
Newsletter 15



Principal's Message

Dear Parents and Carers

Holiday Message

As this is the last newsletter for the term I wish everyone a well-earned break and a safe and happy holiday. We are very grateful that our school days have returned to “normal” and it has been much of a relief to now be operating largely unaffected by Covid-19. Well done to all of our students who have applied themselves so diligently and for our staff who have worked tirelessly to ensure we have had a rich ten weeks of learning.

Stay safe and I look forward to seeing you all return to school refreshed and ready on Tuesday 13 October.

Covid Precautions in Term 4

- Funding will be continuing to employ two cleaners on site each day to clean frequently touched surfaces throughout the school.
- Students will continue to hand sanitise each time they enter a classroom
- Parents will need to socially distance at school events
- Classrooms will remain closed for parents before school and appointments will need to be confirmed with class teachers ahead of time so that arrangements can be made.
- Whole school assemblies will continue to be virtual assemblies.

As I have said many times, this is about reducing risk, consolidating good health practices and complying with the advice provided to schools by health authorities.

Year 6 Spinal Awareness Talks

Students from the Curtin University School of Physiotherapy and Exercise Science have been conducting workshops for Year 6 students to promote care of the back and healthy bodies. The topics they have covered were;

- The design and resilience of the spine
- The effects of activity and sedentary behaviour
- Recommendations about sleep, activity and movement and
- What to do if you develop spinal pain

Both the teachers and students have found these sessions very informative.

Walk and Ride to School Day – Last Friday

Thank you to the 505 students who walked, rode or scooted to school on our walk / ride to school day. This represented over half of our school who took part and we noticed a significant reduction in the traffic issues in the surrounding streets – let’s aim for this to continue in the months ahead.



Congratulations to the raffle prize winners and thanks to our captains who manned the gates to hand our stamps and ran the raffle. Well done everyone!

Faction Athletics Carnival – Field Events

Yesterday we held the jumps, throws, 400 and 800m events as the first part of the Faction Athletics Carnival and there were some very strong individual performance amongst our athletes. On Friday we will stage the age races, the tabloid games and the relay events.

As we are still required to manage social distancing, especially with visitors to the school, the following arrangements will occur;

- Parents are welcome to attend for the age races which commence at 9:15am and observe these from the cordoned off area alongside the track and behind the finish line. Parents, please enter through the Kiss and Go gates on the edge of the oval outside D Cluster.
- At the conclusion of the age races, we ask parents to leave the school via the oval gates as we require the full oval for the tabloid games. After lunch parents who choose to, are welcome back to school to spectate the 200m races, the relays and the presentations.



Thank you for your understanding, support and cooperation in helping us keep Covid safe and manage our oval space.

School Review

This occurred on Tuesday this week with two Directors having conversations with a cross section of parents, staff and students on the following topics;

- Relationships and Partnerships
- Learning Environment
- Leadership
- Use of Resources
- Quality Teaching
- Student Achievement and Progress

This process is to inform the Minister, Director General, the school and our community whether Rostrata is an effective school. Whilst we expect to receive the report in a few weeks, the early indications from the review team were very positive.

Thank you to everyone who participated and spoke on behalf of the school.

Vacation Works:

- **Cubed Climbing Frame**

We are very hopeful that this will be constructed on the edge of the oval in readiness for the start of Term 4.

- **Shaded Area outside C Cluster**

Just in time for the warmer months, a new shade and walkway will be installed between C cluster and the Science and Music rooms. The colour bond structure will have all weather benefits and be a good shade for students eating their lunch.

- **Vinyl Floor Replacement**

The vinyl floors in A7 and B cluster wet area will be replaced during the break. This is being handled by experts and the process monitored closely as the tile glue contains traces of asbestos. Thorough surface and air quality tests will be completed after removal and before the new tiles are laid.

Winner of the Bunnings Colouring in Competition - Voucher

A4 students entered the Willetton Bunnings Father's Day Competition.

Elijah from A4 was announced the winner and received a Bunnings Gift Card for his dad. Well done Elijah.

