DEAR PARENTS/CARERS:

Congratulations to our new student leaders who conducted the first assembly of the year with positive confidence. It was also wonderful to see the new Pre-Primary students behave beautifully by showing the four expected behaviours all the way through.

**Be Safe, Be Responsible, Be Respectful and Be an Achiever**

CAR PARKING REQUEST

Busy before and after school traffic is a problem in every school and contributes to many minor and major accidents. We want the students of Craigie Heights to be as safe as possible so we ask that you;

- Read the parking guidelines for schools published on City of Joondalup’s website.
- Consider our neighbours and don’t park on their verges or driveways – you don’t have their permission.
- Only use the Drop Off Zone to “kiss and drive” and don’t leave your vehicle.
- Never use the Staff Car Park.
- Teach your children to use the “Safe Door” closest to the kerb.
- Respectfully use the church car park. We are fortunate to have it as an extra.

If we can all work together as a community and show respect for rules and each other it sets a really good example for our children.

TREE WORKS

Craigie Heights has some magnificent shady trees and their value was evident in last week’s heat. We do, however, have some that need attention to ensure buildings and playgrounds are safe and that the fuel load in bushy areas around the school is maintained at a reasonable level. The Department of Education has made an assessment and will be scheduling this work soon. It is likely to occur during weekends or school holidays to minimise risk and noise.

NAPLAN 2015

Students in Years 3 and 5 are due to participate in the National Assessment Program in Literacy And Numeracy early in Term two. These assessments are conducted in all schools across Australia. Parents of students in Years 3 and 5 will receive a brochure explaining the assessments soon. You may also like to refer to the website below.

http://www.nap.edu.au

P&C

The AGM of the P&C went well but there are still plenty of opportunities to contribute. If every parent did just one thing, large or small, the load would be more evenly spread.

Jen Graffin - Principal

SCHOOL VISION:

To inspire every student to achieve their personal best through learning, living and playing in harmony.

Affirmation: A good laugh is sunshine in a house. -William Makepeace Thackeray

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**Newsletter Term 1**

Wednesday 17th February 2016

Upcoming Events:

- Mon 15th-Fri 26th Feb Years 5/6 Beach Swimming
- Mon 15th—Fri 19th Parent/Teacher Meetings
- Wednesday 24th Feb 2.45-3.45pm School Board Meeting
- Thursday 25th Feb Assembly—Room 10
- Friday 4th March School Closed Pupil Free Day
- Monday 7th March Labour Day Public Holiday
- Thursday 10th March Popy Fundraiser Crazy Sock Day

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School Attendance Weeks 1 & 2

95.13%

School banking is held every Monday outside Learning Block 1 between the times of 8.15am and 8.45am.

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Ph: 9401 7711 - Fax 9401 7944
SMS Absentee - 0417 995 416
Email: Craigieheights.ps@education.wa.edu.au

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Craigie Heights Dental Clinic
Tel: 9401 3731
HONOUR CERTIFICATE WINNERS—WEEK 2 TERM 1

Congratulations to the following students:

PP to Year 2/3: Freya, Lucas, Jessica, Logan, Emma, Kian, Brody, Taylor, Ella, Izabella, Drae, Lachlan, Jett, Lyla

Year 3 to Year 6: Aaron, Mia, Brady, Matilda, Lily, Seth, Lucas, Ryan S, Ryan C, Ryley

HARMONY AWARD WINNERS—WEEK 2 TERM 1

Congratulations to the following students:

Year 3 Room 12: Tyler

Year 6 Room 15: Radwan

SCHOOL PAYMENTS

Payment of Contributions or Incursions / Excursions can be made via internet banking, by cheque, cash or Eftpos. Please finalise payments at the front office between 8.00am and 3.30pm.

Thank you to those parents that have already made payment.

Payee: Craigie Heights Primary School
BSB: 066 040 Account: 1990 2511
Reference: Child’s Name/s and Year or Room #
Description: School Contributions / Incursion or Excursion Name

A receipt will only be issued for payments over $50 unless requested. If required, you can contact the Registrar at: Craigieheights.PS@education.wa.edu.au

CHAPLAIN’S CHATTER

Over the past few years I have had many conversations with parents and staff on a variety of subjects. One topic which comes up frequently is ‘how to fit everything in’! Here are some tried and tested tips and strategies for busy parents from those discussions -

- Do spelling words in the car or as you are walking home from school.
- Have your children read to you while you are making the lunches or preparing tea.
- Have a TV free hour every afternoon or evening to allow for home work and conversations.
- Practise mental maths in the bath.
- Have a Times Table chart on the back of the toilet door.
- Give each child age appropriate responsibilities at home and then let them do them to the best of their ability.
- Eat your evening meal together at the table, with no TV on and no mobile phones present!
- Have a bedtime routine and stick to it as much as possible.

Jenny Palandri
SCHOOL NEWS:

WINTER SPORTS REGISTRATION DAYS

Registrations are now open for winter sport in 2016.

