# **Southwell Primary School**

Newsletter Week: 9 Term 3 17 September

Principal: Robert Marshall MCS: Janine Hart

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Dear Parents and Caregivers,

Thank you to the entire school community for welcoming me into the school for this fortnight. Southwell is such a unique school, and you should be proud of the efforts of the staff in providing the students with such a positive education.

Last week was the ever popular Faction Carnival. Congratulations to all the students for the way they participated and competed. It was wonderful to see so many from our school community in attendance to support our students. Thank you to all the staff for their efforts in ensuring a successful day, and special thankyous to Ms Amy (for planning and running the day) and to Mr Damien (for his efforts in setting everything up). I would also like to thank Aunty Nicole, Ricky, Shaunece, Penny, Ira, Teegan, Tania, Doris, Nanna Leila, Mia, Myriam and Diane for their efforts in running the food stall, cooking the sausage sizzle and pinning ribbons on winning runners.

As we get closer to the end of the school term, it is important to remember that every day of school counts. The more students attend the greater their opportunities for success, so please ensure that students attend every day. This includes the final day of Term 3 (Friday September 25th).

Ms Liz will be back at Southwell PS next week. Thank you again for welcoming me into your school, and for your continued support of the students' educations.

Kind regards,

Robert Marshall

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.

# **Faction Carnival Fun**

A big thank you goes out to Miss Amy for organising the carnival events and everyone that helped out in any capacity. Congratulations to Green faction upon their success. A great time was had by all!



Every Child Every Chance Every Day

# Spare Parts Puppet Theatre is coming to Southwell Join the fun at Southwell and see HARE BRAIN Monday 12 October, 1st day of Term 4.

Hare Brain tackles the age old dilemma – does fast and furious or slow and steady win the race? Updated to a fantasy world of toy invention, replete with a gurgling think tank that sparks vacuum cleaners, mops and brushes into a life of their own, Hare Brain tells the tale of Harry and Toulouse who are in a slapstick race against time to find the perfect story that will fit the perfect toy. Who will it be that tells the final tale? Harry, the stressed out marketing



guru or Toulouse, the considered, gentle storyteller?

#### Packed with Goodness

A *Packed With Goodness* session for parents will run on <u>October 28<sup>th</sup> at 12:45 pm</u> (term 4 week 3) at Southwell Primary in the library. Come along and get some great healthy ideas for delicious land nutritious lunches for your children.



## Packed

# Goodness.

- · Looking for some new ideas to make lunchbox packing easy?
- Need some easy and healthy snack ideas?
- · Want to understand food labels a little better?

We are running a free, fun and engaging nutrition session for our parents. Come along and find out how to be a lunchbox packing pro!





Every Child Every Chance Every Day

#### Dates to remember:

25 September Last day of Term 3

12 October First day of Term 4
Pre Primary to Year 6 students return
Monday 12 October and Kindergarten
students attend Tuesday 13 October.

**12 October** Hare Brain incursion. Whole school performance 12-1PM. Workshop for Rooms 11 and 9 2-3PM.

#### Merit Award recipients this week:

Malakai Cornwall Sienna Gibb Malcolm Riley Frankie Cheek Tanika Kickett James Lutze Ja'marley Cornwall Brendan Flatfoot Brendisha Flatfoot Jd Morley-Yarran



### Parenting with mindfulness

This free three week parents/carers group is an introduction to developing mindfulness; a way to focus attention, without judgment, to calm the mind. Mindfulness can have a beneficial effect on how we respond to our children by developing self compassion, reducing stress and being in the moment. As mindful parents we can be curious and open to understanding what our children are feeling and experiencing.

Where: Coolbellup Hub, 90 Cordelia Ave,

Coolbellup

When: Wednesday 23 September 2020

Time: 10 am - 12 noon

Crèche Available

To register for this group email parenting@cockburn.wa.gov.au

Or phone 9411 3855



Place your lunch order on Tuesday for a delicious lunch on Wednesday
Next week 23 September:
Chicken & Vegetable Pie \$4.00



Date	Menu choice	Name	Room	No.	Amount
23 September	Chicken & Vegetable Pie				



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