The final Newsletter for 2016 and I’d like to congratulate all of the children on their terrific work and achievements over the year. It just keeps getting better. To the P&C and the School Board, thanks to the direction and efforts you have both provided to the school and the children in general. Parents - you have done an amazing job with your children and the assistance provided to them and the school in general, in so many capacities, is very much respected. To the staff, you have all contributed so much to the children and your efforts and dedication are appreciated. Finally, I wish to extend to all the warmest of season’s greetings and a very Happy New Year. See you back safe and sound in 2017!!

FAMILY CONCERT
Well done to all of the children in their respective performances last night. Very entertaining! Another sensational effort by the children and well done to the staff in preparing them. A special thank you to Ms Speelman and Mrs Clack for their outstanding organisation and preparation on the night. Thanks also to the dads who helped with the pack up!!!

GRADUATION
A reminder that this will occur next Wednesday 14th December in the undercover area and commence at 9:00am. This will be followed by the traditional morning tea outside of C Block.

CANTEEN
The canteen is desperately seeking volunteers to assist in preparation and serving. This is a terrific service provided for your child by the P&C and the efforts of so few. Please do consider a day a week (even for a term) now or at the start of 2017. Given the distinct possibility that the split lunch break with occur in 2017, it is even more imperative that volunteers are sourced. If you can provide some assistance, please contact Louise Roche on louroche@hotmail.com

ASSEMBLY
Our next assembly is scheduled for this Friday and will be hosted by C1. It promises to be a very special assembly!

Ron Chesny, Principal

Ahoy Captain Chesny
Thank you Captain Chesny for being captured by the D2 pirates. We loved making you walk the plank!
End of Year Reports
Students’ end of year reports will be available for pick-up from classrooms on the last Monday of term (Dec 12). Any reports not picked up on the Monday will be sent home with the students on Tuesday (Dec 13). If you require the report to be mailed or emailed, or require 2 copies of the report, please let the office know on 9307 6365.

Mobile Phones at School – Parents please help
We are getting far too many mobile phones being brought to school.
A mobile phone should only be brought to school by a student if that student needs to contact a parent after school.
Otherwise we ask that students do not bring mobile phones to school.

Dental Information for High School Students
Yr 6 students currently enrolled at the Padbury Dental Therapy Centre will continue to receive their dental appointments by post up to and including year 11.
If there is any change in address please notify the centre so you will receive your appointment and this will also help us to avoid missed appointments that have gone to incorrect addresses.
Thank you.
Padbury Dental Staff Tel: 9401 7285

PE NEWS
Power Pack
Last week was our final Power Pack session. Well done to the students who have been attending our Thursday afternoon sessions. I look forward to seeing you next year.

Tamsin Cook visits again
The students and staff were thrilled recently to have another visit from the Olympic silver medallist Tamsin Cook. She shared some photos of her Rio Olympic experience, showed us her silver medal and provided us with an inspirational message which included the importance of goal setting, believing in yourself and being prepared for and overcoming difficulties in life. We really appreciate her time once again and we all look forward to watching her journey continue in the years to come.

Swimming Squad 2017
All students from year 3-5 have been offered the chance to take home a note regarding an expression of interest for next year’s swimming squad. Could these please be returned to Mrs Armstrong by Wednesday this week. There is also a meeting in C6 on Thursday afternoon 3.05-3.20pm to answer questions and provide information that is currently available regarding arrangements.
**Students Arriving too Early for School**

We have a number of students choosing to arrive very early at school. Parents are advised that unless there are special circumstances, students should aim to arrive between 8.30 and 8.45. (unless involved in a before-school program)

Please help us by not letting your child/ren leave too early for school.

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**STEAM Club**

Miss Walmsley and Mrs Pring would like to thank all students who attended the Term 4 afterschool STEAM (Science, Technology, Engineering, Arts, Mathematics) Club.