Many students from Year 1 to Year 6 are involved in local clubs. If your son/daughter is interested in playing AFL, Netball, Soccer, Rugby, Basketball etc. now is the time to register. Most clubs will put children in a team with their school friends if you request this at registration time.

For information on local clubs see Mrs Galjaardt. Many of our students play for:

- Whitford Junior Football Club,
- Whitford City Football Club
- Ocean Ridge Junior Football Club
- Whitford Hockey Club
- Joondalup Lakers Hockey Club
- Bouncers Netball Club
- Wanneroo Basketball Association

Mrs Galjaardt — Sports Teacher

CURRICULUM:

Writing – Recommended Authors

Writing continues to be one our focuses this year at Craigie Heights Primary School. Students will be setting writing goals regularly and we will be highlighting students’ writing through displays and awards. Work by recommended authors will be displayed in our school library, so please take the time to visit. These students will have their names published in that week’s newsletter. They will be acknowledged at the Week 6 and 10 assemblies, when there will also be a raffle and one of these authors will win a prize.

Make it Memorable

Information is more retained through repetition. For example, if something is re-read the day after it was learned, it has a greater chance of becoming a strong memory. Renewing information within 24 hours of when it was learned is the perfect time to reduce the chance of that information being lost. Reviewing again after a week, and again after a month, also has positive benefits for retaining information in long-term memory.

Mnemonic techniques are memory hooks some people use to retain information. Some examples we use at school:

- ROY G BIV – red, orange, yellow, green, blue, indigo, violet (the colours of the spectrum)
- Never Eat Soggy Weet-Bix – North, East, South, West (order on a compass clockwise)
- My pal the principal
- Big Elephants Can Always Understand Small Elephants – because

News and Current Affairs

Talking about the news and current affairs can be very educational. You can extend your child’s learning of the topics being studied at school and teach them awareness and understanding of the world around them. You do not have to turn on the TV to share the news. You can talk about the news by looking online or by flicking through a magazine or newspaper together. Look for topics such as the weather, environment, entertainment, art or sports that they might find interesting.

Amanda Robinson—Deputy Principal
SAFE CRACKER:

Match Sticks

If you continue the pattern, how many match sticks would be in the fifth figure? _________

Name: ___________________ Room: ____

Place in safe box, in the office, by
Tuesday 23rd February 2016
**Annual General Meeting**
Thank you to all those that attended our P&C meeting on Monday night. It was fantastic to see some new faces, and we look forward to hearing some new ideas!

**P&C Meetings**
Our P&C Meetings are held in Weeks 3 and 7 of each term, on a Monday evening from 6.30pm. All are welcome to attend! Our next meeting is scheduled for Monday, 14 March 2015.

**P&C Officeholders and Committee**
Most roles were filled at our AGM, however the following positions are vacant. We need to fill these roles in order to operate as a P&C for 2016. Jobs can be shared, and plenty of help and support will be given.

- **Secretary** Attends meetings and takes minutes. Also responsible for opening and record all incoming mail, preparation of meeting agendas, and circulating committee reports to all members.
- **Treasurer** Responsible for all data entry within Quickbooks of all monies received and expended by the P&C. Also responsible for processing of wages, superannuation, insurance and tax documents and preparation of written report for P&C meetings, and Audit.
- **WACSSO Rep** Acts as a liaison between the WA Council for State School Organisation and the P&C.
- **Facebook Editor** Responsible for updating our CHPS facebook page with information for parents, and responding to enquiries.
- **School Banking Asst** Working with the School Banking Co-ordinator to record students school banking on a Monday morning from 8.15am – 8.45am.

If you are interested in any of the above positions, or would like some more information, please email craigieheightspandc@yahoo.com.au, or talk with a member of our P&C. A full listing of Office holders for 2016 will be released in the next newsletter, once the above positons have been filled.

**Contributions made by the P&C in 2015**
Our P&C contributed over $17,000 to Craigie Heights Primary School last year, which included:

- funding for the Mathletics Program,
- funding for the Blue Earth Program,
- Interschool T-shirts,
- Go-Pro camera,
- contribution towards all classroom excursions and choir excursions,
- contribution towards the new nature playground on the oval,
- funding for additional books for our library, and
- funding towards the purchase of new headphones for our music program.

**Retiring Officeholders**
A heartfelt thank you to Kaylene McIver, Kerstin Brannigan, Jenie Elliott and Lisa Laker whom have all resigned from positions they held in 2015 (and previous years!). We greatly appreciate the contribution you have each made to our P&C and school community.

**Canteen Volunteers Needed**
Volunteers are needed for our school canteen. The canteen opens on a Monday and Friday and we rely on the help and support of volunteers to assist our Canteen Manager. If you can spare some time be it weekly, monthly or just once a term, please fill in a volunteer form available from the school office.
Community News:

WARWICK SENIOR HIGH SCHOOL
WA Secondary School of the Year Finalist

YEARS 7 (2017) INFORMATION EVENING

All parents of Year 5 and 6 students are welcome to attend.

WHEN: Wednesday 9 March 2016
TIME: 7.00 pm (Tour of school available at 6.30pm)
WHERE: Warwick Senior High School Performing Arts Centre (in the Gym complex).

