



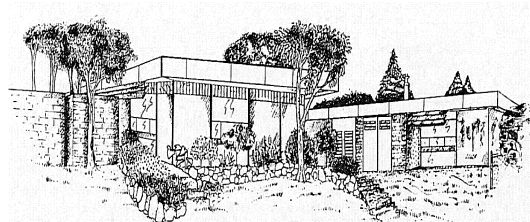
Southwell Primary School

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Principal: Elizabeth Melville

Manager Corporate Services:

Yvonne Bopp

Newsletter

Week: 8 Term 2

19th June 2019



DATES TO REMEMBER

Week 9

Wednesday

25th June

Math Day

School Assembly

Week 10

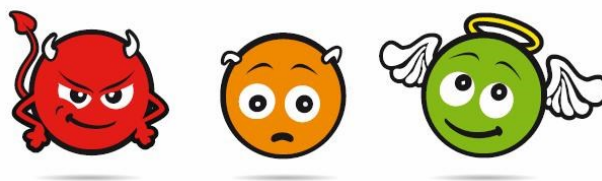
Friday 5th July

Last day of term 2

Dear Parents and Caregivers,

Helping you to make better food choices

To help you make healthier choices, Green Light, Eat Right classifies foods according to their nutritional value:



Red – A less healthy choice

Red foods are generally the least suitable option as they:

Are very low in nutritional value

Are high in saturated fat and/or sugar and/or salt

Provide excess kilojoules

Essentially, consumption of these foods should be restricted.

Amber – An ok choice

Amber foods should be selected carefully because they:

Contain moderate amounts of added fat and/or sugar and/or salt

Contribute to excess kilojoules if consumed in large serving sizes

Provide limited nutritional value

The foods in this category are mainly processed foods and should be consumed in moderation.

Green – The healthiest choice

Green foods are the healthiest choice for everyday consumption because they:

Are often high in nutrients and fibre

Are low in saturated fat and/or sugar and/or salt

Help to avoid an excess kilojoule intake

The majority of your daily food intake should comprise these foods.

Kind regards

Elizabeth Melville

Principal.

We would like to acknowledge the Noongar people who are the Traditional Custodians of this land. We would also like to pay respect to the Elders past and present of the Noongar nation and extend that respect to other Indigenous Australians who are or may be present.

It's Time to Enrol For 2020

The first years of school are so important. It is a time when your child discovers the wonder and excitement of learning, exploring and imagining.



It is really important for you to be involved in your child's learning during these important years. Continuing the learning at home helps build their confidence at school and in life.

All children from Pre-primary to Year 12 are guaranteed a place at their local public school.

We are now taking applications for enrolment.

You need to enrol for:

- **Kindergarten** —if your child turns four years old by 30 June 2020.
- **Pre-primary** —if your child turns five years old by 30 June 2020.
(first year of compulsory school).

Visit Ms Bopp in the school office now to enrol your children for 2020.

YEAR 6 STUDENTS - NEED TO ENROL IN SECONDARY SCHOOL.

Scholastic Book Fair

The Book Fair is still available. Please enquire at the office or visit the library if you wish to view the collection as all sales will be finalised on Friday 21st June.



Every Child

Every Chance

Every Day

School Holidays

Term 2 ends and school holidays begin on Friday 5th July.

Term 3 commences Monday 22nd July for all students Pre primary—Year 6 and Kindergarten students attend on Tuesday 23rd July.



Government of **Western Australia**
Department of **Health**
Child and Adolescent Health Service



Southwell
Primary School

FREE PARENTING SEMINARS

You are invited to attend a seminar **Children's Behaviour – the tough part of parenting (for all parents of children in Kindy to year 6)**

You will learn practical, positive and effective ways to deal with common behavioural problems and ways to help your child achieve their best at school and in the future.

Triple P can help you:

- Encourage behaviour you like
- Deal with problem behaviour
- Become more confident as a parent
- Be realistic about parenting

The next **FREE** Seminar will be held:

When: Tuesday 25th June 1:45pm – 3:00pm
Location: Southwell Primary School - School Library
Who: Parents of students Years K-6
Presenter: Karen Penny

**Please call Southwell PS to register to attend
on either 9418 1622 or our Facebook Page.**

No crèche is available for this seminar but babies under 6 months are welcome. Parents can leave early if you need to pick-up from another school.

Every Child

Every Chance

Every Day

Bedwetting alarms

Bedwetting alarms work by conditioning the child to wake when she wants to wee.

- When the child begins to wet, a bell rings and wakes her up. Because the feeling of a full bladder and the sound of the bell happen at the same time, her brain associates one with the other.
- Over time, usually up to 12 weeks, the child wakes when she feels the need to wee.
- As the time needed for the use of the alarm and mat varies between each child, you and your child need to work with a trained health professional, who will teach

you how to use the alarm properly and follow the program.

- Your doctor can also prescribe short-term medication for school camps and sleepovers.

Remember

- Reassure your child that bedwetting is not his fault.
- Don't criticise or tease him, or offer rewards for something your child cannot control.
- Talk to your doctor to be sure there is no physical cause.
- Contact **Bladder and Bowel Health Australia** for more information and help.



For more information contact

- **HealthyWA**
www.healthywa.wa.gov.au
 - Local school health nurse
 - Local family doctor
 - **Bladder and Bowel Health Australia**
(9am–4.30pm weekdays)
(08) 9386 9777 (Outside metro 1800 814 925)
www.bladderbowelhealth.org.au
 - **National Continence Helpline**
(8am–8pm weekdays – Eastern Standard Time)
1800 330 066
www.continence.org.au
 - **Ngala Parenting Line** (8am–8pm everyday)
(08) 9368 9368 (Outside metro 1800 111 546)
www.ngala.com.au
 - **Raising Children Network**
www.raisingchildren.net.au
- We've used 'he' and 'she' in turn - please change to suit your child.

This document can be made available in alternative formats on request for a person with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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Child and Adolescent Health Service
WA Country Health Service

bedwetting



better health - better care - better value

Every Child

Every Chance

Every Day