

# Maddington Mail: 28 March 2025 - Issue 2



## Principal

Good Afternoon Parents and Carers

### **Book Fair**

Today marks the final day of our Book Fair in the Library. We extend our appreciation to our Librarian Mrs. Wood and our dedicated staff who have generously volunteered their time to make this event a success.

### **Harmony Day**

Thank you to everyone who participated in our Harmony Day celebrations on Friday, 21 March. It was wonderful to see so many staff, students, and parents proudly wearing their Cultural Dress and Orange. Coming together to celebrate this special occasion and embrace the diversity of our school community highlights the inclusive and vibrant environment we share.

We sincerely appreciate your support in making our school a welcoming place for everyone.

### **NAPLAN Completed**

NAPLAN testing concluded this week without any issues or technical difficulties. We are extremely proud of our Year 3 and Year 5 students for their dedication and effort in completing all four assessments to the best of their ability.

Individual NAPLAN reports are typically received and distributed to parents in the early part of Term 3.

### **Easter Raffle**

We are sincerely grateful to everyone who has kindly donated items for our Easter Raffle. Donations are still being accepted at the front office.

Raffle tickets will be on sale until Monday April 7 with the draw scheduled for Thursday April 10.

A heartfelt thank you to Mrs. Sanderson for her hard work and dedication in organising this year's Easter Raffle.

### **Swimming Lessons**

A reminder that our in-term Swimming Lessons will take place in Week 10, from Monday 7 April through to Friday 11 April. For any inquiries or further information, please contact the front office. Fingers crossed for favourable weather conditions throughout the week.

### **Morning Tea with our School Psychologist**

Join us for an insightful session with our school psychologist as we explore key developmental milestones in early childhood. This presentation will provide valuable insights into the physical, emotional, social, and cognitive growth that children typically experience, along with practical tips for parents to support their child's development at each stage.



**When:** Wednesday 9 April & Thursday 10 April



**Time:** 9:00 AM in Room 5



**Morning tea provided**

We will also discuss how and where to access additional support for your child. Whether you're curious about the signs of typical development or looking for ways to foster your child's growth, this is a wonderful opportunity to learn and ask questions.

We hope to see you there!

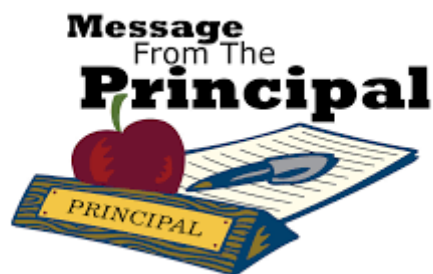
## **ANZAC DAY Service**

In Term 2 of Week 1 on Tuesday 29 April we will host our annual ANZAC Commemorative Service from 9.00am in our Quadrangle by the Flag posts.

All Members of the School Community are welcome to attend.

## **Mr Leigh Summers**

Principal



## Harmony Day

**Mrs Hansen and the students in Room 1 shared their cultural backgrounds within their classroom and created a Multicultural Tree**





