FROM THE PRINCIPAL | Simon Reid

Earlier this week, I had one of those mornings that we as parents have from time to time where everything is coming at you from all directions and the competing demands can for a moment be overwhelming. It is these mornings that we have all experienced, something happens that on reflection makes being a parent all the worthwhile. For it was on this morning my fourteen year old daughter could see that I was under the pump and took it on herself to cook breakfast and I was treated to a feast of mini quiches. You lucky thing I can hear you say, yes I am, and the quiches were delicious.

The point of reflection for me came with thinking how thoughtful, capable and confident my daughter is. For me it was wonderful to see her having a strong ‘I can’ belief. This led me to think about how this happened for somehow through the sum of her experiences, the teaching of her mum, significant others and dare I say it my input, she has established a confidence to do things. Confidence our children have comes from many things however the following is a short list of points that are known to make a big impact;

- Giving children opportunities to do concrete things where there is a result they can see. Cooking is an obvious one because they can see and eat the outcome of their efforts.
- Being around them and acknowledging the things they do, particularly where they are doing things that a generous or giving.
- Be generous with praise and genuine feedback. The use of superlatives i.e. wonderful, good, great and others are overdone and don not give any real feedback. Give feedback about what is wonderful, Wonderful effort, I can see by the way you have…. Has made a real difference. As a general rule research says 5 real positives to every corrective.
- We all like to be acknowledged for our efforts, children especially.
- In the argument over quality over quantity time with children, research says quantity wins. Just being there, speaks volumes to the child they are valued and a very important part of your life. This gives the child more confidence than anything else; it forms the basis of belief and be confident in going out into the world as the child knows you will be there to fall back on. You are the rock they will build their house (lives) on.

We have a school full of children with a very strong ‘I can’ message, which is a clear reflection on the supportive and caring family life they have.

We have had an exciting term that has gone by very quickly. I hope all the families in our community have a good break and we look forward seeing everyone in term 4.

Friday 23 September
Assembly—T4
Last day of Term 3

Monday 10 October
Students return to school
SWIMMING LESSONS BEGIN (1-4)
Year 6 Camp

Friday 14 October
Yr 6 students return from camp

Monday 17 October
Swimming lessons continue

Tuesday 18 October
Tuesday Treats T4
Shenton Cluster Choir Festival

Thursday 20 October
FOCUS

Friday 21 October
Swimming lesson finish
GOOD LUCK DEBBIE HUMPHRY | OUR LOSS IS CARINE PRIMARY SCHOOL’S GAIN |
As term three comes to an end we will sadly be saying goodbye to Debbie Humphry! Debbie has been leading our front office team and running the school with incredible financial wizardry since the beginning of 2015. Her reputation as a talented Manager Corporate Services preceded her and she was offered a position at Carine Primary School. While Debbie is sad to be leaving Freshwater she looks forward to the challenges of her new school. Debbie will be replaced by Kalina Symons–Avenell and Ruth Dennis. Across the school we will all certainly miss her warm heart, smiles, sense of humour, initiative and willingness to make everyone’s lives a little smoother. Good luck Debbie.

KISS N DRIVE—NO PARKING
A reminder to parents that in order for the Kiss n drive to work effectively and safely, parents must NOT park in this area. For information on available parking around the school please click here.

WADUMBAH ABORIGINAL DANCE GROUP
On Thursday 8 September we were lucky enough to have the Wadumbah Aboriginal Dance Group visit the school and treat us with their amazing Didgeridoo playing and dancing. Both staff and students thoroughly enjoyed the performance, particularly the opportunity to join in with the dancing! A fantastic experience for all.
CHANGES TO THE NEWSLETTER—IMPORTANT!

Parents will have received an email regarding some exciting changes to the Freshwater FOCUS that we hope will come in to effect at the beginning of Term 4. We will no longer be using our current email contact list for newsletters so parents will need to subscribe to the newsletter via the top of our home page on our website, which can be accessed by clicking here in order to receive the newsletters next term. You must subscribe before 14 October, to ensure you receive the first E-newsletter. Thank you in advance for your cooperation regarding these changes.

INTERM SWIMMING LESSONS

Students in Years 1-4 will have received permission notes for the Interim Swimming lessons for Term 4. Students will begin lessons on the FIRST day back at school—Monday 10 October. Please ensure you have returned the permission note before Wednesday 21 September as we cannot accept verbal permission for water based activities. The permission notes can be accessed by clicking here.

