

COMO PRIMARY SCHOOL

Principal: Mr A. Malcolm

Telephone 9450 3112

Email: como.ps@education.wa.edu.au

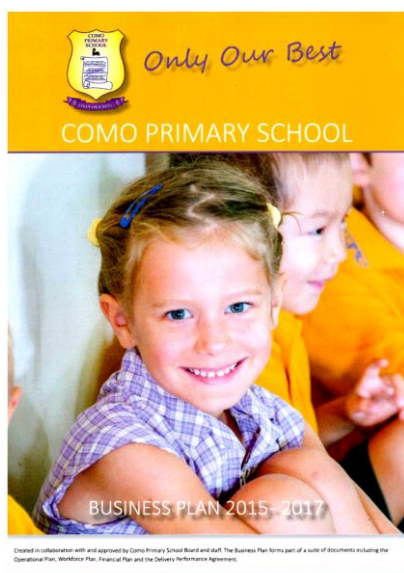
<http://comoprimaryschool.wa.edu.au/>

Newsletter No. 5 – 2nd March 2017

Dear Parents,

Como Primary School Business Plan 2015-2017

One of the Department of Education WA requirements for Independent Public Schools is that we have a Business Plan. The Business Plan describes the key focus areas and strategies that are intended to have maximum impact on overall school performance. The plan has the same time span as our Delivery and Performance Agreement, and is endorsed by the School Board and signed by the Chair of the Board. The purpose of the Business Plan is to describe the ethos and culture of the school. The Business Plan explains what the school stands for, and what makes it distinctive. Our Plan indicates desired achievement for students and for the school, it also highlights areas such as school culture, academic programs, building staff capacity and professional standards, community partnerships, state and national initiatives and student accountability. Each Como Primary School family received a copy of our current Business Plan in 2015. You can also find our Business Plan on our school website at: comoprimaryschool.wa.edu.au/



How do I raise a resilient child?

- Don't accommodate every need.
- Avoid eliminating all risk.
- Teach them to problem-solve.
- Teach your children concrete skills.
- Avoid "why" questions.
- Don't provide all the answers.
- Avoid talking in catastrophic terms.
- Let your kids make mistakes

Leadership Positions

Congratulations to the following students who have been selected as captains in the following areas:

Library	Maryam N	Jordaan F
Music	Georgia S	
Technology	Ludovica P Mostafa E	Lila O Aleya O
Photography	Lily P	Manus W
PMP Captains	Jazmin K	Isabelle E
PMP Leaders	Sarah M F	Delanee M
	Faisal O	Hugo H
	Freya W	Alleyah G-B
	Anna-Maria N	Zoe M
Flag Monitors	Alexis G	Clifford B
	Mehrana T	Benjamin B

Without these students our school would not be able to function as well as it does. We know they will do a fabulous job.

Honour Awards

At our last assembly, Honour Awards were presented to the following children:

Finley M	Eve P	Kyan G	Mikayla W
Hanna K	Delanie G	Lachlan M	Halle H
Alhassan G	Ruby W	Norah P	Isabella L
Risha S	Jordaan F	Charlie P	Rachel E
Tyler O	Saheli D	Shigeru N	Charles S
Henry E	Archie T	Kiahna M	

Assembly

Next week's assembly will be hosted by year 5. There will be no assembly this week.

House Points

Forrest	130
Challenger	125
Stirling	114
Canning	88

Walking School Bus is cancelled for Tomorrow 3rd March.

Public Holiday next Monday

School will be closed on **Monday 6th March** for the Labor Day Holiday.

Term one ends on Friday 7th April.

NEW NATUREPLAY PLAYGROUND

We have an exciting new development planned for the benefit of all our children at Como Primary this year. The school and the P & C have given the go ahead to develop the corner of the bottom oval around the crickets nets into a new natureplay adventure playground. The school community led by the P & C has been fund raising to make this happen and we are now in a position to let the creativity fly and come up with a design for the area. We are creating a committee for the design and are looking for parents with creative flare, imagination, and or technical background and drive to make the nature playground something the children will use for years to come. We already have a rough design but need your input so if you would like to be part of the committee and can spare a few hours we would love to hear from you. Please drop me an email should you be interested. Once the design is finalised we will be calling on parents with contacts, skills, or equipment to keep our costs down to build the playground. Thanks!

Nick Sofield - nsofield@hotmail.com

Parents and Citizens (P & C) Annual General Meeting

Our Parents and Citizens (P & C) Association's Annual General Meeting will be held on **Wednesday 22nd March**, starting at 7.00pm in the school staffroom. Parent and community support for our wonderful school is extremely important. I would encourage you to get involved. Putting up your hand and volunteering for a role in your school can be a very rewarding experience. If you would like to be an active participant in your school community but are unsure how to take the first step, please attend the meeting. Meetings are run efficiently and in a supportive and collegial atmosphere.

