

# Maddington Mail

## A MESSAGE FROM THE PRINCIPAL



A belated welcome back for Term 2! I hope all families had the opportunity to enjoy some rest and quality time together over the Easter break. It has been wonderful to see students return to school settled, positive and ready for learning.

We had a fantastic start to the term, with K–2 students participating in an AFL clinic on the first day back. Thank you to Mrs Campbell for organising this. Our ANZAC Service in Week 1 was also a special occasion for our community to reflect on and honour the service and sacrifice of others. Thank you to all the parents who attended, student leaders and staff who contributed to the event, and especially our Chaplain, Steph.

Last week, we also welcomed visitors from the Department of Education's Office of Early Childhood, who came to assess our Early Childhood learning environment and practices. The team spoke very positively about our school culture, the strong relationships between staff and students, and the safe and supportive environment that has been created for our children. They also commented on how capable, confident and engaged our students were throughout their visit. We are very proud that these strengths were recognised, as they are things we value very highly at our school.

Crazy Hair Day is coming up this Tuesday, 12 May- we encourage students to get creative and come along with their wildest hairstyles! Next Thursday, we will welcome staff from Cannington Community College, who will be speaking with our Year 4–6 students about their upcoming Open Night and high school options. We encourage families to begin thinking about high school enrolment pathways from Year 4 onwards, particularly if your child may be interested in applying for specialist programs. Testing and application processes for most programs begin in Year 5, so it is important families are aware of timelines and available options early.

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Families are welcome to access spare school jumpers and jackets, which are available in baskets outside the canteen on the aluminium tables. Please feel free to take what your child needs. To help keep items from getting lost, we kindly ask that you clearly label all clothing with your child's name.

This week we launched the Maddo Reading Movement, which is a whole-school home reading program. We know that regular reading at home has a significant impact on student progress, particularly in developing decoding, fluency and comprehension skills. Most importantly, we want students to build a genuine love of reading. Students have a reading log to track their reading at home, with prizes and celebrations for reaching milestones along the way. We ask families to support this by encouraging their child to read 5x nights per week and signing their reading log each night.

A continued focus for us this term is being on time for school. Classrooms open at 8:30am, with all classes now doing a Daily Edit and individual reading with the teacher as soon as classrooms open. The school day starts officially at 8:45am and literacy instruction begins first thing every morning, so students arriving late are missing critical instructional time. Establishing strong morning routines and ensuring your child is in class ready to learn by 8:45am gives them the best possible start to the day.

Thank you for your ongoing support of our students, staff and school community- sitting in the Principal's chair has been a wonderful experience so far.

Ms Jemma Keys  
Principal



## AWARD RECIPIENTS



### Values

Akshay Amarnath  
Wahaj Haidary  
Stella Barrie  
Adelaide Linnen  
Daniel Lin  
Harley Allum  
Aparna Amarnath  
Jackson Macey  
David Cung Lian  
Thawng  
Elham Hakimi



### Honours

Lawson Artuz  
Aws Alghamdi  
Caleb Zawngca  
Vania Mehari  
Elyse Stewart  
Saanj Singh Sidhu  
Jackson Macey  
Mason Aitken  
Asees Kaur Randhawa  
Jayden Herbert  
Carys Riona Kamsrikerd  
Bellur Mehari  
Sheeza Mohsin  
Rickey Parker  
Kitana Macmillan  
Elisa Mahroofuddin  
Aparna Sathees  
Melody Poulus



### Aussie of The Month

Samelup Luffman

## Important Dates

**MAY 12**

Crazy Hair Day

**MAY 15**

Walk Safely to  
School Day





## A MESSAGE FROM THE SCHOOL PSYCHOLOGIST

### Sleep Hygiene Tips and Strategies

Information provided by Mikhaela Powell (School Psychologist).

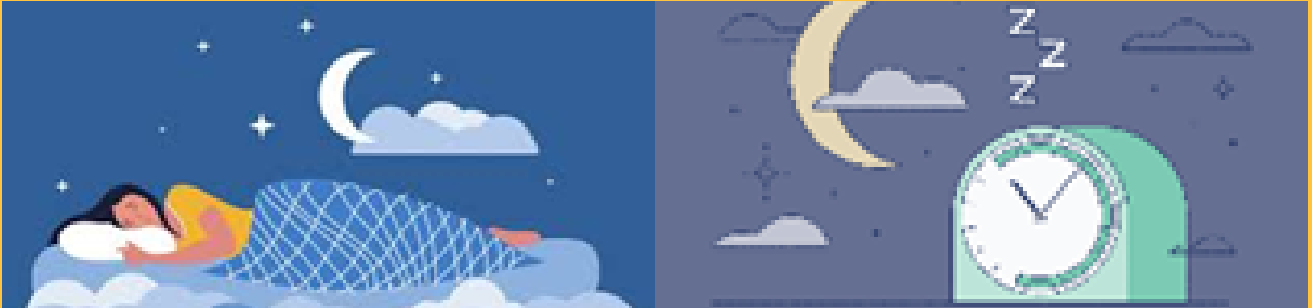
Many families experience difficulties getting their children to bed. For many families bedtime can cause dread, frustration, or disagreement between parents and children. This is a common concern!

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 lounge room where possible).

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## A MESSAGE FROM THE SCHOOL PSYCHOLOGIST



- 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.triplep-parenting.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.