Please CHECK every day, that your child/children have the following items in a clearly labelled plastic bag:
- Bathers (some children wear these under their uniform), underwear, a towel, goggles and sunscreen.
Your child may bring thongs/sandals to wear to and from the school.

LOST PROPERTY—LABELLING

At this time of the year we generally find that many students have misplaced items such as jumpers, hats etc. Please take the time to check that your child/children has not accidentally taken another child’s items home with them. If you find any lost items, please return them to the front office and we can return them to the owner. Thank you!

UNI-ACTIVE

Before school skill development

UWA is offering a FUN movement program at Freshwater Bay PS that encourages maximal participation, increased self-esteem and development of movement skills such as catching, throwing, running & balance. Details are as follows:

- **Tuesday** mornings before school: 7:45am-8:30am in Term 4
- Available for K-Year 3 students in Term 4
- Focusing on the skills: Striking (teeball & cricket) & Hopping
- 8 week program, cost is $112 per child
- All new participants will receive a movement skill assessment

HOUSE ATHLETICS CARNIVAL CHAMPION AND RUNNER UP WINNERS
Not only did Thursday 1 September turn on glorious weather for our House Athletics Carnival, it was also filled with fun, fair play and good sportsmanship. We would like to congratulate Briggs for winning this year’s carnival and the following girls and boys for winning year level medallions:

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Champion Boy</th>
<th>Champion Girl</th>
<th>Runner Up Boy</th>
<th>Runner Up Girl</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 3</td>
<td>Dashiel C-J</td>
<td>Eva M</td>
<td>Shay M</td>
<td>Madeleine M</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Keanu S</td>
<td></td>
</tr>
<tr>
<td>Year 4</td>
<td>Sam B</td>
<td>Tiffany W</td>
<td>Elliot C</td>
<td>Jasmine M</td>
</tr>
<tr>
<td>Year 5</td>
<td>Jack R</td>
<td>Claire H</td>
<td>Cody S</td>
<td>Aysha Davis</td>
</tr>
<tr>
<td>Year 6</td>
<td>Patrick A</td>
<td>Annalise L</td>
<td>Nic H</td>
<td>Kiera Kanz</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Clement Z</td>
<td></td>
</tr>
</tbody>
</table>

INTERSCHOOL ATHLETICS CARNIVAL | WEDNESDAY 14 SEPTEMBER
FRESHWATER BAY PS | FIRST IN THE MERITORIOUS SHIELD!
On Wednesday 14th September, our Years 3 - 6 students travelled to Swanbourne PS and competed in the CRSSG Division B Interschool Athletics Carnival. Events included middle distance running, sprint races, relays and team games.
 Weeks of dedicated practice and hard work resulted in Freshwater Bay PS placing second overall and being awarded the Meritorious Shield.
A big thankyou to all students who were involved on the day and embraced the CRSSG ethos which dictates "that schools combine to compete in inter-school sport in friendly rivalry".
Also, a special mention to the staff and parents who gave of their time in support of our team.
Looking forward to next year!
Mr Dougan
Phys Ed Specialist
EXTRA CURRICULAR ACTIVITIES
For information regarding Extra Curricular Activities being run at Freshwater Bay Primary School in Term 4 please click here. Enrolment information and forms can also be found via this link to the school website.

TERM 4 PLANNER
The Term 4 Planner is now available on the school website and by clicking here. Please note that occasionally event dates need to be changed and the Term Planner will be updated accordingly.

TERM 3 STATEMENTS
A reminder to parents that payment of Term 3 charges are due. Payments can be made by cash, cheque, EFTPOS or direct deposit.
The bank details are:
ANZ Bank
BSB: 016281
A/C: 340910334
Please use your child’s surname followed by their first name as reference.

SCHOOL LUNCH ONLINE
The wonderful team at schoollunchonline.com.au have asked to remind parents to check that they have updated their child’s details at the beginning of each year to make sure they are assigned to the correct year group and class. To check your details via their website click here.