Students from Year 1 and 2 had 8 weeks of fun making bridges, towers and marshmallow launchers, programming robots, coding and making oobleck!

A very BIG THANKS goes our wonderful group leaders Eloise C, Jake H, Lachlan E, Oliver W, Jaya Mc and Priya Mc.

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**Parent Corner News**

Come in on Friday mornings after drop off to relax, share ideas, have a coffee with friends and browse the growing book selection.

A Kids Matter team member is also there for a chat or any questions. On Tuesday mornings, from 8.45am-9.20am Hillarys Primary Chaplain, Vanessa Nichols is there to chat with parents and get to know our community, so stop in and say hello.

If you’re looking for space to have a school related meeting, check the schedule inside the room for availability.

This is your space, we hope you enjoy it!

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**CHOOSE RESPECT**

**Respect is to treat with care and consideration**
Congratulations to Ethan T for being selected to be the flag bearer for the recent Australia v South Africa cricket test at the WACA.

KIDS MATTER

Empowering kids to manage change and transition

As the 2016 school year comes to a close, children face many changes for the year to come, for some it is starting school, others it may changing teachers and of course students facing moving schools or graduating to high school face many changes. This KidsMatter article offers suggestions as to how parents and carers may assist children at this time.

Change is often overwhelming for children. Maintaining structure and regular routines helps with this, so children understand that not everything is changing. One way to help children cope with these feelings is to give them the opportunity to be actively involved in the change process. Open dialogue with children about upcoming change, what’s to be expected and how this will impact them is important in assisting children to feel involved. Communicating what is going to happen and when removes some of the fear and worry about the unknown, and can give children the opportunity to be more engaged and feel a sense of empowerment and control in the change. This can also help children to feel safe and loved, and able to express the intense emotions they may be feeling at a point of transition.

Change is often accompanied with feelings of grief and loss, which can be upsetting for children. Young children may lack the language to express this grief, so parents and carers play an important role in supporting their child with healthy emotional expression and regulation. Noticing changes in a child’s behaviour and taking time to check-in are important. For young children supportive adults can label the child’s emotions and offer suggestions for strategies to manage.

Supporting children to feel empowered to manage change and have a sense of optimism about the future provides opportunities for developing resilience. Building resilience comes through the development of social and emotional skills, including coping skills. In order for children to build resilience they need to be exposed to life’s inevitable ups and downs in the context of supportive adults, to allow children to learn practical skills for managing change. Resilience, developed through exposure to many little challenges, can be drawn on when larger challenges arise, like change and transition, and help a child feel more in control.
When a student is absent from school
It is a requirement of the Department of Education that any student who is absent from school needs a note, email or telephone call to provide an explanation of why the student was away. Parents are asked to provide a note, email or phone call covering an absence immediately the student returns to school or in the event of a pre-planned absence, before being away. Parents can ring the school on 93076365, email or through Tiqbiz.

LEGO CLUB
Term 4 has seen a number of keen Year 3 & 4 Lego Club members attend the Lego Club after school on a Thursday.
They have been involved in a number of Lego activities including: making their Lego name tags; building their very own Lego city; making Lego pinatas; decorating Lego biscuits; building Lego board games; making Lego keyrings and hairclips and playing lots of Lego games with many Lego prizes.
A special thanks to Jenny Baynham and Ms O’Brien for making this Lego Club possible. The students have thoroughly enjoyed it.
Have a Merry Lego Christmas!

Mrs Henery
Some of the Kindy learning experiences in Term Four

Pre Primary visited Kindy and K children visited Pre Primary for transition

Mr Coufos and his earthlings with K children after a litter hunt

Picking beetroot from our Kindy garden

We had chicks hatching in Kindy

K1, K2 and K3 attended Ricky Possum

K1 and K2 had morning tea together

Both Kindy classes had tadpoles

Both Kindy classes had Santa’s Workshop to wrap gifts
We would like to congratulate our Principal's Award winners: Mimi-Jean D D1
Macey O B2

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### Merit Awards

Congratulations to the following Merit Award recipients at the Assembly held on 25th November 2016.