Bill's Hill Watering Design

Thank you to the many student ideas we received. A representative group of students will meet next Wednesday to consider the options and discuss their merit with advice from reticulation experts before they make a decision on the most effective watering method to support these small plants. Our new plantings are all species that once grew in this area and in this soil type before land clearing occurred. Getting them through the first few summers will be critical for the project.

Start of Term 4 - School Development Day

Just a reminder that Monday 12 October is a professional learning day for staff and students will be commencing on Tuesday 13 Oct.

There will be a number of sessions presented during the day with our key note presenter being Dr Tim McDonald who will be working with us on teaching strategies with high impact on student learning to further improve our teaching quality in every classroom. We are all looking forward to this as it gets to the essence of our work.

Barry France
Principal

SCHOOL NEWS



The front office had a delivery, earlier this week, of a treasure chest which was won by Mrs Jen Lilley – school officer from Rostrata Primary School. This was made possible by Ben, who growing up as the son of a Master Wood Craftsman, along with his artistic flare, set about to create bespoke play spaces where no two builds are the same.

Thank you to Project Scape for the wonderful donation also thank you and congratulations to Mrs Lilley for entering the raffle.

CARE TOKEN WINNERS



ROB - C2



DINAGEE - B6



CHLOE - D8



IRENE - A9

ART NEWS

B8 have taken a trip back in time to 1912, to study one of 'The Great Masters', Matisse and his painting the 'Goldfish'. Matisse was part of a group of artist called the Fauvists, they liked to paint using strong, bright colours to express their emotions.

The Year 4's have done an excellent job expressing themselves through observational drawing and colour mixing. We hope you enjoy our beautiful masterpieces!



Chloe De Paoli
Visual Art Specialist

PBS NEWS



Pic caption:

Mrs Clarke along with new PBS Committee parent representative, Ricci Parker (right), presented April Pickard thank you flowers this week.

Rostrata's Positive Behaviour System (PBS) Committee helps manage behaviour at our school. It works very collegiately with all stakeholders of our school so it is important that parents are represented in this process. This week Mrs Clarke presented April Pickard with a token of our thanks for her efforts and commitment to the committee over the past four years. The PBS committee is very pleased that Mrs Ricci Parker, has recently joined the committee as a parent representative.

If you are a parent who is interested in joining the PBS Committee, please leave your details at the front office.

Natalie Rechichi

PBS Team Leader

CONSENT2GO INFORMATION

Consent2Go Event and Payment System



You may recently have had Class excursion requests through Consent2Go, these are working well and we have had a lot of positive feedback from parents and families.

If you have not received an email from Consent2Go regarding your Child's 'Profile Update', 'Contributions' or in regard to any excursions/incursions, please contact the Administration Office so we can check your contact details are correct.

Please also ensure these emails are not getting lost in your junk/spam folder. You will only receive emails with links for profile updates and Consent/Payment requests as this is a live system. Parents **cannot** login or create an account on the Consent2Go website and there is **no app** for parents.

Any questions can be directed to the Administration Office, we are happy to check your details or help you through the profile updates/consent forms if you need assistance. Email admin@rostrata.wa.edu.au or ph: 9237 2700.

KINDY POSSUMS NEWS

Silkworms Tickle and Delight the Kindy children

Thank you Mrs McSweeney for visiting Kindy last week to share your knowledge about silkworms. The children thoroughly enjoyed getting to hold these very clever little insects who make beautiful silk products for us to enjoy wearing. Most of the children commented on how soft the silkworms were to touch and that they tickled as they crawled around on their hands in search of their favourite food – mulberry leaves.

Just a reminder that Kindy Bilbys and Kindy Wombats will be dressing up as their favourite insects on Thursday 24th September and Kindy Possums and Kindy Koalas will be dressing up on Friday 25th September to celebrate a wonderful term of learning about mini-beasts.



Kindy Teachers



TRAINING BAND NEWS

On Thursday 10th September the Training Band went to a Band Bash at Banksia Park Primary School. It was the Training Band's first performance and we were all overly excited. Thursday 10th September the Training Band went to a Band Bash at Banksia Park Primary School. It was the Training Band's first performance and we were all overly excited.

There were three schools involved – Rostrata Primary, Banksia Park Primary and Winthrop Primary. Everyone played really well.

