Dear Parents and Carers

Welcome back to all students and staff for a very busy and exciting Term Two. This term we have scheduled the following: the NAPLAN testing program in Week 4, the whole school dance program, a variety of assemblies and five interschool sport days. Please refer to the attached term planner for the relevant dates.

On Friday April 24, Poseidon Primary held its annual ANZAC Day Commemorative Service. It was a fitting, moving and respectful ceremony that honoured the 100th Anniversary of the ANZAC landings at Gallipoli. The service enabled the students, parents and community members to understand the significance of the occasion and remember the sacrifices of all our servicemen and women. A very large thank you to Mrs Willett and her Year 6 class for the excellent job they did in leading the school on this important day of remembrance.

I would like to thank Mrs Porro for her work in supporting me as Deputy Principal while Mr Blackford is on leave.

Finally, we wish all our wonderful mothers a Happy Mother’s Day on Sunday, May 10.

Michael Wright
Principal

Happy Mother’s Day

Thought of the Week
Sooner or later we all quote our mothers.

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.
Crunch and Sip Program Clarification

We would like to make a clarification with regards to our Crunch and Sip program:

Good eating habits formed during childhood help children grow well and protect them against disease in later life, such as heart disease, some cancers and Type 2 diabetes.

Type 1 diabetes is an autoimmune disease of the pancreas and has nothing to do with diet or lifestyle. We apologise for any confusion that may have occurred.

Naplan Testing

NAPLAN Testing will be conducted during Week 4 for all students in Years 3 and 5. 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 4 and 6 students to gather further information on their progress.

Whole School Dance Program

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

The dance timetable is outlined below.

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:40 - 9:35</td>
<td>Pre-Primary classes</td>
</tr>
<tr>
<td>9:40 - 10:40</td>
<td>Year 2 (Ms Kasperkiewicz), Year 3 classes</td>
</tr>
<tr>
<td>11:00 - 12:00</td>
<td>Year 5, Year 6 classes</td>
</tr>
<tr>
<td>12:00 - 1:40</td>
<td>Year 1, Year 2 (Miss Ward) classes</td>
</tr>
<tr>
<td>1:40 - 2:40</td>
<td>Year 3 / 4, Year 4 classes</td>
</tr>
</tbody>
</table>

Inter School Winter Sports

All games are played between 1.15 and 2.30 pm with a staggered start. All students are to wear their school uniform and bring a drink bottle.

VENUES
- Football - Sail Terrace Reserve
- Hockey - Eddystone Primary School
- Netball - Belridge Secondary College
- Soccer - Heathridge Primary School

Each week Poseidon Primary staff work to allow the Winter Sports fixtures to take place. A final decision is made at 12 noon on the day with regards to bad weather stopping the matches being played. If you are ringing to check if a game is playing, please do not phone the Front Office before 12 noon.
Twilight Lantern Parade

Our students led the wonderful Twilight Lantern Parade in the Joondalup Festival. The children behaved beautifully and did Poseidon Primary proud. Thank you to all the parent helpers and supporters – we all had a fantastic night!

Wanted

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

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

All items can be dropped off at the Front Office.

Parenting Ideas

This week’s Parenting Ideas article is titled ‘A Mother Like No Other’. It is the inspirational story of Cheryl Koenig, a Sydney mum who fought against the odds to bring her brain-injured child back to optimum health. It’s an extraordinary read that will inspire both mums and dads.
P & C News
P&C Scitech Evening - May 29, 5:30pm to 8:30pm

The P&C has hired Scitech EXCLUSIVELY for Poseidon Primary families and tickets are now available.

- Adults: $10
- Children (4 years and over): $6
- Children (under 4 years): FREE!

Friends of Poseidon families are also welcome and food will be available for pre-order, making this evening a fantastic family night out!

NUMBERS ARE STRICTLY LIMITED, so grab your tickets from P&C Central before school ASAP. Alternatively you can contact the P&C via email at poseidonpandc@gmail.com. The P&C cannot ‘hold’ any tickets; it’s first in, best dressed! EFTPOS facilities available.

