

# Leeman Primary School

Turquoise Coastal Schools Alliance

## Newsletter

Newsletter 13 2017

10 Spencer St, Leeman, 6514

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Monday 21 August 2017

[www.leemanps.wa.edu.au](http://www.leemanps.wa.edu.au)

*From the Principal's Desk.*

### Dates to Remember

21 Aug	P&C Meeting 3pm
22 Aug	Sport Carnival Meeting 2.30
23 Aug	Book Week Parade
23 Aug	Dietician Visit
23 Aug	After School Sport
24 Aug	Assembly
25 Aug	Triple P Program
26 Aug	TOM excursion
28 Aug	Breakfast Club
28 Aug	Board Meeting
30 Aug	After School Sport
1 Sep	Faction Carnival

### Child Protection Policy



We are currently reviewing the updated Child Protection Policy that has been released by the Department of Education. This policy highlights the importance of schools being safe places where all staff actively play a role in protecting children and preventing abuse and neglect.

*Procedures have been updated as follows:*

- Emotional abuse has been redefined to include psychological abuse and exposing a child to an act of family and domestic violence.
- Boarding supervisors are now mandatory reporters of child sexual abuse. Procedures have been developed for boarding supervisors working in agricultural colleges and residential colleges.
- Sharing information with certain public authorities has been expanded to include specified services in the non-government sector and non-government schools. Information that may be disclosed or requested has also been broadened to include information relevant to the safety of a student subjected to family and domestic violence.

To support the implementation of this policy, we include Protective Behaviours in our school's Operational Plan as a whole-school program.

### Attendance



Regular attendance is classified as attendance of 90% or above. Currently our rate of regular attendance across the school is 72%. This means that 72% of our students attend school regularly. Unfortunately, this means that 28% of our students attend school less than 90% of the time.

- *Being absent for 1 day each fortnight means missing a total of 20 days of school each year.*
- *Being absent for 2 days each fortnight means missing a total of 40 days of school each year.*

It's very difficult for any student to catch up on their work when they attend less than 90% of the time but it's a HUGE support to a child's learning when they attend school regularly. Our goal is to see our regular attendance rate rise to at least 75% by the end of 2017.

### P&C Sausage Sizzle



The P&C sausage sizzle held Friday 11 August raised \$96.50.

### Happy Birthday

to the following  
students who will be  
celebrating their  
Birthdays



**Daniel Lajon**  
**Tayla-Marie**



# Phil Kettle Visit



## Voluntary Contributions for 2017

- \$50.00 for 1 child**
- \$75.00 for 2 children**
- \$100.00 for 3 or more children**

Thankyou very much to the parents that have paid the voluntary contributions already this year.



This contribution is voluntary and the funds are used towards the cost of materials, services and resources used by students in the educational program.

### **PAYMENT OPTIONS:**

You can pay by cash, cheque or for your convenience you can also make a payment by Direct Debit straight into the school bank account by a funds transfer online adding the below details:

Leeman Primary School  
**BSB:** 066040  
**Account:** 19900436  
 Please ensure you indicate student name.



Small changes,  
big differences.



## **Triple P, Positive Parenting seminar (for parents of children 0-12 years)**

### **Raising Confident, Competent Children**

DATE	Friday 25.8.17
TIME	1.30pm – 3.00pm
VENUE	Leeman Primary School
PRESENTER	Stephanie Holmes



# Fruit & Veg

## SEPTEMBER

# COMING SOON!

Our school is planning a variety of activities to celebrate Fruit & Veg September to promote eating fresh and healthy fruit and veggies in a fun and positive learning environment.