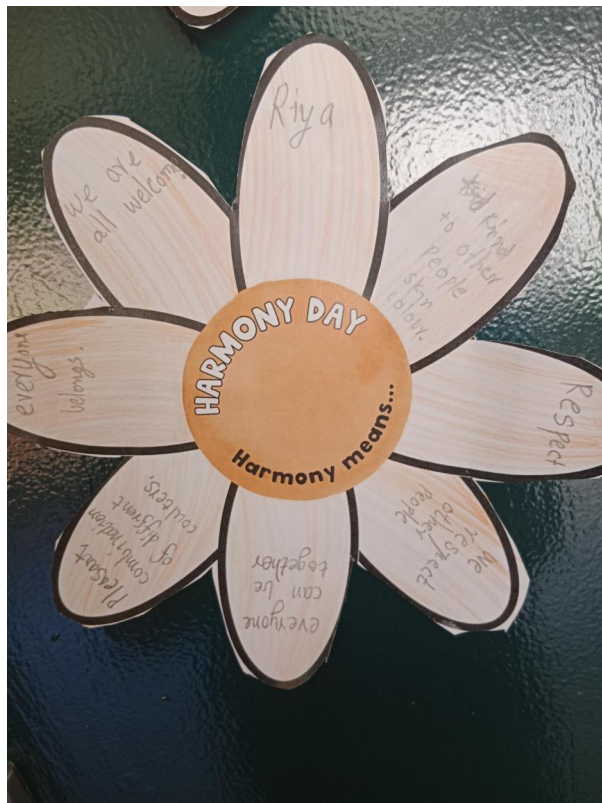
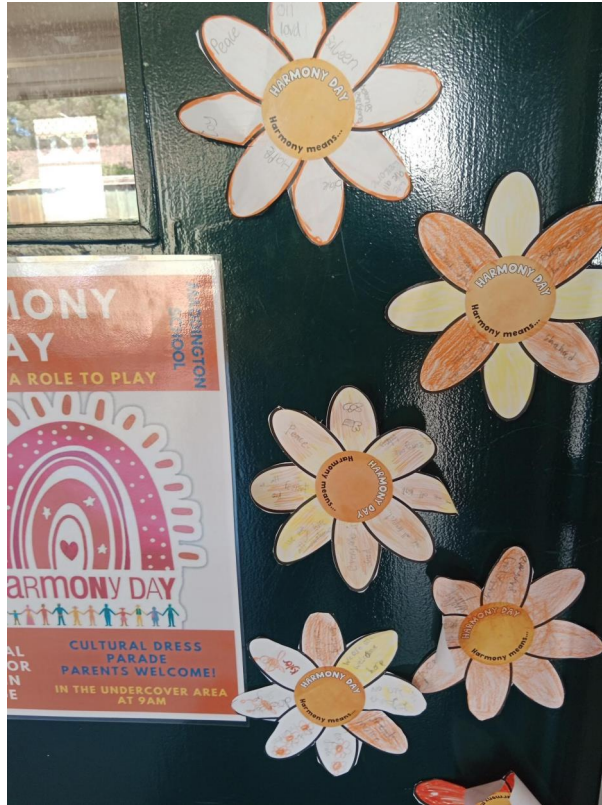
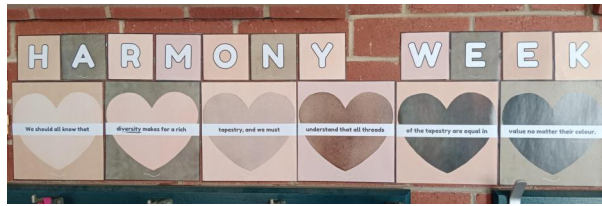


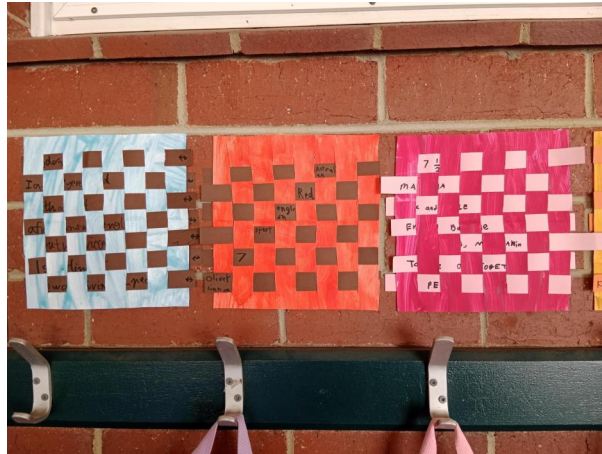
**Mrs Proud and the students in Room 7 had the motto**

**"We should all know that diversity makes for a rich tapestry, and we must understand that all threads of the tapestry are of equal value, no matter their colour."**









## Remember Crunch and Sip, Recess & Lunch



Just a reminder that busy kids get very hungry!