NB: EVERYONE needs a ticket for Scitech, even the FREE Under 4’s. P&C needs to have exact numbers, so there will be no admittance without a ticket. Tickets for Under 4’s are available from P&C Central.

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**POSEIDON PRIMARY P&C AND SCITECH INVITE YOU TO**

**going places**

**WHEN:** Friday, May 29, 2015
**TIME:** 5:30pm to 8:30pm
**WHERE:** Scitech, City West, corner of Railway Parade and Sutherland Street, West Perth
**TICKETS:** Adults $10
- Children 4 years and over $6
- Children under 4 years FREE
**INCLUDES:** A whole floor of hands-on exhibits, a show in the Lotterywest Science Theatre and exclusive access to Going Places, Scitech’s feature exhibition. PLUS you can pre-order pizzas!

**LIMITED TICKETS!**
**GRAB YOURS FROM P&C CENTRAL NOW!!**

[www.scitech.org.au](http://www.scitech.org.au)
Scitech Evening Dinner Orders

You can pre-order a delicious dinner for the whole family at the P&C Poseidon Scitech Evening. For $5 you can choose from a Pulled Pork Roll or a Kids Combo (sandwich, crisps and a juice box). Cool drinks will also be available.

All meals must be pre-ordered through P&C Central. Order forms will be going home with students early next week.

Entertainment Books

The 2015-2016 Entertainment Books are coming! Entertainment Memberships are packed with hundreds of up to 50% off and 2-for-1 offers for the best local restaurants, cafés, attractions, hotel accommodation, travel and much more!

Buy a membership for Mum this Mother's Day and, for only $65, she'll receive over $20,000 worth of valuable offers that can be used from now until 1 June 2016. Let Mum choose what to do and when she wants to do it!

CLICK HERE TO SEE WHAT'S INSIDE!

Whether you choose the printed Entertainment Book -OR- the Entertainment Digital Membership for your smartphone, 20% of your purchase goes towards our fundraising.

Order your Entertainment Membership before May 5 and you'll receive six additional Early Bird Offers valued at up to $135, and they can be used RIGHT NOW!

Follow the link to order

(Please remember to reference Poseidon Primary School when registering your 2015 | 2016 Entertainment Membership)
Save The Date!

**QUIZ NIGHT**

August 22

We’re planning another great quiz night, so be sure to mark the date on your calendars!

More information coming soon!

E'Co Australia - "Tr-aid Not Aid"

Poseidon Primary P&C is supporting E'Co Australia's "Tr-aid Not Aid" Program and we'd like you to join us. Do you have any unwanted clothes, shoes, bags, belts or linen? Simply pop them into the E'Co Donation Bin, located next to the staff car park. All items collected will be weighed and the school receives a price per kilo. Donated items are sent to third world countries, where locals are shown how to clean and repair goods and sell them at the market.

By supporting this fundraising initiative, you are recycling goods, reducing landfill and supporting the less fortunate. Please note, E'Co Australia IS a private commercial company that makes money from the donations. They then reinvest the money, supporting microbusinesses with their "Tr-Aid Not Aid" Program. If you would like any further information on E'Co Australia, please visit their website [http://worldofeco.com/](http://worldofeco.com/).
School Banking

To help keep students on track with their savings mission in Term 2, two new awesome rewards have been released from the Outer Space Savers range. Students just need to make 10 School Banking deposits to be able to redeem a reward item. Students can choose from an Invisible Ink Martian Pen OR an Intergalactic Rocket!!

PLUS Students who consistently display stellar savings behaviour by making 25 or more School Banking deposits in 2015 will automatically go into the draw at the end of the year to win a 5 nights’ family trip to California’s Disneyland!!

To find out more about the Dollarmites and the School Banking Program, come and chat with our School Banking Co-ordinators on Thursday mornings from 8:10am to 8:30am in the Undercover Area.

Canteen News

New Term 2 Winter Menu: Our new Winter Menu is attached to this newsletter, with some small price changes and scrummy Winter Warmer Daily Combos – Tuna Mornay or Macaroni Cheese. Available every day, these delicious lunches come with either a Veggie Crunch Pack OR a Hot Corn Cob PLUS Milk OR Water. Still only $5!!

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!!