<table>
<thead>
<tr>
<th>Name</th>
<th>School</th>
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</thead>
<tbody>
<tr>
<td>Charlie S</td>
<td>Batavia 1</td>
</tr>
<tr>
<td>Ethan B</td>
<td>Batavia 5</td>
</tr>
<tr>
<td>Evie H</td>
<td>Amity 1</td>
</tr>
<tr>
<td>Matilda S</td>
<td>Amity 2</td>
</tr>
<tr>
<td>Maisie T-S</td>
<td>Amity 6</td>
</tr>
<tr>
<td>Robert C</td>
<td>Cygnet 3</td>
</tr>
<tr>
<td>Andrew V H</td>
<td>Cygnet 6</td>
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<tr>
<td>Daniel R</td>
<td>Japanese</td>
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<tr>
<td>Haoyang L</td>
<td>Duyken 1</td>
</tr>
<tr>
<td>Florence E</td>
<td>Duyken 3</td>
</tr>
<tr>
<td>Ivy R</td>
<td>Batavia 4</td>
</tr>
<tr>
<td>Daniel S</td>
<td>Batavia 6</td>
</tr>
<tr>
<td>Heath C</td>
<td>Amity 1</td>
</tr>
<tr>
<td>Farran L</td>
<td>Amity 3</td>
</tr>
<tr>
<td>Charlie S</td>
<td>Cygnet 2</td>
</tr>
<tr>
<td>Ryan B</td>
<td>Cygnet 5</td>
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<tr>
<td>Terry V</td>
<td>Cygnet 6</td>
</tr>
<tr>
<td>Asha S</td>
<td>Science</td>
</tr>
<tr>
<td>Imogen P</td>
<td>Duyken 1</td>
</tr>
<tr>
<td>Xavier I</td>
<td>Batavia 4</td>
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<tr>
<td>Levi Di G</td>
<td>Batavia 6</td>
</tr>
<tr>
<td>Noah T</td>
<td>Amity 2</td>
</tr>
<tr>
<td>William F</td>
<td>Amity 4</td>
</tr>
<tr>
<td>Jordan Q</td>
<td>Cygnet 3</td>
</tr>
<tr>
<td>Jack H</td>
<td>Cygnet 5</td>
</tr>
<tr>
<td>Luke D</td>
<td>Japanese</td>
</tr>
<tr>
<td>Holly I</td>
<td>Science</td>
</tr>
<tr>
<td>William G</td>
<td>Duyken 2</td>
</tr>
</tbody>
</table>

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### CANTEEN ROSTER TERM 4

**PHONE NUMBER 9307 8466**

<table>
<thead>
<tr>
<th>Date</th>
<th>Staff Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 5 December</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Tuesday 6 December</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Wednesday 7 December</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Thursday 8 December</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Friday 9 December</td>
<td>HELP NEEDED &amp; Tash Di Giovani</td>
</tr>
<tr>
<td>Monday 12 December</td>
<td>Amanda Dwyer</td>
</tr>
<tr>
<td>Tuesday 13 December</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Wednesday 14 December</td>
<td>Triana Paramitha</td>
</tr>
<tr>
<td>Thursday 15 December</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Friday 12 December</td>
<td>NO STUDENTS</td>
</tr>
</tbody>
</table>

Did you know that the Canteen has only ONE staff member working each day to prepare and pack all of the orders for the school? Please consider helping our lovely ladies even for just a couple of hours? You don't need to be a Masterchef, all help welcomed! :)

Also, have you seen the LIVELIGHTER Sugary Drinks Calculator? Worth a look to really find out how much sugar you and your family may be consuming! Check it out at https://livelighter.com.au/sugarydrinks/calculator

Did you know our P&C Association has a Facebook page? **LIKE** our page to stay up to date with fundraisers and updates from the P&C. Link is as follows:

https://www.facebook.com/hillaryspandc/

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![Facebook Like Us on Facebook](https://www.facebook.com/hillaryspandc)
ARTY PANTS - AFTER SCHOOL ART CLASSES

Della and Bee will be running another exciting 8 week Art course for children in the Art Room at Hillarys Primary school in 2017!