Please remember to:

- Pack Crunch & Sip for your child everyday
- Pack a recess time snack
- Pack an ample lunch

If you would like to order Lunch, instruction on how to do this can be located outside the administration office.

## Important Dates

# IMPORTANT dates to remember

Monday 7 April - through to Friday April 11 - Swimming Lessons

Friday 11 April - Last Day of Term 1

Monday 28 April - First Day of Term 2

Tuesday 29 April - ANZAC Commemoration Service

Wednesday 14 May - Assembly hosted by our Year 4/5 students in Room 3

Wednesday 28 May - Assembly hosted by our Year 3 students in Room 6

Friday 30 May - Staff Development Day. Pupil Free Day for Students

Monday 2 June is a **Public Holiday**

Wednesday 18 June - Assembly hosted by our Year 2/3 students in Room 7

Friday 4 July - Last Day of Term 2

## Honour Certificates - Week 5 Wednesday 5 March

**Congratulations to our Honour Certificate recipients from our Assembly back in Week 5 on Wednesday 5 March**

Pre Primary - Kai Gansberg, Reeda Batool Musa

Year 1 - Advita Gorantla

Year 2 - Paula Zin, Oliver Linnen, MD Hasin Shahad

Year 3 - Arlia Seaward, Harlem Boxall

Year 4 - An Le, Bea Rose Nacionales, Jett Gansberg

Year 5 - Jaylen Mead



Year 6 - Jiyah Brown, Yuwan Anand

**Here is our Aussie of the Month recipient April Sheriff-Grove from earlier this month.  
Congratulations April!**



## Honour Certificates - Week 8 Wednesday 26 March

**Congratulations to our Honour Certificate recipients from this week's assembly on  
Wednesday 28 March**

Pre Primary - Mahnaz Rezaie, Elyas Naseri, Ayesha Mohsin

Year 1 - Emma Nkola,

Year 2 - Jenny Zawngca, Hugh Zane Cajayon, Riya Bhosale

Year 3 - Ella Goodall, Aarav Anand, Sanil Gungaram

Year 4 - Scarlett Adams

Year 5 - Kayden Baker, Tawhiri Rentoule

Year 6 - Aparna Amarnath, Zuriel Atatoa, April Elena Sheriff-Groves

**And here is our Aussie of the Month recipient Storm Wells. Congratulations Storm!**



The next assembly will be held in Term 2 on **Wednesday 14 May 2025**, commencing at **9am** in the undercover area. The assembly will be hosted by our Year 4/5 students in Room 3

## Swimming Lessons - Term 1 Week 10

### **2025 Interm Swimming Lessons: Excursion Information for Parents**

**REASON FOR EXCURSION:** As part of the Physical Education curriculum, the Department of Education encourages all children to attend swimming lessons. **Children are exempt only if a medical certificate is provided.**

**COST:** The cost of swimming lessons is **\$26.00**.

**DATES:** Monday 7 April- Friday 11 April (Term 1, Week 10)

**LOCATION:** Belmont Oasis Leisure Centre, Progress Way, Belmont

**TRANSPORT ARRANGEMENTS:** West Coast Bus Charters

## **ITINERARY:**

**Mon, Tues, Thurs, Fri- 80 minute sessions**

**Wed- 60 minute sessions**

**Group 1** (Room 15, Room 7, Room 8) **Depart school at 8.45 Return to school 11.15**

**Group 1 are to come to school dressed in their bathers.**

**Group 2** (Room 9, Room 6, Room 1) **Depart school at 10.20 Return to school 13.00**

**Group 3** (Room 17, Room 3) **Depart school at 12.10 (Wed 11.50) Return to school 14.45 (Wed 14.00)**

## **STUDENT CONTACT ARRANGEMENTS DURING EXCURSION**

Contact the Maddington Primary School office and they will be able to assist you. Staff attending the excursion will have mobile phones for emergencies.

