Dear Parents and Caregivers,

As you are aware Elizabeth Melville is currently on long service leave and I have been asked to step into her vast shoes for term 2. Well as I have very quickly discovered Southwell PS is a very busy place with lots of different events happening.

Firstly, though I would like to acknowledge the wonderful Mother’s Day bash down in the Kindy/Pre Primary, which occurred on the 5th May. The morning was designed to have each child apply make up to their own mother or caregiver which proved to be very interesting. From a male’s perspective the final application of foundation, eyeliner and lipstick was rather intriguing with some parents ending up looking a bit like an abstract painting.........?! Thanks goes to all the staff down in the Kindy and Pre Primary, especially to Wendy Rowe and Farizia Mundriona. I would also like to acknowledge all the wonderful parents and caregivers who attended the morning – You were the real stars!

Last week was NAPLAN week which involved 18 of our Southwell students. Because of our small numbers all our year 3’s and 5’s were placed in the library over the three days where they were encouraged to attend to the tests to the best of their ability. Overall everything went very smoothly with a couple of students attending the ‘catch-up’ session on Friday. I wish good luck to all our students who participated.

You will read in this newsletter that on the 27th May Southwell will be recognising Sorry Day and Reconciliation Day by holding a Family Breakfast BBQ. We expect many of our students will be ready for a hearty breakfast as they would have also participated in National Walk to School Day – As indicated details of these events are covered in greater detail further on in this current newsletter. Please, if you can attend our breakfast BBQ we would love to see as many community members attend, after all Southwell is your school.

As indicated Southwell is a very busy place, and not just for the students but also for the staff. This term four of our staff meetings will have guest speakers talking to all Southwell staff about building resilience in students, promoting positive social skills and what generally makes up a modern day student - These topics are vital across all primary schools as students are constantly evolving. Ms Fragall has just returned from an intensive professional learning program called Leading Change: Digital Technologies and Carol Bulivou has just recently returned from an intensive OH&S course. We always say to students that education is about life-long learning. Well, here at Southwell we are certainly ‘walking the talk’!

Cheers

Brendan Hodge
**Thank You**

Mr. Michael Beaver, a representative of the Cockburn Rotary Club, attended our school assembly last week with a presentation in the form of funding. The Rotary Literacy Award enables us to purchase additional resources that will be used by students and teachers alike to ensure our Literacy Program has the best support available.

A big thank you to the Rotary Club of Cockburn Inc.

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**P&C Meeting**

The P & C will be meeting on the **20th of May**. (Not the 27th as stated in the last newsletter). Their meeting will take place at the Port Coogee Dome Café at 1:30. All are welcome so come and join them for a coffee and maybe some cake. **Don’t forget to check out Southwell P&C on Facebook!**

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**Mother’s Day at Pre Primary / Kindy.**

Pre Primary and Kindergarten classes hosted a “Pamper Day” for Mum’s and Grandma’s. All were treated to entertainment and then pampered with hand massages, nail painting, hair styling and make-up that a model would be proud to wear. Then they were showered with gifts and a special morning tea. There was even a photo booth!
Every Child  Every Chance  Every Day

**Walk to School Day  Friday 27th May**

The 27th of May we will celebrate Reconciliation Day with “Walk to School Day” followed up with another of our popular family breakfasts that will be ready when children arrive just after 8:30. These events have become a popular occasion. Reminders and details will follow.

Walking school groups will be leaving their locations at 8:30am. **Walking school leaders will be wearing bright fluoro orange jackets.** Leaders will be **leaving their stations at precisely 8:30 am** so please meet them on time. If you are riding you MUST be wearing a helmet or you will be asked to walk the bike/scooter.

1. Corner of Phoenix Road and Grandpre Crescent
2. Corner of Grandpre Crescent and Packham/Morton Road
3. The Intersection of walking paths at Goodchild Park

**If you are able to help cook the bacon and eggs on Friday morning, please be at school at 7:30am**

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**Voluntary Contributions**

A very big thank you to all families that have paid their voluntary contributions so far this year. It’s an important part of your child’s education that they have access to lots of wonderful resources and equipment. These contributions are invaluable in helping to provide for your children a rich a varied learning experience.

Voluntary contributions are $30 per student and can be paid to Mrs Hart in the office at your earliest convenience.
**Breakfast Ideas**

Children should eat a healthy, nutritious breakfast to give them the energy they need for the school day. Ideally, breakfast should include fruit or vegetables, a dairy product (or alternative) and a wholegrain product. Here are some breakfast ideas:

- **Raisin bread** or fruit loaf topped with ricotta cheese and fruit.
- **Porridge, made** with milk and topped with berries or chopped banana.
- **Fruit smoothies**, made with milk, yoghurt, soft fruit and wheat germ or psyllium.
- **Wholegrain muffin** (topped with cheese and tomato) and a piece of fruit.
- **Yoghurt topped** with cereal and chopped or pureed fruit.
- **Baked beans** with wholegrain toast and a small glass of diluted fruit juice.
- **Poached or scrambled eggs** with toast and a glass of milk.
- **Toasted bagel** with avocado and a glass of milk.
- **Wholegrain toast**, spread with a small amount of jam or honey and topped with sliced banana, and a small yoghurt tub.
- **If you’re in a hurry**, grab a piece of fruit, cheese stick and some low fat crackers.

Go to [www.nutritionaustralia.org](http://www.nutritionaustralia.org) for more healthy breakfast ideas.