Dear Parents and Carers

I would like to advise the school community that I will be commencing some long service leave on Tuesday, September 13th and returning to school on Monday 17th October. My wife, Sandy and I are heading off to France and Spain to hopefully catch some autumn sunshine.

Whilst I am away Mr Wright will be the Acting Principal and Mrs Willett will be the Acting Associate Principal.

Unfortunately, it does mean that I will not be able to be here as Poseidon Primary hosts the interschool school athletics carnival on our school site for the first time. However, I am very confident that Mrs Porro and Mr Wright, together with the support of the staff, will organise and run a very professional event in which all the students and staff from the participating schools will have a wonderful time.

Interschool Athletics Captains

GIRLS: Alex Turner
BOYS: Ryan Boardman

The Interschool Athletics Carnival will be held for the first time on our own school oval on Friday, 16th September. We will provide information to the families of the students who are selected to represent Poseidon Primary once plans have been finalised.

Peter Blackford
Principal

Thought of the Week

Injustice anywhere is a threat to justice everywhere.
Faction Athletics Carnival

Last Friday, in perfect weather conditions, the school conducted its 30th Anniversary Faction Athletics Carnival. The day was superbly organised by Mrs Porro and Mr Wright, with the support of the rest of the staff, who had trained the students throughout the term and organised them into the various teams. It was a pleasure to see all students competing for their factions to the best of their ability, supporting each other and enjoying the day. It was a close competition all day between the three factions which in the end saw Triton (Gold) Faction have their first win since 2009. Thank you to all the parents, grand parents and friends who came along to enjoy the day and support the children. The final results and individual year level champions were:

WINNER OF THE 2016 ATHLETICS SHIELD
TRITON

<table>
<thead>
<tr>
<th>CHAMPION</th>
<th>RUNNER-UP</th>
<th>3RD PLACE</th>
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<tr>
<td>Year 3 Girls</td>
<td>Sky McKenna</td>
<td>Ainsley Brown</td>
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<td>Year 3 Boys</td>
<td>Lucus Mannion</td>
<td>Connor Atherden</td>
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<td>Henry Toomey</td>
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<td>Kieran Gray</td>
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<td>Year 4 Girls</td>
<td>Jasmine Orton</td>
<td>Lara Cox</td>
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<tr>
<td>Year 4 Boys</td>
<td>Kieran Aiesi</td>
<td>Henry Lont</td>
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<tr>
<td>Year 5 Girls</td>
<td>Phebe Godecke</td>
<td>Abby Toomey</td>
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<td>Year 5 Boys</td>
<td>Blake Houston</td>
<td>Harmon Slater</td>
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<tr>
<td>Year 6 Girls</td>
<td>Alex Turner</td>
<td>Laura Hantke</td>
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<tr>
<td>Year 6 Boys</td>
<td>Ryan Boardman</td>
<td>Brandon Sutherland</td>
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A HUGE thank you to the P & C for providing an amazing array of food, that started with bacon and egg burgers for breakfast, cakes for morning tea and a delicious sausage sizzle for lunch. The coffee machines produced great coffee that was appreciated by everyone. On their behalf, I would like to thank the school community for supporting the P & C with all of their fund raising events for the year.

ATHLETIC SHIELD PLACINGS

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<tbody>
<tr>
<td>1ST</td>
<td>TRITON</td>
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<td>2nd</td>
<td>ANTAEUS</td>
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<tr>
<td>3rd</td>
<td>OCEANUS</td>
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Innovative Teaching        Relationships & Collaboration        Caring & Inclusivity        Sustainability
Phebe Godecke

The school would like to congratulate Phebe on being selected as a state representative in the Gymnastic WA – Aerobics Gymnastics State Team. She is one of only 3 selected in her age level that form a team of 20 who will be travelling to Bendigo in Victoria to compete in the National Championships between September 15 and 20. We wish her and the team every success.

Poseidon Spelling Competition

The finals this year will be held on Wednesday, 21st September. The year level word books have been sent home this week so that students can begin to learn the words in their word books in preparation for the class level competitions which are scheduled to be held by Friday, 16th September. The top four students from each year level will then compete in the year level finals. Your support in helping your child learn their words is very much appreciated.

Co-Operative Learning Focus

Why is cooperative learning a Poseidon Primary priority?

On a daily basis teachers and students from K-6 use cooperative learning strategies. This feature of our school has been developed because research indicates that when cooperative learning is implemented effectively, the following student outcomes can be achieved:

- increased engagement in learning, higher self-esteem, higher achievement,
- increased retention, greater collaborative skills, greater intrinsic motivation,
- better attitudes to school and greater use of higher level reasoning.

WOW! You can see why we are focussing on cooperative approaches to learning. This term class teachers have been selecting strategies relevant to their students’ needs. In Term 4 there will be a school wide focus on the strategies of ‘Inside Outside Circle’ and ‘Showdown’. Other strategies such as Numbered Heads; Think, Pair, Share; Placemat and Quiz; and Quiz Trade are being used regularly throughout the school.
Safety Suggestions for Students

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

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

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

AFL FOOTBALL COLOURS DAY

The student councillors are organising this event to raise funds for the Year Six gift to the school and their graduation on Thursday, 22nd September. For the cost of a gold coin donation, students are allowed to wear their favourite football / soccer / rugby team colours to school for the day.