THANK YOU!! We’d like to say a huge THANK YOU to everyone for supporting the Canteen and Poseidon P&C.

😊 Bronwen, Claire & Bec 😊
Uniform Shop News

Kissy Curls Hair Treats For Girls: Have you seen the fantastic range of hair accessories from Kissy Curls? They have been specially designed and created by one of our mum’s to match our school uniform and faction colours.

Hair accessory packs are only $10 each and there are HEAPS of bobbles, hair ties, headbands and clips to choose from.

**Buy 2 packs and get a FREE headband/hair tie!**

If you’d like to know more about Kissy Curls other products, simply click on the link [http://www.kissycurls.com.au/](http://www.kissycurls.com.au/)

Faction Shirts are Ready!! The faction shirts have been embroidered and will be ready for collection from tomorrow morning (Friday, May 1) from The Uniform Shop before school. EFTPOS facilities available.

😊 Jodie & Debbie 😊

Contact the P & C

Next Meeting: May 20, 7:00pm

This dedicated and hard working group needs the support of more parents and families. 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.

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.
I grew up as one of five kids in a close-knit family, and from an early age I wanted nothing more than to be a stay-at-home mum. I'd met Robert when I was almost 16 and, after nine years together, starting a family seemed as natural as night following day.

I gave birth to Jonathan two days before Christmas in 1984. He was an adorable baby and as a toddler he was boisterous and creative. I enjoyed every minute of those years at home with him and Chris. Becoming a mother defined me. How can you not change when suddenly there exists something that is more precious than your own life? I discovered new things about, and deeper levels within, myself – because I held so much more in my arms. Of course the boys took my time, my space, even my patience – but they gave it all back with a smile.

Now that my boys are men, it's not the fancy holidays or big events that are my most golden memories. It's the ordinary, everyday things. Bedtime stories were a special time because they opened up their imaginations. Music: playing their favourite songs and dancing crazily with them. Dinner times: every night, without fail, we ate at the dining table together – the same meal for everyone, too. This was, and is, an important ritual in the milieu of our family life. It's where we partake in each other's day, share thoughts and exchange memories. I often call the dinner table 'my altar table' – it's like a religious conviction, I guess, where I get to nurture and nourish my family.

On Sunday, May 18, 1997, I was cooking one such dinner for us when everything changed. Jonathan was 12 and I was 37. He'd been playing outside with the boy from next door and I was making nachos. Just after 5 pm I called Jon inside, and minutes later I heard a huge bang.

Jonathan didn't see the car coming. The car took him out and sent him flying for 20 metres. I found Jonathan lying on the street, his leg all twisted, with a horrible amount of dark-red blood coming out of his mouth and nose. There were two voices in my head – one telling me to scream hysterically and the other telling me to stay calm because my baby needed me calm. That was the voice I chose to listen to.

At the hospital I didn't cry; I just felt numb. A doctor told us a CT scan indicated a brain injury; that Jonathan's clinical signs weren't good, and he couldn't tell us if he'd make it. I thought, 'You don't know Jonathan'. Jonathan was in an induced coma for the first month and for four more months I didn't leave his side. Some deep reserve of energy kicked in and I knew I was making a difference to his recovery. All day long I told him how much we loved him; that he was going to be all right. But Jonathan got worse before he got better and each day felt like a ghastly repeat of the one before.

Jonathan was in intensive care for three weeks and then his eyes started to open. From early on, I knew he knew me. I'd lie on his bed and cuddle him and tell him about his life and read him stories. I was completely driven in my mission to restore what little semblance was left of my family. I saw signs of positivity everywhere.

Around the two-month mark I knew I had something to work with. I wheeled Jonathan to a piano in the hospital music room. He had no neck control, he was still dribbling and not talking, but he was just starting movement in his right arm. He'd begun to reach up and touch my face and take my rings off and do little things he'd done as a toddler. At the piano he reached out and started playing 'Chariots Of Fire', which he'd been learning at the time of the accident.