Each school played two pieces and then we combined the bands, trying to make sure that no-one sat next to a student from their own school but as Rostrata was much bigger than the other schools a few Rostrata students ended up sitting next to each other. It was an amazing experience for everyone to play in such a large group.

After playing we all enjoyed a snack supplied by the Banksia Park Primary School band.

We thank Mrs De Hoog and the music tutors for teaching us the band pieces. Also thank you to Mrs Bockman and the parent helpers.

Anisha S & Advita S



Annette de Hoog
Band Conductor

CHAPLAIN NEWS

Some tips for managing device use:

A couple of weeks ago I attended the annual Youth Mental Health Forum that is organized by the Zero2Hero Foundation. I thought I would share some ideas that David Castellaneli (Alpha Motivation, youth mentor and coach, former WA Youth Ambassador) spoke about during his session.

Social media companies employ attention engineers to make their platforms more addictive, through the use of Las Vegas gambling principles.

Devices and apps are purposely designed to distract us.

1. Colour- try using grey scale instead.
2. Infinite scrolling versus pagination.
3. Uncertainty and the magic of maybe. A poker machine spins for 5-10 seconds before coins (if any) are released. Can you think of any apps that have a moving target that holds your attention?

It takes 23 minutes to get into a productive work zone. Every time we check our phones, this time restarts.

David suggested that students either study hard, or interact socially, being 100% in for either activity. He also recommended the shuffle strategy. This involves putting your most addictive apps in a folder labelled 'distractions', located on the 2nd or 3rd screen of your phone.

Louise Lathbury
School Chaplain

ROSTRATA WELLNESS NEWS

The Practice of Gratitude.

The benefits of expressing gratitude have been widely publicised. When children are encouraged to practise gratitude towards others there are benefits to physical and mental health, some of which include higher levels of happiness, optimism and resilience and improved sleep.

In the final week of Term 3 respective clusters will be involved in a range of different activities to increase the practice of gratitude. Feel free to follow this up at home. Some ideas are outlined below:

- Each family member shares something they are grateful for at the dinner table each evening.
- Go for a nature walk, a great de-stressor, and using the five senses, draw attention to things that make you feel grateful for using the five senses, e.g. the sound of the birds, the smell of the flowers etc
- Leave a note of appreciation for your children for chores or other kind things they have done. Encourage them to write a note of appreciation too.
- On a daily basis, older children could use a gratitude journal to write three things they are grateful for.

We look forward to sharing images of what each cluster has done to celebrate Gratitude Week in our next Newsletter. Thank you for your ongoing support.

The Rostrata Wellness Team

ROSTRATA P & C NEWS

Rostrata Dads

Save the date: our next Rostrata Dads event is in Term 4 on Sunday 1 November: we are going on a bike ride from school.

If you'd like to keep informed about the Rostrata Dads group and it's future dads/dads and kids events, email us at dads@rostratapandc.org.au and we'll add you to the list.

Fathering tips for the week:

The Prime Minister's [#bestdadmoment](#) (35 seconds).

[Justin Langer on the importance of the team approach](#) (54 minutes).

P & C Website

To keep up to date on all P&C related events and information, please check out our website: www.rostratapandc.org.au

Tristan Cameron

P&C President

SUMMER HOCKEY

SUMMER HOCKEY AT REDS

Bring your fiends down and enjoy hockey on turf in the sun! All ages & abilities welcome.

Dates: Term 4, week 2-8 every Friday

Years 6 & below : 5.00 – 6.00pm

Years 7 & 8 : 6.00 – 7.00pm

Years 9 & above: 7.00 – 9.00pm

Enquiries : hockey@reds.com.au

CLASS NEWS

West Australian apple growers are keen to share their passion for **apples** and good health with primary school students.

To celebrate Crunch and Sip events in September, **Aussie Apples** supplied 100 crisp, juicy Pink Lady Apples to our school. D4, D5 and D6 participated in this activity and really enjoyed munching on their delicious apples and learning about the importance on eating fresh fruit.

We would like to extend our thanks to the Apple Growers Association for including Rostrata Primary School in this fantastic program.

