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 Poseidon Art Show proved to be as popular as ever, 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 Lapanthon. 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 as soon as possible through classroom teachers.

In the classrooms this is a reasonably intense time of the year for both staff and students. Students have been completing a range of final assessments that will be used by teachers to help them create the end of year reports that are due to be sent home on Tuesday December 15.

Peter
Peter Blackford
Principal

Thought for the Week
One nice thing about egotists - they don’t talk about other people!

Follow Us on Facebook
You don’t need to join Facebook to see our page. Just click here to find our regular posts about upcoming events and school news.
PoseidonPrimarySchoolHeathridge
International Food Day

You can see more photos on our Facebook page
Thank you to all those families that have collected and handed in their children’s sponsorship money. So far over $1800 has been raised which will be used to improve the school grounds and continue the development of nature play areas across the school. Please send in your sponsorship money to your child’s classroom teacher as soon as possible. We will also be awarding prizes to the top 10 money raisers and, for the first time, the top male and female adult money raiser. All of the money raised will benefit our students!
New School Business Plan

This will be formally presented to the school community at tomorrow’s Year 3 Assembly. The School Board has been working hard on this plan for most of the year and it outlines the school’s strategic direction for the next two years. After the assembly members of the school community are invited to have morning tea with School Board in the Staff Room.

Read our business plan

School Board Public Meeting

Monday November 9
7:00pm in the Staff Room

Each year all school boards are required to conduct one public meeting to allow members of the school community to observe and develop an understanding of how the board operates. The Poseidon Primary School Board invites parents, carers and other interested members of the school community to our Public Meeting on Monday, November 9 at 7:00pm in the Staff Room.

Everyone welcome

Celebrating 30 Years

In 2016 Poseidon Primary will be celebrating 30 years of providing quality education to the Heathridge community. The school board is keen to see a number of functions occur throughout the year to mark this important occasion. In preparation for next year we are looking to gather any Poseidon memorabilia that families have held onto over the past 30 years. These could take the form of old photographs, school uniforms, newsletters or newspaper reports or anything else that represents part of the history of our school. If you have anything that you are prepared to lend to the school for an exhibit, please contact our Marketing Officer Samantha Smolarek on 9307 2356 or via email at samantha.warren@education.wa.edu.au.

We are also looking for interested community members who would like to be on a committee that will work with the school to help plan and organise these 30th celebrations. Please contact our school board Chair Yvonne Atkinson (0419 184 572 or trevoli@bigpond.com) or Peter Blackford if you are interested.
Interschool Spelling Competition

On Tuesday, November 3 a team of eight Poseidon students competed in the Interschool Spelling Competition at Ocean Reef Primary. The students who represented the school were: Lara Cox, Grace Gardiner, Abby Toomey, Asher Wilkinson, Lauren Buzza, Wendy Chen, Jamie Bright and Amanda Anderson. All students performed exceptionally well against some very talented spellers from the other schools. In the five years the school has been participating in the competition, 2015 was our best result with Asher Wilkinson winning the Year 4 section and Lauren Buzza winning the Year 5 section. Both Abby Toomey and Grace Gardiner finished second in their respective sections. Congratulations to the entire team – Poseidon Primary is proud of you!

Westcoast Songfest

On Wednesday, November 4, the Poseidon Primary School Choir performed at the Arena Joondalup as part of the Westcoast Songfest. Over the past 14 years the event has grown from six schools and 450 students in 2000 to 84 schools and 4600 children in 2015, making it now one of the largest massed choir events in Australia. Our students performed with 26 other schools to create a choir of over 1000 voices.

Our choir has been practicing all year for this performance. We thank and congratulate our music specialist Mrs Lisa Sturgess for her hard work and dedication. You can watch some of the performance on our Facebook page.
This was another fantastic P & C event that was really enjoyed by all who attended. Special thanks to our Year 6 class who enthusiastically decorated the Undercover Area and to Mr Danial Swan for once again being an amazing DJ for the night. Our students and school community are really lucky to have such a group of dedicated, enthusiastic, talented and hardworking of parents who are members of the P & C. Whilst fund raising is an important aspect to the events they organise, equally important is creating events that bring the school community together to strengthen the sense of belonging to Poseidon Primary.