WHEN: Mondays 3.15 - 4.45 pm
STARTING: Monday 6th February 2017
COST: $198

Price includes all art materials.
Booking is essential!
For more details please contact:
Bee 0415286206 or Della 0400232912
www.artypantsinperth.com

Pre Kindy Programs for 2017

2 - 3 year old & 3 - 4 year old

Two socialisation programs developing children’s skills at an age appropriate level in a safe and caring environment
Max of 20 children per group
2.5 hour sessions up to 5 hour sessions available.
Please contact our office for further details.
Mon-Fri 9am to 1pm
Ph: 9307 2243 Lic. No: 3102
admin@whitfordfamilycentre.com.au
www.whitfordfamilycentre.com.au

The P&C is excited to Fundraise with the Entertainment Book!

To view the 2016/2017 Entertainment Book:

To make a purchase please use the Hillarys P&C link:

CHOOSE RESPECT

RESPECT IS TO TREAT WITH CARE AND CONSIDERATION
1-2-3 Magic and Emotion Coaching Parent Course.
To help manage difficult behaviour in children 2 to 12yrs.
All 7 to 9.30pm.
$180pp or $340 per couple
Tue 29th Nov, 6th & 13th Dec

Protective Behaviours
$65pp or $120 per couple
Mon 28th Nov, 6.30 to 9.30pm.

Engaging Adolescents (11 to 16yo)
$150pp or $270 per couple
Wed 30th Nov and 7th Dec.

Parenting Information Session (Including 10 take home tips)
This 2 hr seminar is designed to improve your knowledge and confidence as a parent. In House only.
All courses available In House.
Private Consultations Available.
To enquire/register call 9382 1182 or www.behaviourtonics.com.au

HILLARYS YACHT CLUB
SCHOOL HOLIDAY SAILING PROGRAM
Tackers 7 to 12 years old or Start Sailing 12 to 17 years old
DECEMBER 2016
Monday 19 to Friday 23 December 2016(5 day course)
JANUARY 2017
Monday 9 to Friday 13 January 2017 (5 day course)
Monday 16 to Friday 20 January 2017 (5 day course)
8:30am – 12:30pm Age: 12 – 17 Cost $150 (5 day course)
Monday 23 Tuesday 24 Wednesday 25 Monday 30 January (4 day course)
8:30am – 1:30pm Age: 12 – 17 Cost $150 (4 day course)
Contact Mel P 9246 2833 E development@hillarysyachtclub.com.au
A 65 Northside Drive Hillarys W hillarysyachtclub.com.au

FREE, FUN KIDS PROGRAM
Join your next FREE local program at Craigie Leisure Centre
DO YOU HAVE KIDS 7-13 YEARS OLD? ARE YOU WORRIED ABOUT THEIR WEIGHT?
The Better Health Program is a fun, interactive 10 week healthy lifestyle program for families.
In a supportive and friendly environment, children become fitter, healthier and happier.
PLACES ARE LIMITED! FIND OUT MORE OR REGISTER NOW FOR TERM 1 2017:

Call us: 1300 822 953
Text us: 0409 745 645
Online: www.betterhealthprogram.org

Starts: 7th February 2017
Day: Tuesday
Time: 4-6pm

CHOOSE RESPECT
RESPECT IS TO TREAT WITH CARE AND CONSIDERATION
**Community News:**

**School Holiday Mountain Bike coaching sessions**
Learn new skills, have fun on your mountain bike
chris@pedalperformancecoaching.com
or 0423 637159 or facebook.com/TrailAddictsWA/