5 CENT CHALLENGE—CHARITIES OF CHOICE
Our 5 Cent Challenge was a huge success raising just over $1 300. It’s incredible what a difference 5 cents pieces can make. The three winning classes were able to decide where $650 would go to support a charity of their choice.
Mrs Lyon’s class decided to send their money to Princess Margaret’s Children’s Hospital, Mrs Baxter’s class chose the RSPCA and Mr Ariti’s class chose Starlight Children’s Foundation. All three charities will benefit from our efforts to collect 5 cent pieces! Thank you to everyone who supported the challenge and to the P&C fundraising committee for coordinating a really worthwhile event in our giving calendar!

UPCOMING EVENTS & IMPORTANT DATES

ASSEMBLY
All parents and community members are invited to attend our whole school assemblies. Assemblies are held fortnightly on Friday mornings, the next assembly date is:
Date: 28 October | T5 | Miss Platts

SWIMMING LESSONS
Years 1—4
Date: Monday 10 October—Friday 21 October
Students will travel by bus to and from the Claremont Swimming Pool. Please ensure you return the permission forms before Wednesday 21 September
P&C NEWS

TUESDAY TREATS
The P&C is pleased to invite all students and community members to Tuesday Treats. Held after school on Tuesdays, the afternoon provides families with an opportunity to catch up and chat.
The next Tuesday Treats for next term are as follows:
Week 2 | 18 October | Mrs McKernan | 2nd Hand Uniform Shop
Week 3 | 25 October | Ms Clarke & Ms Young

We would like to inform all Parents that any funds raised from Tuesday Treats in Term 3 (19/9) and Term 4 (October 18 to November 1) will go towards our “Thank You” funds for the P&C.

ROYAL SHOW PARKING
A big thank you to those that have added their name to the roster for the royal show parking. If you are still able to help, please send your details through Julia Upton - julia@highway1.com.au.
Anyone visiting the show this year and needing parking, please use the Rowe Street Car park during the 24th, 25th or 26th of September, as the funds raised from the parking fees go towards the FWB P&C.

KIDS CARD DESIGNS—WE HELP FUNDRAISE
This year, Kids Card Designs have made viewing your child’s artwork and ordering your cards and other items so much easier!! At the beginning of Term 4 you will be sent a link to their website where you can view your child’s artwork online as well as place your order. This will save a lot of wasted paper forms as well as plastic sleeves. Your order will then be delivered to the school in November. If you or your child would like to upload a different piece of work or a photo, this can be done through the website also. We are very excited about the new streamlined system. You will receive further details next term.

FATHER’S DAY RAFFLE
The P&C would like to thank everyone for supporting our Fathers Day raffle. Over $1000 was raised. We would like to congratulate our winners: Janine Feurstein, Rachel Galvin, Denise Lacey, Gilly Frette, Karen Hawley, Tara Neisler, Clare Griffin and Sarah Maxwell.
We sincerely thank the following generous sponsors for supporting our school:
- Shredded Strength Institute
- Stratco
- Lamonts
- Brooklyn Barber
- Brooklyn Lounge
- Workhouse Advertising
STUDENT ACHIEVEMENT

We are proud of our very own Jack R, who was the well deserved recipient of the UWA Nedlands Football Club’s 2016 Luca Cardosa Award.

Jack, as well as being an amazingly talented individual on the pitch, is always leading by example with his effort and commitment to the team. If Jack is asked to do something, he will do so without questioning. Jack is a selfless young man who never takes anything for granted and is always striving to achieve his very best! Jack has big things to come with his future both in the game of football and whatever path he chooses to take! Known throughout the team as somebody everybody can trust and we all know that we will get 100% out of Jack week in and week out. We all have the upmost respect for this very fine young man.

UWA Nedlands Football Club are the club that run the grassroots Joeysoccer program that close to 90 Freshwater Bay children played in this 2016 season (PP to Year 3). From Year 3 (U8s), the children can move on to club soccer. If anyone would like more information or would like to join UWANFC, please contact Michelle Menezes (michelle.menezes@westnet.com.au)

Congratulations to all the Freshwater Bay students that play for the UWA Nedlands Football Club. A fantastic season had by all of our boys and girls that play for our many teams from the U8s through to the U12s who had an undefeated season.

VALUES AWARD

The Freshwater Bay values outline our aspirations as a community and our commitment to the way in which we will work together. With ongoing support from Peter Clements of Mint Real Estate, the school is able to present a regular values award. The award recognises children who outstandingly model the Freshwater Bay Values.

You have received this newsletter as part of the Freshwater Bay Primary School.
To unsubscribe, please email natalie.hellewell@education.wa.edu.au