School Stream App

We now have 150 Staff and Parents using the new School Stream App. If you would like to place the School Stream App on your phone there are instructions at the end of this newsletter showing you how it is easily done allowing you ease of access to all that is going on at Poseidon Primary School. However, if you do not want to have the App placed on your phone and wish to still receive information via Email, please fill out the notification and return it to the school office as soon as possible.
Parenting Ideas

*Helping kids to focus in the age of distraction.* Finding ways to turn your kids from flutterers to focusers – how teaching your children to ‘stick with it’ can have lifelong benefits.

Next P & C Meeting

**September 21, 7:00 pm**

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 7:00 pm 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.

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**REQUEST FOR INFORMATION ON STUDENTS WHO WILL NOT BE ATTENDING POSEIDON PRIMARY SCHOOL IN 2017**

My child/ren will not be attending Poseidon Primary School in 2017.

Child/rens Name: ____________________________________________________________

Current Year Level: _________________________________________________________

Signed: ___________________________________________ Date: ________________
Parenting insights

Building parent-school partnerships

WORDS Sarah Wayland

Helping kids focus in the age of distraction

Finding ways to turn your kids from flitters to focusers – how teaching your children to ‘stick with it’ can have lifelong benefits.

As a society we often debate about the ‘right’ amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child’s still-developing brains. Impacting the capacity to focus, to concentrate and to give attention to tasks.

Distraction is often managed through the delicate art of re-direction or encouragement to combat the ‘but I just can’t do it!’ However, has this brave new world of binge watching TV, entertainment on demand and socialisation via hand held devices created kids that always have options for those tasks that require some stubborn determination? If so how might this new way of living and relaxing challenge our kid’s capacity to stick with a difficult task when they have a world of entertainment at their disposal?

Dr Daniel Goleman, an award-winning psychologist and TED speaker, emphasises the need for people to engage in skills that foster emotional intelligence. Goleman’s belief is that ‘Kids learn best when they can maintain sustained attention, whether to what a teacher is saying, their textbook, or their homework. The root of learning is keen focus; distractions kill comprehension.’

But the new normal for young people continually interrupts their focus with distractions.’

Neuroscientists tell us that the more a young person can practice keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca, a NSW schoolteacher who is passionate about the topic, finds that the evidence is clear in our own homes and in classrooms: ‘we now have young people who are experts at ‘flitting’ from one device to another’ and she refuses to take a defeatist approach because without refocusing those ‘flitters’ to ‘focusers’ who risk the next generations creative or scientific masterminds we risk losing children who are able to ‘sit still and agonise over a task long enough to see it through to its marvellous end’.

Tips for helping kids maintain focus and attention

1 Build your child’s focus

As with all tasks the aim is to start small and build your child’s capacity to master the concept of ‘sticking with it’. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: ‘it’s all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.’

2 Remember it’s all about the journey

Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your ‘flittering’ child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

3 Keep calm and focus

Use calm methods to engage children who become distracted: breathe, relax and high five each other when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children’s world by identifying exciting technologies but they also provide avenues to ‘opt out’ of the hard yards.

Reaching what you thought was unattainable by engaging in a single focus and ‘sticking with it’, can provide lifelong lessons.

Sarah Wayland

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

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How to get the School Stream app on your mobile device

1. From your mobile device go to the App Store (iPhone/iPad) or Play Store (Android), search for School Stream and download the app to your phone.
2. Make sure you agree to push notifications
3. Once School Stream has finished installing, open the app, type your school name into the search then select your school. For more detailed instructions go to schoolstream.com.au/download
4. Are your children attending different schools? Tap the school selector, select add a school, type the school name into the search then add. Jump between your children’s schools by touching the school name/logo in the top blue bar, or switch schools from the slide-in menu.

*Any additional schools will need to be licensed users of School Stream to appear in the app.

Choose what notifications you receive

1. Open the School Stream app on your mobile device
2. From the slide-in menu, go to Settings
3. Under Edit/Alerts select My Schools and select your School to open the Notifications page
4. Toggle notifications on or off individually (e.g. Alerts, Events, Newsletters, etc.)
5. When you have finished, use the Back button to return to the Settings page, then select Done to return to your School.

Return at any time to change the notifications you receive.

Don’t have a smartphone?

If you don’t have access to a smartphone and require information to be delivered via traditional methods (printed notices & email), please fill out the form below and submit it to the school office.

Family name: ____________________________________________________________

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<tr>
<th>Students Name</th>
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Please indicate the reason:

☐ I don’t have access to a smartphone (e.g. iPhone, Android, etc.)
☐ I prefer not to receive information from the school on my smartphone
☐ Other (please specify)__________________________________________________