**Junior Girls AFL Football Competition 2017**
Expressions of interest Year 4 - 6 Friday night comp.
Contact Graham Mills 9300 3611 gmills@wafc.com.au

**Kids Holiday Cooking Classes**
For kids aged 7-16 $75.00 Friday 16\textsuperscript{th} Dec 9.30-12.30
www.nutritionforce.com.au Tel: 9385 7755

**HOOSCI _ Hillarys Out of School Care**
Dec/Jan Holiday Programs Kindy - Yr 6
hoosci@bigpond.com Tel: 9307 8879

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**TERM PLANNER – TERM 4  2016**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week Nine</td>
<td></td>
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<tr>
<td>5 Dec</td>
<td>6 Dec</td>
<td>7 Dec</td>
<td>8 Dec</td>
<td>9 Dec</td>
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<tr>
<td>Family Concert</td>
<td>Newsletter</td>
<td></td>
<td></td>
<td>ASSEMBLY C1</td>
</tr>
<tr>
<td>Week Ten</td>
<td></td>
<td>14 Dec</td>
<td>15 Dec</td>
<td>16 Dec</td>
</tr>
<tr>
<td>12 Dec</td>
<td>13 Dec</td>
<td>Reports sent home</td>
<td>16 Dec</td>
<td>Teachers only</td>
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<td></td>
<td>14 Dec</td>
<td>Graduation</td>
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</tr>
</tbody>
</table>

**INVOICES - STUDENT LUNCHES (CANTEEN)**

The Canteen has sent Invoices home for goods provided to children in circumstances where they come to school and have forgotten their lunch and the Canteen has not been reimbursed.

We ask that you pay these invoices to allow the canteen to continue to provide this service to the School.

For further clarification or any queries regarding this procedure please contact Louise Roche - Canteen Treasurer Email: hillaryscanteen@yahoo.com.au

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**CHOOSE RESPECT**

Respect is to treat with care and consideration.
<table>
<thead>
<tr>
<th>Week</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week One</td>
<td>30 Jan PD Day</td>
<td>31 Jan PD Day</td>
<td>1 Feb STUDENTS START</td>
<td>2 Feb</td>
<td>3 Feb</td>
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<tr>
<td>Week Two</td>
<td>6 Feb</td>
<td>7 Feb</td>
<td>8 Feb</td>
<td>9 Feb</td>
<td>10 Feb</td>
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<tr>
<td>Week Three</td>
<td>13 Feb Year 5/6 swimming at Mullaloo Beach</td>
<td>14 Feb</td>
<td>15 Feb</td>
<td>16 Feb</td>
<td>17 Feb</td>
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<tr>
<td>Week Four</td>
<td>20 Feb Year 5/6 swimming at Mullaloo Beach</td>
<td>21 Feb</td>
<td>22 Feb</td>
<td>23 Feb</td>
<td>24 Feb</td>
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<tr>
<td>Week Five</td>
<td>27 Feb</td>
<td>28 Feb</td>
<td>1 March</td>
<td>2 March</td>
<td>3 March</td>
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<tr>
<td>Week Six</td>
<td>6 March Labour Day Holiday</td>
<td>7 March</td>
<td>8 March</td>
<td>9 March</td>
<td>10 March</td>
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<td>14 March</td>
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<td>Week Eight</td>
<td>20 March</td>
<td>21 March</td>
<td>22 March</td>
<td>23 March</td>
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<td>Week Nine</td>
<td>27 March</td>
<td>28 March</td>
<td>29 March</td>
<td>30 March</td>
<td>31 March</td>
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<tr>
<td>Week 10</td>
<td>3 April Photo Day</td>
<td>4 April</td>
<td>5 April Photo Day</td>
<td>6 April</td>
<td>7 April</td>
</tr>
</tbody>
</table>

Holidays: Saturday 8 April to Sunday 23 April (Good Friday 14th April)