**Lego League Competition**

Good luck to our two teams competing in First Lego League this Sunday. They have been working hard over the past 10 weeks on their projects and robots for the competition. If you would like to support them they will be down at Curtin University (Bently Campus) from 10:00am to 5:00pm in Building 215. Free parking is available in Carpark D3.

Mark your diaries for this year’s talent show on **Friday, November 13**. This fun event is another way that Poseidon Primary is creating opportunities together by providing our students with a way to display their fantastic talents.
Safety Suggestions for Students

Each term I like to include a reminder to families of the 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.

Here are some simple suggestions to help children stay safer:

- 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 they are younger.
- Report suspicious behaviour to parents, school and the police, noting number plates of cars and/or clothing or distinguishing features of individuals.

Parenting Ideas

Raising Mighty Boys: Understanding what makes boys tick is the key to teaching and raising them. Here are twelve essentials in order to connect with our sons and help raise well-adjusted boys.

Students Who Will Not Be Attending Poseidon Primary in 2016

If any parents know that their child/children will not be attending Poseidon Primary School next year, 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 2016.

REQUEST FOR INFORMATION ON STUDENTS WHO WILL NOT BE ATTENDING POSEIDON PRIMARY SCHOOL IN 2016

My child/ren will not be attending Poseidon Primary School in 2016.

Child/rens Name: ________________________________________________________________

Current Year Level: _____________________________________________________________

Signed: ____________________________ Date: ______________________
Direct Deposit School Payments

You can now make payments by direct deposit for incursions, excursions and voluntary contributions.

Bank: ANZ
Account Name: Poseidon Primary School
BSB: 016494
Account Number: 340975592

Please remember to use your child’s name (first name AND surname) as a reference.

Kindergarten and Pre Primary Enrolments 2016

Say Hello To Learning – Apply Now To Enrol

Application and enrolment forms are now available from the Front 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 between</th>
<th>My child can start Kindergarten in</th>
<th>My child can start Pre-Primary in</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>

P & C News

Project Funding – Round 2

At our last meeting the P&C discussed the results of the voting process on project proposals which were received leading up to October 15. All members of the P&C and the school staff had the opportunity to vote on all of the nine projects proposals received. The voting results were compiled and presented at the last meeting.

Based on the budget available, five projects were able to be funded this round. The approved projects were as follows:

**Technology - iPads**: Five iPads will be purchased to supplement the schools collection, which will mean that each of the K-2 classes will have access to at least five iPads.

**Literacy - Key Links Levelled Readers**: Literacy resources to promote and improve literacy levels.

**School Grounds Nature Playground Assessment and Report**: To undertake a school-wide assessment of possible Nature Playground areas throughout the school grounds.

**Library Upgrade - Modular Seating**: To make the Library a more welcoming environment for students and promote a positive attitude towards reading.

**Early Childhood Education - Comprehension Picture Books**: A collection of picture books and resources to supplement the PLD (Promoting Literacy Development) collection currently in use in the Kindy, Pre-primary and playgroup.

**Literacy - Key Links Big Books**: For use in classrooms to supplement the Key Links literacy resources.
In total $8765 in funding was allocated to these very worthwhile projects. It is great to see the hard work of our fundraising committee and the generosity of the school community going to such good use for the benefit of the students and our school.

The P&C calls for projects twice every year and are always happy to receive proposals from anyone in the community. So if you have a great idea, why not get involved? The next P&C Meeting is on **Wednesday, November 18, 7:00pm in the staffroom. Everyone welcome.**

Can’t make the meeting? Send us an email at poseidonpandc@gmail.com or join the conversation on our Facebook page - simply search for Poseidon Primary School P&C and request to join our group.

### Canteen News

**Halloween Thank You**

We would like to say a huge THANK YOU for everyone who supported our Halloween Friday Fun Day last week. **IT WAS THE BUSIEST DAY WE’VE EVER HAD!!** The line went up to the stage, and the kids loved the spooky Halloween themed recess treats. Thank you for supporting The Canteen!!

![Halloween Images](image1.png)

**Have You Got Our Latest Menu?**

Our tasty new Term 4 Summer 2015 Menu has been out for a few weeks now. PLEASE make sure you are ordering from the correct menu, not an old one. We have a had a number of disappointed students who don’t have enough money for their favourite drink or want to order a lunch special that we aren’t making this term. We also now have a special new Kindy menu with lots of tasty treats. The new menus are at the end of the newsletter and are available on the school website.