The Virtues Project

Respect

What is Respect?

Respect is an attitude of caring about people and treating them with dignity. Respect is valuing ourselves and others. We show respect by speaking and acting with courtesy. When we are respectful we treat others as we want to be treated. Respect includes honouring the rules of our family or school, which make life more orderly and peaceful. It is knowing that every man, woman and child deserves respect, including you.

Voluntary Contributions

Thank you sincerely, parents for your prompt payment of these. So far 64% 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 if we are to purchase all the necessary educational aids and equipment we had planned to place in our school this year. Reminder letters will be sent out to those parents who may have overlooked this. The contribution for each child is \$80.00 which includes a **\$50.00 Voluntary Contribution** to the school and a **\$30.00 approved request from the P & C**.

The Fathering Project

The Comovers will be hosting a presentation by the Fathering Project on Wed March 15 at 7.30pm in the Como P and C Hall. This is a chance for all Dads and father figures (Granddads, Uncles, Brothers, Friends of the Family) to get together for a cuppa, meet new Dads and hear about the work that the Fathering Project are doing. There will be light snacks provided along with tea and coffee.

They aim to improve child development outcomes by inspiring and equipping fathers and father figures to engage positively with their children.

We know that an effective father has a profound impact on the children, thus it is of great importance to establish Fathers and Father Figures that interact with their children as effective as possible. We seek to make better dads for the benefit of children. Our Vision is to ensure every child in Australia has an effective father or father figure.

We are hoping to get Dr Bruce Robinson (the founder of the Fathering Project) along to speak with us. His bio can be found here, <http://thefatheringproject.org/people/dr-bruce-robinson/>

We have also invited other schools from our surrounding area to participate in this presentation, including South Perth, Manning and Collier Park.

There is a small fee to cover the cost of a booklet of \$5.

Bookings can be made on the below booking site. Ticket sales will close on the evening of Mon 13th March to allow catering to be arranged.

<https://www.trybooking.com/PAZR> and

<https://www.trybooking.com/264307>

Walking School Bus

Volunteers Needed

Tomorrow the Walking School Bus is cancelled.

We are sorry but we do not have volunteers for tomorrow's South Bound bus.

North Bound: PLEASE any families who live south of the school and are willing to lead our bus, please contact Sam Edwards (Room 3) for more information.

If any parents would like to get involved and volunteer a Friday morning for either the Southbound or Northbound Bus, please email Sam Edwards

samantha.edwards@education.wa.edu.au or come and see me in Room 3. Any help is greatly appreciated and you will be contributing to the amazing Como Community.

Sam Edwards Year 5/6 Teacher

Saturday 11th March is polling day at our school.

All funds raised will be going towards the new Nature Playground.

WE NEED HELP!

- Donations of water and soft drink
- Donations of serviettes and tomato sauce
- Baked items for the cake stall



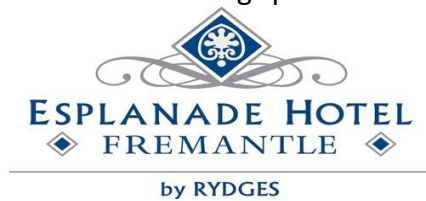
BOURKES
 Como Primary School proudly supported by...
James Thompson
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 'Como's Most Trusted Opinion!'

Supports Our Election Fundraiser

MOST OF ALL WE NEED DONATIONS OF TIME: there are approx. 50 x 1hour time slots to fill on the day. Jobs range from setting up, selling raffle tickets, assisting on the cake stall and barbecues and packing up. Please contact Kellie McGrath if you can assist 0419907429 or kellienigel@amnet.net.au.

Como Primary School relies on the assistance of volunteers so please dig deep for this event. It would be nice to see and meet some new faces.

We will be running a fantastic raffle at this event. A huge thanks to the following sponsors:



Como Cookout News

Changes to the Menu



As of next week, ALL lunch items will be available on both Wednesdays and Fridays. This is for us to gauge the popularity of items as we look to create the

Winter menu. You can order recess and lunch for your child at the Canteen Window (8.15am-8.45am) or online at www.ouronlinecanteen.com.au

'Thank You' to our recent volunteers: Tess Harris, Helen Neen, Ingrid Meyer, Angela Paddick and Glenice King. We appreciate your time and efforts!

