Dear Parents,

Sun Smart Policy
An Important role of the Como Primary School Board is to participate in the review of school policy and planning. The School Sun Smart policy was discussed at the 16 February 2016 meeting, the latest research around vitamin D deficiency in children being the focus. Dr Sean Stevens, a member of the Como Primary School Board has kindly provided information in regards to this latest research for parent’s interest.

Sun Smart Guidelines
Earlier this year 5 medical organisations including the Cancer Council and Osteoporosis Australia released new guidelines on sun exposure, vitamin D levels and skin cancer risk. There is a continuous trade off between more sun, higher Vitamin D (with lower osteoporosis risk) and increased skin cancer risk. The guidelines can be found on the Cancer Council website at: http://wiki.cancer.org.au/policy/Position_statement_-_Risks_and_benefits_of_sun_exposure . The guidelines refer to the UV index with the critical reading being 3 and above or below 3. In Perth the UV index is below 3 for most of June and July so the recommendation is our children don’t need sun protection for most days of these months. The live UV readings can be found at: http://www.myuv.com.au .

Children at higher risk of Vitamin D deficiency and lower risk of skin cancer include children with darker skin and the recommendations state that these children need increased sun exposure and possibly even oral Vitamin D supplementation during winter. The guidelines are quite detailed and complicated so if you are uncertain please see your doctor.

Dr Sean Stevens Como Primary School Council member.

The Importance of a Good Night’s Sleep
Getting a good night’s sleep often comes down to routines. Avoiding the use of technology late at night and keeping a regular sleep schedule are two important techniques that may help children get a good night’s sleep. Recent studies have found those young adolescents who use technology late at night, including gaming systems, mobile devices and computers have difficulty staying awake and being alert throughout the next day. Any factor that decreases the quality of sleep will lead to difficulty with school performance and general behaviour. According to research, having a regular bedtime was the most consistent predictor of positive developmental outcomes for four-year olds. In this research, language, reading and numeracy scores were higher in children whose parents enforced regular bedtimes. The number of nightly sleep hours required by children varies with age. In general, five-year olds should get 11 hours of sleep, nine-year olds need 10 hours and fourteen-year olds require at least 9 hours.

National Consistent Collection of Data
Our school is part of a national project about students with disability and/or learning difficulties. We have been asked to provide data about the number and learning needs of children at our school. The name of the school and the name of the students will not be reported. Information about the different types of needs and the programs and resources the school uses to overcome barriers and support children with special educational needs will be collected. We believe it is important to contribute because it will help Governments and the Department develop better policies that acknowledge the level of resources needed in schools to meet the needs of all students in Western Australia. Further information about this collection of data can be found at http://det.wa.edu.au/supportforschools.
Voluntary Contributions
Thank you sincerely, parents for your prompt payment of these. So far 68% of families have contributed. Your money is being put to valuable use to enhance your child’s education. As mentioned previously we need all families to contribute. Reminder letters will be sent out to those parents who may have overlooked this. The contribution per child is $60.00.

Assembly
There is no assembly tomorrow nor next week.

Sing Fest
Our fabulous junior choir will be representing us at the annual Singfest tomorrow morning at 10am. The Year 2/3 students will be singing with several other choirs from across the metropolitan area. This will be a great experience for them and we know they will sing beautifully and represent our school very well. Thank you to Mrs Lissienko and Mrs Pryor who have been preparing our choir for this event. Parents are most welcome to attend.

Honour Awards
At last week’s assembly, honour certificates were presented to the following children.

<table>
<thead>
<tr>
<th>Amia H</th>
<th>Evie-Belle N</th>
<th>Luke B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anna C</td>
<td>Maeve M</td>
<td>Roozbeh G</td>
</tr>
<tr>
<td>George T</td>
<td>Alia H</td>
<td>Harry H</td>
</tr>
<tr>
<td>Safira A</td>
<td>Jonah P</td>
<td>Zara G</td>
</tr>
<tr>
<td>Morgan P</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Faction Results
Term Trophy

