................

I acknowledge that I am required to stay with my child for the duration of each session and, if required, will administer any first aid. I hereby release Get Active Sports from any liability for injury incurred by my child at the Get Active Sports program.

Parent/Guardian Name: ........................................................................ Parent/Guardian Signature: ..............................................................

Payment Method Cheque / Credit Card / Cash

CREDIT CARD DETAILS

No: _________/_________/_________/________ Expiry Date: _________/________

Cardholders Name: ..........................................................................................

Signature: ........................................................................................................ Amount: $ ................................

Please have correct money, make your cheque payable to Get Active Sports or complete card details above.