Canteen Committee: The next meeting is on **Friday, 10th March at 1.30pm**. The focus of this will be the new Winter Menu for Term 2. All are welcome to attend! We welcome your queries, concerns or feedback.

Canteen Roster

Friday 3rd March	
8.15 - 9.00am	Om Kenyon & Renee Tapiata
10.45 - 1.00	HELPER NEEDED
11.30 - 1.00	HELPER NEEDED
Wednesday 8 th March	
8.15 - 9.00am	Jess Hughes & HELPER NEEDED
10.45 - 1.00	HELPER NEEDED
Friday 10 th March	
8.15 - 9.00am	Renee Tapiata HELPER NEEDED
10.45 - 1.00	Glenice King
11.30 - 1.00	HELPER NEEDED

Thank you.
 Emma Rose (Canteen Coordinator) ph. 0400 441 655

Uniform Shop News

Uniform Shop Roster Term 1 2017.

Fri 3rd March	Heather, Vika, Hana N
Mon 6th March	Public Holiday
Fri 10th March	Heather, Anne B, Rose


School Banking News

If you are interested in opening a Commonwealth Bank YouthSaver account for your child you can visit commbank.com.au/schoolbanking to open a YouthSaver account – all ID is verified through the website. Friday is School Banking day and I look forward to seeing you all tomorrow at 8.15am outside the uniform shop. *Lydia H*

CURTIN UNIVERSITY RUFC

PLAY RUGBY

★★★★ BOYS · GIRLS ★★★★★ MEN · WOMEN



CURTIN JUNIOR RUGBY CLUB

BOYS AND GIRLS — 6-10 YEAR OLDS
 1 TRAINING PER WEEK — THURSDAYS - 5PM TO 6PM AT CURTIN UNI
 SATURDAY MORNING GAMES - APPROX. 45 MINS
 6 AND 7 YEAR OLDS MODIFIED RULES - NO TACKLING

WANT TO JOIN?
 RECRUITMENT ENQUIRIES — PIETER 0430 929 193
 REGISTRATION DAY 11TH MARCH 9.30AM - 12.00PM EDINBURGH OVAL CLUBROOMS
 GAMES AND TREATS FOR THE KIDS AS WELL AS THE ALL IMPORTANT SIGNUP
 JUNIORS@CURUGBY.COM.AU CURUGBY.COM.AU f CURTIN JUNIOR RUGBY

STUDIO 64 GROUP

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Western
Land


a journey of
discovery and
rediscovery

Exhibition Community Talks Program 2017

An exhibition celebrating the landing of Dirk Hartog at Shark Bay 400 years ago and also the 90th birthday of The Royal WA Historical Society Inc.

A variety of themes to illustrate the Journey using our significant collection with some items on public view for the first time.






Open all year
Mon-Fri
10am to 3pm
(except public holidays)

Tour groups welcome with guide supplied.
To make a booking please contact the office 9386 3841.

The Exhibition's Community Talks Program will be available on our website www.histwest.org.au

Royal Western Australian Historical Society
49 Broadway, Nedlands 9386 3841





2017

Saturday 1 April – 8:30am to 5pm
Sunday 2 April – 8:30am to 5pm


BARGAINS ALL WEEKEND
Midday Sunday – All books HALF PRICE
From 3pm – Fill a box for \$10

Nedlands at 49 Broadway (corner Clark Street)
Parking entry 55 Broadway

- ✓ Specialist categories – West Australiana, Australiana
- ✓ Large selection of fiction and ALL other subjects
- ✓ DVDs, LP records, CDs, magazines, maps

Our Bookshop is OPEN during this sale

Cash, Visa, Mastercard and EFTPOS accepted



Royal Western Australian Historical Society (Inc.)
Telephone 9386 3841
Email: admin@histwest.org.au

2017

10 best phrases to teach resilience to your kids

1 

Goal
Humour

Phrase
"Come on, laugh it off"

2 

Goal
Contain thinking,
perfectionism and anxiety

Phrase
"Don't let this spoil everything"

3 

Goal
Distraction

Phrase
"Let's take a break"

4 

Goal
Handling worry and asking for help

Phrase
"Who have you spoken
to about this?"

5 

Goal
Offering hope

Phrase
"I know it looks bad now but
you will get through this"

6 

Goal
Positive reframing

Phrase
"What can you learn from this so
it doesn't happen next time?"

7 

Goal
Acceptance

Phrase
"Don't worry – relax
and see what happens!"

8 

Goal
Perspective

Phrase
"This isn't the end
of the world"

9 

Goal
Flexible thinking

Phrase
"You could be right. But have you
thought about ..."

10 

Goal
Taking action

Phrase
"What can we do
about this?"