<table>
<thead>
<tr>
<th>Forrest</th>
<th>174</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stirling</td>
<td>174</td>
</tr>
<tr>
<td>Challenger</td>
<td>172</td>
</tr>
<tr>
<td>Canning</td>
<td>166</td>
</tr>
</tbody>
</table>

Annual Shield

<table>
<thead>
<tr>
<th>Forrest</th>
<th>516</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stirling</td>
<td>502</td>
</tr>
<tr>
<td>Canning</td>
<td>499</td>
</tr>
<tr>
<td>Challenger</td>
<td>490</td>
</tr>
</tbody>
</table>

Professional Development Day & WA Day Holiday
A reminder, parents, that our school will be closed on Friday 3rd June for a Professional Development Day for Teachers and Monday 6th June for the WA Day holiday. If you require Occasional Care for the Friday 3rd June Jelly Beans will be open on that day from 7.00am to 6.00pm contact Julie on 0434 692 995. Bookings required.

In-term Swimming Lessons
Thank you to all the families that have returned the swimming forms to date. We would appreciate all forms and money to be returned for these important lessons by Thursday, 2nd June. Our school swimming lessons will be held in the final two weeks of Term 2, from June 20th - July 1st 2016. All students from PP-Year 6 will be expected to attend these very important lessons. As in 2015, the lessons will be held indoors at the Melville Aquatic Centre. The pool will be heated and we will be asking students to bring a warm dressing gown or similar to wear in the bus before and after the lessons as well as their usual towel. P.Herne: Swimming Coordinator

School Centenary 2016
Did You Know?
In 1944 a request was made to the Education Department of Western Australia for:
- an incinerator to be built,
- a chair to be supplied (as six teachers were using five chairs)
- a clock, which was not supplied to metropolitan schools and
- three taps.

By May the incinerator had not been built, (due to a shortage of bricks and labour), but a chair was on its way! In June 1944, the District Superintendent recommended the addition of another room, as enrolments were now 235, with attendance averaging 210 and the new development plan was recommended. (Labouchere Road was chosen for the main entrance instead of Thelma Street).
**Room 3 Survey**

This week students from Room 3 have been visiting all classes to survey how you have come to school each day. Our goal is to increase the number of students who come to school in active ways - whether by walking, cycling, scootering and even on our WALKING SCHOOL BUS. The class who has the most number of healthy, active methods of transport will win a special trophy and prize each week at assembly. Due to the assembly free week this week, AND the pupil free day next week, YOU HAVE A WHOLE TWO WEEKS to convince your parents to let you walk, ride or scooter to school and improve your classes chances at winning the trophy. Who will win? It’s up to you! Be healthy and safe and come to school in an active way!

**Applications for Enrolling Students for 2017**

If your child is starting Kindergarten, Pre-Primary, or High School, or if they’re changing schools, make sure you submit your application for enrolment by **Friday, 22nd July 2016**. Please remember that school holidays are from Saturday 2nd July to Monday 18th July. If possible, apply for a place at school by the end of term.

Please be aware of the selection criteria; In all local-intake schools, if the number of applications is greater than the number of places available enrolment is prioritised as follows:

1. Children living in the intake area of the local-intake school, who will have a sibling enrolled at the school, and who live nearest the school.
2. Children living in the intake area of the local-intake school, who will not have a sibling enrolled at the school, and who live nearest the school.
3. Children not living in the intake area of the local-intake school, who will have a sibling enrolled at the school, and who live nearest the school.
4. Children not living in the in the intake area of the local-intake school, who will not have a sibling enrolled at the school, and who live nearest the school.

Applicants on particular visa numbers may not be prioritised until all other applicants have been placed. Please contact the school if you have any queries regarding visa numbers.

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**Virtues**

**Confidence**

**What is Confidence?**

Confidence is having faith in something or someone. It is a kind of trust. When you have self-confidence, you trust that you have what it takes to handle whatever happens. You feel sure of yourself and enjoy trying new things. When you are confident in others, you rely on them and confide in them.

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**WALKING SCHOOL BUS!!**

This Friday, 27th May 2016, please join us at the following points and paths. **Parents are able to drop their children off** at the following times and intersections, and our Walking School Bus will be there to pick them up. Please make sure you can see the Walking School Bus before leaving your child at the stop. Our parent volunteers will then walk with them to Como.