## **SUPERVISION TO BE PROVIDED**

Classroom Teachers and Education Assistants will be assisting with supervision. Swimming Teachers are all qualified to work for the Department of Education Swimming program.

## **SPECIAL CLOTHING OR OTHER ITEMS REQUIRED**

Groups 1 and 2 will change into their uniform when they **return to school**. Students need to bring:

- Towel & bathers
- Underwear
- Bag for wet clothing and towels
- Bag for carrying clothing to and from the pool
- Goggles – optional
- Dressing gown / Oodie - optional
- Thongs - worn to and from the pool only.
- School shoes are required for the rest of the day.

**Every student must bring a drink bottle with their name on it**

**ALL CLOTHING AND TOWELS NEED TO BE CLEARLY LABELLED WITH YOUR CHILD'S FULL NAME.**

**Jemma Keys**

**Deputy Principal**

## School Psychologist

### Sleep Hygiene Tips and Strategies

Hello MPS Families,

Many families experience difficulties getting their children to bed. For many families bedtime can cause dread, frustration, or disagreement between parents and children. This is a common concern! I have provided a range of universal tips below to ensure your child has a quality night sleep 😊

- **A consistent bedtime routine.** For example, bath time, brush teeth, put on pyjamas, say goodnight to family members, read a book, breathing exercises, lights out. Consistency is key throughout the week and weekend (and returning to routine at least one week prior to return to school following holidays) to form habits.
- **Using a sleep schedule.** Going to bed at the same time each night, for example, 7:30pm bedtime and 7:00am waketime.
- **Avoidance of drinks and snacks before bed, particularly those that contain caffeine.** Caffeine can be found in coffee, tea, soft drinks, energy drinks, and some chocolate. It is also recommended that sugar intake is controlled prior to bedtime.
- **Minimising the use of electronic devices and television around and during bedtime.** Any form of electronic devices (e.g., video games, phones, iPads, television etc.) tend to delay bedtime and make it difficult to relax.
- **Sleep environment.** Excessive noise or light, uncomfortable sleeping surfaces, low bedroom temperatures, and limited space may adversely affect sleep. Also, important to make sure that their bedroom is primarily for sleeping to associate their room with sleep (e.g., play and entertain in the loungeroom where possible).

- **Consider book reading activities before sleep.** This can promote literacy, improve school performance, and enhance school readiness.
- **Encourage physical activity throughout the day.** However, avoid any strenuous exercise just before bedtime to ensure winding down and getting into their bedroom routine.
- **Maintain a healthy diet throughout the day.** Try to also consume a family dinner meal a few hours before bedtime as a heavy meal right before bed can impact digestion and sleep.

If you would like to learn more, please visit the following websites:

- <https://www.healthdirect.gov.au/sleep-tips-for-children>
- [https://www.healthywa.wa.gov.au/Articles/A\\_E/Childhood-physical-activity](https://www.healthywa.wa.gov.au/Articles/A_E/Childhood-physical-activity)
- <https://www.schn.health.nsw.gov.au/kids-health-hub/healthy-sleep-children/sleep-hygiene-kids>

Learning to settle into a sleep pattern often takes quite some practice and not every child is the same. If sleep disturbances persist beyond effective bedtime routines, your child may need some additional support.

- Discuss concerns with your child's GP to rule out any medical reason for prolonged sleep difficulties.
- Consider Fearless Triple P online or at a nearby venue (<https://www.tripleparenting.net.au/au/free-parenting-courses/fear-less-triple-p-online/>). Particularly useful is breaking down the avoidance cycle in a gradual and effective way using a "Fear ladder" or "exposure hierarchy" particularly if sleep disturbances are associated with anxiety.
- Discuss any sleep concerns with your student's classroom teacher.

**Mikhaela Powell**

School Psychologist

[Contact Us](#)

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