**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.

**Canteen Accounts**

Please be advised, Canteen Accounts can only be run on credit – we cannot run The Canteen on a debit system, so add some money to yours today!! EFTPOS facilities are available.

**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 & Bec 😊
Uniform Shop News

Shirts, shirts, shirts!!
We have HEAPS of uniform polos in stock, in all sizes (4-16). Grab yours now before they disappear!!

School polo shirts $25

The P & C Central Uniform Shop is open Tuesdays and Fridays from 8:00am to 8:30am. If you are able to volunteer your time, we’d love to see you. Simply email poseidon.uniforms@gmail.com with your contact details and preferred days or pop by and say Hi!

😊 Jodie, Debbie, Bec, Tara & Shona 😊

Contact the P & C
Next P&C Meeting:
Wednesday, November 18, 2015

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 2015 P&C Quiz Night
Raising and educating boys is a hot topic in Australia and other parts of the world. From my experience, those adults who do best teaching and raising boys have a significant understanding of what makes boys tick.

Here are twelve key understandings that will help you regardless of your gender or family situation raise well-adjusted boys:

1. You must like them
   Approval is at the heart of raising boys. Most will walk over hot coals for you if they know you like them. In a sense, this need for approval holds many boys back in school, as they can shut down for a teacher who doesn’t like them. If you can feel comfortable with their boisterousness, live with their lack of organisational skills, and not be confronted by their in-your-face ways then the chances are that they’ll respond to you.

2. Boys like to blend in
   Boys are group-oriented by nature. They want to fit in. They tend to play group games and form themselves into structured groups. Boys don’t want to stand out from the crowd. Don’t put them down in front of their friends and understand that they make poor friendship choices rather than be in a group of one. They’ll generally prefer the wrong friends rather than no friends at all.

3. They are hierarchical by nature
   Boys need limits and boundaries as they make them feel safe and secure. They like to know someone is going to enforce those rules, so don’t be afraid to take the lead with them.

4. Many boys hide behind a mask
   Some boys wear a mask to protect them from being hurt. The mask can take many guises including: ‘tough nut’, ‘cool dude’ and ‘class clown.’ Refuse to communicate with the mask. Make them feel comfortable, joke with them, even tickle them. Do whatever you can to get behind the mask.

5. Boys are just as sensitive as girls
   Despite the fact that research shows that boys are more easily stressed and more fragile than girls, parents will ask daughters how they feel more often than they ask sons. Also, when daughters get hurt, parents tend to comfort them more than they comfort sons. Boys are sensitive you just need to use different language to get them open up than you do with girls. For instance, a boy will more than likely tell you how he feels if you ask him how he thinks about something. Also, he generally needs more time to process his feelings so bedrooms can become their caves that they’ll retreat to when they need the space to work out what’s going in their hearts.
... Raising Mighty Boys ...

6 Boys are tactile by nature
Ever noticed how little boys are more likely than little girls to pop new objects in their mouths. That’s because taste and touch are two important ways that they take in the world. That tactile nature of boys needs to be nurtured, not ignored. One way is to hug them – lots! Boys need to be touched two to three times as much as girls to release the same amount of oxytocin (a feel-good chemical in the brain) that is released during a hug.

7 Boys learn from experience
Many parents know the extreme frustration that comes from imparting their wisdom on to their sons, only to see it completely ignored. If you have boys in your life then you need to get used to the fact that boys like to learn many of their life lessons for themselves. Experience, for better or worse, is a teacher that many boys can relate to.

8 Loyalty is a high driver
Understand that a boy’s loyalty to his friends and family is a key driver and you’ll unlock the key to the male psyche. They are incredibly influenced by their peers, which can hold them back, stopping many from getting too far ahead of the pack. Loyalty also gets many boys into strife with authority.

9 Many boys’ mouths don’t work unless they are moving
If you want to have a serious or personal conversation with a boy then you are better off joining him on a walk. Face-to-face conversation can make them feel awkward, whereas shoulder-to-shoulder chats or conversations that happen during a game or activity seem to flow more naturally.