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## A MESSAGE FROM THE SCHOOL PSYCHOLOGIST

The last topic shared in the newsletter was titled: Limiting “Screen Time”. We would love to hear from you! How did you engage with this information? Did you get a chance to explore or implement any of the universal screen time tips? Please make sure you scan the QR code or click on the link to submit your responses anonymously 😊






Also, to have your say on what topics make it into the newsletter, please make sure that you can scan the QR code or click on the link to submit your ideas anonymously. All feedback and ideas are welcome!



We'd Love your Input! – Fill in form

## ADHD WITH ME: WORKSHOP FOR PARENTS WITH ELIZA DADSON

### DETAILS

-  Wednesday 3<sup>rd</sup> June
-  6:30pm - 8:00pm
-  East Fremantle Lawn Tennis Club  
1 Jerrat Dr, East Fremantle, WA

**Tickets \$35 per person**



How to better understand and support your child with ADHD - a workshop for parents with ADHD coach and Educator Eliza Dadson

<https://events.humanitix.com/adhd-with-me-parent-workshop>

**REGISTER NOW**



[admin@adhdwithme.com.au](mailto:admin@adhdwithme.com.au)



ADHD  
WITH ME



## BOOK CLUB



### Book Club **LOOP** for Parents

Healthy reading habits are forged through Book Club.  
Parents can order books easily through the  
Scholastic **LOOP** platform.

- 1** Log in, or create a new account at [scholastic.com.au/LOOP](https://scholastic.com.au/LOOP)
- 2** New parents can follow the Wizard to set up a child's profile
- 3** Click the ORDER tab, and select the child's school and Issue of Book Club
- 4** Select your child's name
- 5** Enter the product item number from the Book Club catalogue
- 6** Apply promotional codes that children may have earned from previous issues
- 7** Make a payment via credit card
- 8** Feel great about the Scholastic Rewards that have been earned for the school

## BOOK CLUB



## Book Club rewards your school

Every purchase you make earns your child's school Scholastic Rewards that can be used to purchase valuable educational resources that benefit your child.



**ORDER TODAY**  
[scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)



 **SCHOLASTIC**



## AVAILABLE EVERY DAY

<u>FRESH SANDWICHES</u>		<u>PLAIN</u>	<u>ROLL</u>	<u>SALAD</u>
Vegemite		\$3.50	\$4.50	
Vegemite & cheese		\$4.50	\$5.50	
Cheese		\$4.50	\$5.50	\$6.50
Cheese & tomato		\$5.00	\$5.50	
Egg (plain or Curried)		\$4.50	\$5.50	\$6.50
Tuna		\$5.50	\$6.50	\$7.50
Ham		\$5.00	\$6.20	\$7.20
Chicken (home cooked) & salad		\$6.50	\$7.50	
Roast Beef (home cooked) & Salad		\$6.50	\$7.50	
Salad		\$5.50	\$6.50	
<b>Salad includes:</b> Lettuce, Carrot, Tomato & Onion				
Add an extra 70c for: Pineapple, sundried tomato, cheese, egg, avocado or beetroot.				
<b>WRAPS</b> – chicken, ham, beef or tuna with salad			\$7.50	
<b>SALAD TRAY</b> – Chicken, tuna, beef or ham with egg & salad			\$7.20	
<b><u>TOASTED SANDWICHES</u></b>				
Cheese		\$4.50		
Ham, cheese & tomato		\$5.50		
Chicken & cheese & tomato		\$5.50		
<b><u>HOMEMADE</u></b>				
Chicken & pasta		\$6.00		
Fried Rice		\$5.80		
Pizza – cheese or vegetarian		\$4.50		
Lasagne		\$6.00		
<b><u>DRINKS</u></b>				
Fruit Box (250ml)			\$2.00	
Water (600ml)			\$3.00	
Flavoured Milks (300ml) – Choc, Strawberry or Spearmint			\$3.00	





## DAILY LUNCH SPECIALS

*These items are only available on the allocated days*

### MONDAY

Meat Pie	\$5.00
Sausage Roll	\$4.50
Tomato sauce portion	.50c
Chicken strip & salad roll	\$7.20
Chicken strip & salad wrap	\$7.70



### TUESDAY

Chicken Nuggets & Salad	\$6.00
Chicken Burger (lettuce, cheese & mayo)	\$7.20
Chicken Burger & Salad (Lettuce, tomato, carrot & onion)	\$7.70
Hot Dog	\$5.50



### WEDNESDAY

Hamburger (lettuce, cheese & tomato sauce)	\$7.20
Hamburger & Salad (Beef pattie, lettuce, tomato, carrot & onion)	\$7.70
Cheeseburger (Beef pattie & cheese)	\$7.20
Chicken Burger & salad (Chicken pattie, lettuce, tomato, carrot & onion)	\$7.70

### THURSDAY

Meat Pie	\$5.00
Sausage Roll	\$4.50
Tomato sauce	.50c
Lasagne	\$6.00



### FRIDAY

Chicken strip & salad roll	\$7.20
Chicken strip & salad wrap	\$7.70
Hot Dog	\$5.00
Macaroni & Cheese	\$5.50



Traffic Light System

Green – The healthiest choice

Amber – A sometimes choice

Red – Off the menu!



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