Seventeen years ago, Cheryl Koenig was a typical young Sydney mum celebrating Mother's Day with her husband Robert and their two sons, Jonathan, 12, and Chris, 10. One week later, Jonathan was involved in a car accident that left him with a severe traumatic brain injury. Since that day, Cheryl has worked tirelessly to help not only Jonathan but also other sufferers of brain injury. Here, New South Wales' 'Woman Of The Year' for 2009 – and the recipient this year of a Medal of the Order of Australia for service to people with disabilities, their families and carers – shares her extraordinary story.
There were no doctors around but the teachers saw it and everyone was crying – me hardest of all. That’s his theme song now, and he played it at the launch of my book.

Jono had post-traumatic amnesia for about 10 months, which indicates the worst kind of brain injury and the unlikeliness that memory will be regained. But we didn’t listen to the doctors. I see his memory improving all the time and that’s because he has a full and active life.

It’s been a long, hard journey. At three months he started making moaning sounds. I saw that as positive – he was trying to communicate. And then he started making ‘mmm’ sounds. I literally pulled apart his lips to get his mouth moving but I closed the curtains around us because people thought I was crazy. But then one day he looked at me and said ‘Mum’. I can’t describe the joy I felt.

The first day I left him, to go to the hairdresser because I was a mess, my sister stayed with him and gave him a drink of grape juice that hadn’t been diluted. He gagged and blurted out: ‘I want my Mum!’ I’d cried all the way through getting my hair done but I walked back into his room and he was talking! We called Robert and I said ‘Someone here wants to speak to you’. Without any prompting, Jonathan said in the softest voice: ‘Hi…Dad…I…Love…You…Dad’. We were all in floods of tears.

Jono’s accident not only changed who I was, it also changed the complete dynamic of our family. I had to wear so many different hats in my new role as mother to Jono. I was – and, to varying degrees, still am – his carer, his rehabilitation case manager, speech therapist, occupational therapist, physiotherapist, tutor, social secretary, counsellor for depression, and by and large his navigator through life.

My mothering of Chris did a complete 360, too. Chris was only 10 at the time of Jonathan’s accident and I had to neglect him and his needs for the best part of five to 10 years because my entire energy was driven towards getting Jonathan better. To this day, I feel an enormous amount of ‘mother-guilt’ about not being there throughout probably the most crucial years of a boy’s life: adolescence.

I also felt guilty of being overprotective because I was terrified something bad would happen to Chris too. But I learnt, with time, to let him find his own way and I’m so glad I did, because he has become the most extraordinary young man, with the right blend of compassion and empathy, integrity and humility. He’s a civil engineer and he married his girlfriend Danielle last year, with Jono as his best man. It was an incredibly happy day for our family. Jono made a five-minute speech he’d memorised, jokes and all, which brought the house down.

I’m enormously proud of both of my boys although Chris is probably my proudest achievement, because he’s done it all by himself. But our kids learn through watching us, in ways we don’t even realise at the time.
2015 TERM TWO CALENDAR

WEEK 1
- April 20
  School Development Day
- April 21
  Start of Term 2

WEEK 2
- May 27
  ANZAC DAY
- May 28

WEEK 3
- May 4
  School Board Meeting 7.00pm
- May 5

WEEK 4
- May 11

WEEK 5
- May 18

WEEK 6
- June 25

WEEK 7
- June 1
  WESTERN AUSTRALIA DAY
- June 2

WEEK 8
- June 8

WEEK 9
- June 15

WEEK 10
- July 22

WEEK 11
- July 29
  Dance Final & Lunch
# Poseidon Canteen 2015 Winter Menu

**Call 9307 2356 for phone orders**

## Winter Warmer

**$5.00 Combos**

**Available Every Day**

**Option 1** Macaroni Cheese  
**Option 2** Tuna Mornay

All combos include a choice of: Veggie Crunch Pack or Hot Corn Cob  
Milk or Water

## Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price (GF)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>1.60</td>
</tr>
<tr>
<td>Milk &amp; Sippah Straw</td>
<td>2.00</td>
</tr>
<tr>
<td>Flavoured Milk</td>
<td>2.50</td>
</tr>
<tr>
<td>Choc, Choc Mint, Caramel, Banana, Strawberry</td>
<td>1.50</td>
</tr>
</tbody>
</table>