We would like to encourage all parents to continue this healthy message at home by increasing the amount of fruit and vegetables the whole family are eating. Here are some simple tips to increase the fruit and veg in your meals and snacks:

- Add chopped fruit (e.g. bananas, strawberries, apples) to breakfast cereals
- Add extra salad ingredients to sandwiches (e.g. tomato, lettuce, cucumber, beetroot, grated carrot)
- Add grated veggies (e.g. carrot, zucchini) into homemade beef burgers and bolognese sauce
- Add extra veggies (e.g. pumpkin, broccoli, sweet potato, beans) into casseroles and stir-fries
- Have sliced veggies (e.g. capsicum, mushrooms, celery) ready to go in the fridge for snacks and for variety dip veggies into low-fat dip
- Encourage fresh fruit for snacks and dessert
- Use frozen, dried or canned fruit and vegetables for convenience or if fresh is not available



For healthy recipes see [www.gofor2and5.com.au](http://www.gofor2and5.com.au)

### PEAR AND BANANA MUFFINS



#### Ingredients

Olive or canola oil spray  
 2 cups wholemeal self-raising flour  
 2 cups white self-raising flour  
 1 cup brown sugar  
 2 eggs  
 150 mL low-fat natural yoghurt  
 ½ cup orange juice  
 1 large banana, peeled and chopped  
 1 pear, cored and diced  
 ½ cup buttermilk or low-fat milk

#### Method

Preheat oven to 170°C. Lightly spray muffin trays with oil. Sift flours, returning husk from wholemeal flour to the bowl, add brown sugar. In a separate bowl mix eggs, yoghurt and juice. Combine with the flour mix and fold through fruit and milk (you may need less milk depending on moisture in fruit). Do not over-mix. Spoon mixture into trays. Bake near the top of the oven for 18-20 minutes. Turn onto a wire rack to cool. Makes 24 muffins.

#### Hint

Wrap muffins individually and freeze for a lunch box snack.

#### Variation

Any unsweetened fruit juice may be used. Use apples, blueberries or other firm fruit to vary the flavour.

Recipe from Healthy Food Fast © State of Western Australia 2008

Fruit & Veg  
 SEPTEMBER

### Eat a rainbow!

*The different colours in fruits and vegetables give us hints about the different nutrients inside. Eating a wide variety of colours will help make sure your family is getting all the goodness they need.*



**Red:** Tomatoes, capsicum, strawberries, apples, raspberries, strawberries, rhubarb, cherries

**Orange:** Carrots, pumpkin, sweet potato, mango, pawpaw, rockmelon, oranges, mandarins, apricots

**Yellow:** Squash, corn, capsicum, lemon, pineapple, starfruit, golden kiwifruit, grapefruit

**Green:** Broccoli, celery, asparagus, cabbage, Brussels sprouts, zucchini, grapes, melon

**Purple:** Eggplant, red cabbage, purple onion, grapes, blueberries, mulberries, figs, plums

# TERM 3 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT / SUN

1		17	18	19	20	21	22/23
2		24 <i>NEWSLETTER</i>	25	26 After School Sport	27	28 Cross Country Eneabba	29/30
3	Assembly	31 JBDHS Faction Carnival	AUGUST 1	2 After School Sport	3 Assembly – Senior Room	4 Triple P Program 1.30 – 3.00	5/6
4	Dental Van	7 <i>NEWSLETTER</i>	8	9 After School Sport	10 Phil Kettle	11	12/13
5	Dental Van	14	15	16 After School Sport	17	18 <b>SDD</b>	19/20
6	BOOK WEEK  Assembly	21 P&C Meeting 3pm <i>NEWSLETTER</i>	22 Faction Carnival Meeting 2.30	23 Book Week Parade After School Sport	24 Assembly - Admin	25 Triple P Seminar	26/27 Tournaments of The Mind 26 <sup>th</sup>
7		28 Board Meeting	29	30 After School Sport	31	SEPTEMBER 1 Faction Carnival	2/3
8		4 Health/Fruit 'n' Veg Week Snr Room 9-11 <i>NEWSLETTER</i>	5	6 After School Sport	7	8	9/10
9	Assembly	11	12	13 Musica Viva - Eneabba	14 Assembly – Junior Room	15 Inter school Carnival Leeman PS	16/17
10		18 <i>NEWSLETTER</i>	19	20 Coorow Visit Years 3 - 6	21	22	23/24