



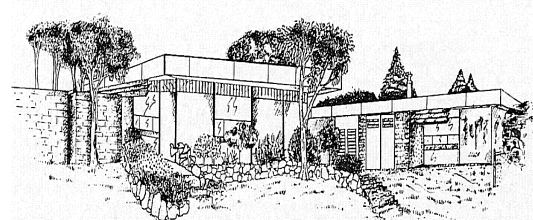
# Southwell Primary School

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Principal: Elizabeth Melville

Manager Corporate Services:

Janine Hart

## Newsletter

Week: 8 Term 4

28th November 2018



### DATES TO REMEMBER

#### Week 8

Thursday 29th

November

Sausage Sizzle lunch

\$1.00

Completed booklists  
need to be returned.

Friday 30th November

School Development

Day. No students.

#### Week 9

4th December

P&C Meeting 2 PM in  
the library.

#### Week 10

Tuesday 11th

December

Graduation Assembly  
9:30am.

Reports sent home.

Dear Parents and Caregivers,

When I'm prompted to think about obesity it is generally in relation to facts from overseas or Australia wide where it doesn't really relate to me. That was until I went to a forum in *Cockburn about Obesity and Overweightness in our children and youth!* Some really valid points were raised about our children. I was surprised to learn that in the Cockburn population, 1 in 4 children are overweight, and around 70% of individuals aged over 15 are overweight or obese, with obesity rates rising in Cockburn.

School Health Nurses from the Child and Adolescent Health Service have a pivotal role to play in the school environment. They present kindergarten talks about healthy living, know how to work with the traffic light system, talk to parents about weight and body image issues, provide schools with resources and newsletter items and also test vision, hearing, BMI and oral health - Just to name a few.

The quickest way for health services to get in touch with families is through school. As you can imagine, engaging with families can be difficult as it is quite a defensive and sensitive topic for most families. Nor are school staff keen to engage in these conversations with no support or resources to navigate this space.

A simple way to start would be to ensure children have some fruit for school each day. There is pressure on families to provide popularly advertised snacks. I would like to know how the school can support families to not feel pushed to give children snack packs, chips, lollies and soft drinks. Please chat to me about what you could do to get your children eating properly at school and home.

Since the forum, Cockburn Integrated Health have met to discuss our feedback and they are in the process of developing a plan to further engage with schools and child care services in Cockburn to enhance prevention strategies for our children. In the meantime please load lunches with fresh food such as fruit and vegetables.

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.*

## *NAIDOC Week*

Last week Southwell Primary celebrated NAIDOC Week with activities, games and a lunch. Thank you Nicole Jetta for organising the art activities, Noongar Sports and a fabulous feast of kangaroo stew and yummy damper prepared by Ricky Jetta and Charmaine Keen. All students then enjoyed a performance of traditional Aboriginal dance presented by Wesley College students



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## *Pupil Free Day*

**Friday 30th November is a School Development Day. Students do not attend.**

Staff will however be busy planning and preparing for the coming year throughout the day.



## *Sausage Sizzle*

Tomorrow, Thursday there will be a sausage sizzle available for lunch for just \$1.00. A drink can also be purchased for \$1.00 as well, so bring your dollars to school tomorrow and enjoy a delicious sausage sizzle lunch.

Funds raised will enable graduating Year 6 students to purchase a memento for the school.



## *Graduation Assembly*

Tuesday 11th December is the Graduation Assembly. End of year presentations will also take place as this is the final assembly for 2018. The assembly will commence at 9:30 so come along and join us in wishing our graduating students well as they move on to High School next year.



## *Book Lists-Stationery orders*

We have sent home stationery order forms for 2019. Please have the completed forms returned to school by tomorrow, Thursday 29th November if you wish to take advantage of this service. Booklists can be paid for either at the time of lodgement or on collection.

Books can be collected from Mrs Hart in the office after Wednesday 30th January 2019.



## *Important!*

### *Kindergarten Enrolments for 2019*

If you have a child turning four before June 30 2019 they are eligible to attend kindergarten next year. Be sure to come and see Mrs Hart in the office to secure a place for your child in the coming year. Please pass this message to other family members or friends that are in the area.



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From jam sessions in our recording studio to drama and cooking classes, job info hubs and fantasy role-playing games, Cockburn Youth Services has it all!

Come and check it all out at our **OPEN DAY**

**Saturday 1 December, 10am–2pm**

Cockburn Youth Centre

25 Wentworth Parade, Success.

**FREE BBQ, and coffee and tea for the parents!**

[cockburn.wa.gov.au/OpenDay](http://cockburn.wa.gov.au/OpenDay)

**T** 08 9411 3888 | **E** [youth@cockburn.wa.gov.au](mailto:youth@cockburn.wa.gov.au)



**Drama program** – for newbies and experienced



**Music recording studio** and private tuition



**Pathfinder** (inc. Dungeon Master) and tabletop games



**Kitchen Experience** program – sample the goods



**Job vacancies**, resume templates and employment tips



**Women's boxing, mixed basketball, dodgeball** and more.

[cockburn.wa.gov.au/OpenDay](http://cockburn.wa.gov.au/OpenDay)



This information is available in alternative formats upon request

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