## Lunch Items (Order by 9AM)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheeseburger with salad</td>
<td>5.50</td>
</tr>
<tr>
<td>Cheeseburger without salad</td>
<td>5.00</td>
</tr>
<tr>
<td>Hamburger with salad</td>
<td>5.00</td>
</tr>
<tr>
<td>Grilled Chicken Burger with salad</td>
<td>5.00</td>
</tr>
<tr>
<td>Crumbed Chicken Burger with salad</td>
<td>5.00</td>
</tr>
<tr>
<td>Hot Chicken &amp; Mayo Roll</td>
<td>4.50</td>
</tr>
<tr>
<td>Macaroni Cheese</td>
<td>4.00</td>
</tr>
<tr>
<td>Tuna Mornay</td>
<td>4.00</td>
</tr>
<tr>
<td>Hot Dog with or without sauce</td>
<td>3.00</td>
</tr>
<tr>
<td>Pizza - Hawaiian or Cheese &amp; Bacon</td>
<td>3.50</td>
</tr>
<tr>
<td>Beef Pie</td>
<td>3.50</td>
</tr>
<tr>
<td>Junior Pie</td>
<td>3.00</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>3.00</td>
</tr>
<tr>
<td>4 Chicken Nuggets</td>
<td>3.00</td>
</tr>
<tr>
<td>Yummy Drummies with or without salad</td>
<td>1.50</td>
</tr>
<tr>
<td>20 Potato Gems with or without salad</td>
<td>2.00 (GF)</td>
</tr>
<tr>
<td>Salad Tray - tuna, ham, chicken or egg</td>
<td>5.00 (GF)</td>
</tr>
<tr>
<td>Fruit Kebab</td>
<td>2.00 (GF)</td>
</tr>
<tr>
<td>Corn Cob</td>
<td>1.00 (GF)</td>
</tr>
<tr>
<td>Tomato or BBQ Sauce</td>
<td>0.20</td>
</tr>
</tbody>
</table>

## Sandwiches (Order by 9AM)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna, Ham or Chicken</td>
<td>3.50</td>
</tr>
<tr>
<td>Egg - plain or curried</td>
<td>3.50</td>
</tr>
<tr>
<td>Cheese or Vegemite</td>
<td>2.50</td>
</tr>
<tr>
<td>Add salad or cheese</td>
<td>0.50</td>
</tr>
<tr>
<td>Change to a roll</td>
<td>0.50</td>
</tr>
</tbody>
</table>

**Items marked with * are also available for lunch orders.**

**Friday Lunchtime Special**

**HOT MILO LOO**

White, brown or multigrain bread
Plain or toasted

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**RECESS ITEMS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheesie whole</td>
<td>1.00</td>
</tr>
<tr>
<td>Cheesie half</td>
<td>0.50</td>
</tr>
<tr>
<td>Jelly Cup*</td>
<td>1.00 (GF)</td>
</tr>
<tr>
<td>Piece of Fruit*</td>
<td>0.80 (GF)</td>
</tr>
<tr>
<td>Noodles</td>
<td>0.60</td>
</tr>
<tr>
<td>Muffin*</td>
<td>0.50</td>
</tr>
<tr>
<td>Pikelet*</td>
<td>0.20</td>
</tr>
<tr>
<td>Fruit Bites*</td>
<td>0.20</td>
</tr>
<tr>
<td>5 Potato Gems</td>
<td>0.50 (GF)</td>
</tr>
<tr>
<td>10 Potato Gems</td>
<td>1.00 (GF)</td>
</tr>
<tr>
<td>Cheese Cornets</td>
<td>1.00</td>
</tr>
<tr>
<td>BBQ Cornets</td>
<td>1.00</td>
</tr>
</tbody>
</table>

**Lunchtime Extras**

Available after the lunch siren

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Icy Pole</td>
<td>0.60</td>
</tr>
<tr>
<td>Ice Creams</td>
<td>1.50</td>
</tr>
<tr>
<td>Slushie*</td>
<td>2.00 (GF)</td>
</tr>
</tbody>
</table>

**Items marked with * are also available for lunch orders.**

**GF** Gluten free

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**Remember to write your name and your teacher’s name on your lunch order!!**