10 Boys needs social scripts
Most boys need some didactic teaching about how to act and what to say to others at some stage in their life. Don’t be afraid to tell boys of any age exactly what to say in new social situations as they can often struggle to find the words and the way to get their messages across.

11 Boys need a purpose to learn
If you want to motivate a boy to learn then you need to offer him tangible, short-term goals. He’ll learn to play a musical instrument if he wants to be in a band; but get him to practise a musical instrument without a purpose and you’ll probably be locked in a continuous struggle.

12 A boy’s brain mature differently than a girl’s brain
The maturation rate and sequence is different for boys than girls. For instance, the brain developments in the first five years of life prepares girls for the rigours of school better than it does for boys. A girl’s brain in that period is busy developing fine motor skills, verbal acuity and social skills, which are highly valued by parents and teachers. A boy’s brain, on the other hand, is busy developing gross motor, spatial and visual skills, which are essential hunting skills. Unfortunately, there isn’t a great need for these traits in primary schools these days!!

There’s no doubt that raising boys tends to be more of a challenge for parents than raising girls. Understanding and appreciating the differences is a great start. However I think parents who really connect well with boys somehow develop the wisdom to step as well as speak up at the right time, and the smarts to know when to stand back and allow their sons to work things out for themselves.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.

parentingideas.com.au
POSEIDON CANTER 2015 SUMMER MENU
Call 9307 2356 for phone orders

SUMMER SAVER
$5.00 COMBOS
(Available Daily)

OPTION 1 - HAM SALAD WRAP
OPTION 2 - CHICKEN SALAD WRAP
All combos include a choice of
PLAIN MILK or WATER

LUNCH ORDERS  (Order by 9am)
Cheeseburger - without salad  5.00
- with salad  5.50
Hamburger (incl. salad)  5.00
Grilled Chicken Burger with salad  5.00
Crumbed Chicken Burger with salad  5.00
Hot Chicken & Mayo Roll  4.50
Butter Chicken with Rice  4.00
Hot Dog (with or w/out sauce)  3.00
Pizza  (Hawaiian or Cheese & Bacon)  3.50
Beef Pie  3.50
Junior Pie  3.00
Sausage Roll  3.00
4 Chicken Nuggets  3.00
Yummy Drummy (with or w/out sauce)  1.50
Hash Browns  0.50 (GF)
Salad Tray (tuna, ham, chicken or egg)  5.00 (GF)
Fruit Kebab  2.00 (GF)
Corn Cob  1.00 (GF)
Tomato or BBQ Sauce  0.20

Sandwiches  (Order by 9am)
Tuna or Ham or Chicken  3.50
Egg (plain or curried)  3.50
Cheese or Vegemite  2.50
Add salad or cheese  add 0.50
Change to a roll  add 0.50
(Choice of plain or toasted)

RECESS ITEMS
Cheesie  Half  0.50
Whole  1.00
Jelly Cup*  1.00 (GF)
Piece of Fruit*  0.80 (GF)
Muffin*  0.50
Pikelet*  0.20
Fruit Bites*  0.20 (GF)

LUNCHTIME ITEMS
(After the Lunch Siren)
Icy Pole  Half  0.30
Whole  0.50
Ice Creams  1.50 - 2.00

FRIDAY LUNCH SPECIAL
Cone & Sprinkles  1.00

Items marked:
*  = Also available with Lunch Orders
(GF)  = Gluten free

REMEMBER TO WRITE YOUR NAME AND YOUR TEACHER’S NAME ON YOUR LUNCH ORDER!!
LUNCH ORDERS

(AVAILABLE MON - THUR)
Orders to be placed by 9am

Sandwiches
Tuna or Ham or Chicken  3.50
Egg (plain or curried)  3.50
Cheese or Vegemite    2.50
Add salad or cheese    add 0.50
Change to a roll       add 0.50
(Choice of plain or toasted)

Extras
Mini Fruit Kebab       1.00 (GF)
Corn Cob               1.00 (GF)
Cold Crunch Pack       1.00 (GF)

Drinks
Water                 1.50

(GF) = Gluten Free

REMEMBER TO WRITE YOUR NAME AND
YOUR TEACHER'S NAME ON YOUR LUNCH
ORDER!!