**South Bound**

8.10am: Parents can drop their children off at the corner of Henley Street and Canning Highway near Cafeli’s Café (there is a safe no through road with less traffic). The bus will then walk to the intersection of Robert Street and Henley Street.

8.15am: Robert Street + Cale Street Intersection.

8.20am: Robert Street + Saunders Street Intersection.

8.22am: Saunders Street + Labouchere Road Intersection.

8.25am: Labouchere Road + Greenock Avenue Intersection.

**North Bound**

8.10am: Parents can drop their children off at the corner of Henley Street and Canning Highway near Cafeli’s Café (there is a safe no through road with less traffic). The bus will then walk to the intersection of Robert Street and Henley Street.

8.15am: Robert Street + Cale Street Intersection.

8.20am: Robert Street + Saunders Street Intersection.

8.22am: Saunders Street + Labouchere Road Intersection.

8.25am: Labouchere Road + Greenock Avenue Intersection.

Please come and join us this Friday for a healthy and fun way to get to school and reduce the number of cars driving to and from Como! We will be looking for the class with the most walkers this week for a special prize! If any parents would like to get involved and volunteer a Friday morning, please email Sam Edwards samantha.edwards@education.wa.edu.au ANY HELP IS GREATLY APPRECIATED!!
PMP Roster

Commencing at 8.45 am

<table>
<thead>
<tr>
<th>Date</th>
<th>Parent volunteers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, 30th May 2016</td>
<td>Dale Abbott, Kristen Ornig, Teresa Slain, Leanne Pool, Kim Willemer, Helen Uppill, Ana Paula Rocha</td>
</tr>
<tr>
<td>Monday, 6th June 2016</td>
<td>Public Holiday</td>
</tr>
</tbody>
</table>

P & C NEWS
COMO CANTEEN COMMUNITY NEWS

Our Lunch Bag decorating competition continues! Bags have been sent home and winners are selected on Wednesdays and Fridays by the canteen staff. Kids with online orders are welcome to decorate a bag and drop off to the canteen window. Please ensure names and room numbers are clearly written. The prize for next week will be a ($2) token. A Canteen Committee meeting will be held this Friday at 1.30pm. All are welcome to attend and get involved! If you are unable to join us but have ideas, concerns or feedback, please contact me.

Kind thanks, Emma Rose 0400 441 655 / como.cookout@gmail.com.

Canteen Roster

<table>
<thead>
<tr>
<th>Window</th>
<th>Friday, 27th May 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.15 - 9.00</td>
<td>Ingrid Meyer &amp; Jenny Ramshaw</td>
</tr>
<tr>
<td>8.15 – 9.00</td>
<td>Renee Tapiata</td>
</tr>
<tr>
<td>9.00 – 1.00</td>
<td>Chantelle Ranuaro</td>
</tr>
<tr>
<td>9.00 – 1.00</td>
<td>Tracey Schimpf</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Canteen</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.15 – 12.15</td>
</tr>
<tr>
<td>10.30 – 12.30</td>
</tr>
</tbody>
</table>

Wednesday, 1st June 2016

<table>
<thead>
<tr>
<th>Window</th>
<th>8.15 – 9.00</th>
<th>Tess Harris, Help Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canteen</td>
<td>8.15 – 12.15</td>
<td>Renee Tapiata</td>
</tr>
</tbody>
</table>

UNIFORM SHOP NEWS

Uniform Shop Roster

<table>
<thead>
<tr>
<th>Friday, 27th May 2016</th>
<th>Kaylene Uebergang &amp; Jillian Manning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, 30th May 2016</td>
<td>Lisa Akhmadeeva, Hiroko Sunada and Emma Phillips</td>
</tr>
</tbody>
</table>

Comovers News

The Comovers are proud to announce our Term 2 activity is happening on the afternoon of Saturday 28th May 2016. We’re going to support our local WAFL team the Perth Demons when they crush the West Perth Falcons. The game is on at Lathlain Park at the corner of Bishopsgate and Goddard Streets, Lathlain starting at 2.15pm. Adults are $15 and kids under 16 are free. All fathers, father figures and kids welcome and if you have a football or two please bring them along so we can have a kick on the oval at half time. Other activities include a bouncy castle, ice cream van, face painting, running race and football kicking competition.