Please park in the car park at the front of the school (Erindale Road entrance).

RSVP to WSHS on 6240 4400 by Monday 7/3/16.

WARWICK SENIOR HIGH SCHOOL
2014 SECONDARY SCHOOL OF THE YEAR FINALIST
NOW AN INDEPENDENT PUBLIC SCHOOL

2016 SCHOOL OPEN DAY
Parents are invited to attend an Open Day at Warwick Senior High School to learn about our outstanding educational programs and view our facilities. Guided tours will be conducted on the following day at the stated times.

Friday 18 March
355 Erindale Rd WARWICK WA 6024
Tours commence at 9:00 am and 2:00 pm
Our school conducts programs in the following:

PROGRAMS:
ACADEMIC EXTENSION
ENDORSED SPECIALIST NETBALL
ENDORSED SPECIALIST FOOTBALL
DANCE ELITE
MUSIC

Please call the school administration reception on 6240 4400 to book your tour.
We look forward to meeting you.
Set yourself up for a great year

Andrew Fuller

Make this the year that you will remember for the rest of your life as the time you really set yourself on the pathway to success. There are several sure-fire ways to make this the best year so far.

1. Make friends with everyone you know

Parents, teachers, friends, everyone! One of the ways of reducing your stress levels is to set out to have as many positive friendships this year as you can.

2. Acknowledge your inner genius

You are much, much smarter than you know. If you practice doing your best in life you will succeed because very few people ever practice doing their best.

To do your best you have to get out of the habit of predicting that things won’t go well for you. If you look for what’s going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.

Aim to develop at least one positive aspect of yourself this year. The easiest way to start this is to appreciate the quality you want to develop in yourself.

3. Know that geniuses make mistakes

People who achieve a lot know that you have to make mistakes to learn. In fact, learning often involves making a mistake and then figuring out what went wrong. If you get too scared to make a mistake, you will not do anything different or new in your life and that would be, well, a mistake!

3. Prepare yourself for learning

Thinking positively isn’t enough for successfully achieving goals. You have to focus and do things differently. Concentration is hard to achieve and very easy to lose. Find ways to reduce distractions, at least while studying.

Not everyone in your life will be a well-wisher in your self-improvement and learning plans. They may you from your goal. Surround yourself with people who encourage you. Take time to be an encourager of other people rather than being a critic.

4. Liven up your life and get enough sleep

Sleep helps you to manage stress, stay happy and also increases your marks. The best way to protect yourself from being stressed or depressed is to get enough sleep.

You need at least 8 hours and sometimes as much as 9 and quarter hours a night. If we don’t get enough sleep we often become tired, moody, bored and boring.

5. Be healthy - eat breakfast

Some people skip breakfast, but you often learn best at school in the morning and it helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches, concentration problems and low energy.

6. Do the most important things first

Get into the habit of being effective. Write a to-do list each week. Ask yourself the question, “What is the one thing I could do
this week in each subject area that would improve my results?” Then do it.

6. Use your time well

Many people muck around in school and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school you can save yourself endless hours. Hours that you can spend doing the things you really want to do. Some people find if they sit at the front they are less distracted.

Teachers want their students to do well. Watch your teachers closely. Observe the things that they emphasise or repeat. Take notes of these things. It is a fair bet that these things will feature in tests and exams.

7. From little things big things grow

Do a little bit, often. Succeeding at school can be easy if you do a little bit each day. The best learning occurs when you do spaced interval training. This means do a little bit of practice every day. Interval training is especially powerful in subjects like maths and the sciences.

8. Focus and immerse yourself

For at least some time every day switch all forms of technology off and focus on whatever you’re studying. Don’t try to watch TV, listen to music or gaze at a screen at the same time as learning something. Technology is not going to be there in exam rooms so you need to be practiced at performing without it.

9. Don’t try to predict the future

Most students are really bad at predicting how well they are going to do. In fact, they are hopeless at it. So don’t spend the year thinking how awful your results could be. Just do the most important things first and do them regularly.

10. Be curious

Think of someone you know who always seems to know interesting things- weird facts, strange occurrences, funny jokes, and whacky stories. Try to be one of these people. Look out for and learn things that are fun and interesting.

11. Play more

Be active; break out into a sweat now and then. Lack of blood flow is a common reason for lack of concentration. If you’ve been sitting in one place for a while, stand up and stretch or bounce one of your legs for a minute or two. It gets your blood flowing and sharpens both concentration and recall. Even if you are really busy three twenty minute bursts of exercise a week makes a massive difference to your stress levels, happiness and sleeping.

12. Decide to be happy

Lots of people wait to be happy. They wait for the situation to be right. Or they wait for the right friends to show up. Some people spend their entire lives waiting to be happy. Decide to be happy now. Have a look at the things in your life you can feel lucky that you have. Appreciate the people who like you and love you. Make the most of the moment and seize the day. Help and encourage other people. Be a really good friend. Laugh more. Have fun. Have a fantastic year.

Andrew’s most recent book is “Unlocking Your Child’s Genius” (Finch, 2015).