We hope to see you and your kids there, Comovers Jeff Jorgensen, Sean Stevens and Nick Sofield

ENTERTAINMENT BOOK

Support Como Primary School and you could be enjoying the best of Bali.

The NEW 2016 | 2017 Perth Entertainment™ Memberships are here and this year it has so much more to offer. Buy your Perth Memberships and enjoy hundreds of valuable up to 50% OFF and 2-for-1 offers, featuring our NEW Bali Highlights offers section. To celebrate these great new offers, Entertainment™ is giving you the chance to WIN a trip to Bali valued at over $5,000 which includes:

- 5 nights in a Deluxe Suite at Double-Six
- Dinner for two at Mozaic Beach Club
- Garuda Airlines flights (sponsored by Woolworths)
- Family Day Pass at Waterbom Park
- QBE Travel Insurance
- 2 Massage vouchers at Prana Spa Bali

To be in the running, buy a 2016 | 2017 Perth Membership before 1 June 2016. Entertainment™ Memberships are sold exclusively through fundraising organisations, and the funds we raise will go to support our School. Feel free to contact us for more information about our fundraising or how to get your Entertainment™ Membership.

Kellie McGrath
Support Como Primary School fundraising and put $$$'s in your pocket!

We're pleased to be offering parents the opportunity to purchase the brand new Perth 2016 |2017 Entertainment™ Book to raise funds for our School. The Books sell for $65, and we keep $13 for each one we sell.

Not only does the Perth Entertainment™ Book give you access to thousands of up to 50% off and 2-for-1 offers for Perth's best restaurants, cafes, attractions and activities, but now also features over 70 of the best restaurants, attractions and accommodation that Bali has to offer. Plus it has best in market prices for over 2,000 hotels and resorts that you can use whenever you like until 1st June 2017.

And it’s not just the fun stuff... You can also get 5% off on your groceries and petrol all year with WISH eVouchers sent directly to your phone, and 10% off at David Jones!

So you can see what is in the Entertainment™ Book for you and your family, we will be sending one home with your child on 31st May 2016

To pay for your Book or your Digital Membership securely online visit: www.entbook.com.au/833v11

If you can't purchase online, please complete your details below and we will process your order:

COMO PRIMARY SCHOOL

Eldest Child's Name: ___________________________ Class: __________

Email: _______________________________________

Phone Number*: _______________________________ (*Required)

Perth Edition: $65 including GST: # _______ Book(s) # _______ Digital Membership(s)

Payment type: [ ] CASH [ ] VISA [ ] MASTERCARD

Credit Card number: __________/________/________/________ Expiry date: ______/______ CVV*: _____

*CVV is the 3 digits on the back of your credit card

"Cardholder's Name: ___________________________ Signature: ___________________________

If you do not need a Book sent home, please return this form to the Front Office by 23rd May 2016:

[ ] I am purchasing a Digital Membership. Email: ___________________________

[ ] Please do not send home the Book/OPT OUT:

Youngest Child's Name: ___________________________ Class/Room: ________

If you have any queries please contact: Kellie Mcgrath on 0419907429
FREE COME & TRY DAY!

Demons District Footy Fundamentals
for kids aged 2yrs-5yrs

FOOTY FUNDAMENTALS

Time
2-3's
9.30am
3-5's
10.15am

Day
Saturday
11th June

Place
Ernest Johnson Oval - South Perth JFC

To register interest or for more info contact Chris Brown - 0412 076 017 -
corwen@west.com.au

2016 CENSUS
FIELD OFFICERS
Up to 38,000 opportunities to make a difference...

We're seeking up to 38,000 Census Field Officers to join our team and play a role in shaping the future of Australia.

Census Field Officers:
- Are casual positions, with flexible working hours
- Earn $21.61 per hour (inclusive of 25% loading)
- Will be responsible for making contact with households to make sure everyone can complete the Census.

Apply now at abs.gov.au/careers