



Newsletter 11

12th August 2015

Principal

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Our website:

www.caraleecs.wa.edu.au

SMS Attendance:

0409 883 536

Our email address:

Caralee.cs@education.wa.edu.au

Allergy friendly school:

Please remember NO NUTS or nut products.

- **Wed, 19th Aug**
Family Picnic Day
- **Wed, 19th Aug**
B2 Excursion
- **Wed, 19th Aug**
Inter-School Cross Country
- **Wed, 26th Aug**
Assembly (B2)
- **Fri, 28th Aug**
Book Week Parade
- **Wed, 2nd Sep**
Caralee's Got Talent
- **Mon, 7th Sep**
Kardinya Art Expo

As part of our social development programme for students, we had the **NED (Never Give Up, Encourage Others and Do your Best)** show last Friday.

As this is a no cost performance for students, the performers subsidise their costs through the selling of **NED Yo-Yo's**. Any money gained from the sale of these Yo-Yo's at school is passed on to the NED promoters to be able to perform their show at many other schools. The school has allowed supervised use of the Yo-Yo's this week only at school.

The Yo-Yo's can be purchased in the mornings **this week** at the canteen from Mr Shapcott at a cost range of \$8 to \$20.

Unfortunately, our school was the **target** of vandalism on the weekend from teenage juveniles and, sadly, it appears to be one of our own students. One of the teenagers had a very distinctive

backpack which was dark in colour and had a number 8 on the backpack.

The CCTV recordings are being examined in order to identify the culprits, but the **community can help** us out by informing the **local police on 0466 318 950**.

On a happier note, on Monday, **Josh Hill** from the **West Coast Eagles** attended our special Eagles Cup and Dockers Shield presentation.

Our Eagles Cup team were champions for our district after narrowly missing out last year by a single goal. This year they defeated Rossmoyne, Parkwood and Burrendah Primary Schools to win the cup. Similarly, the boys then went on to defeat seven other primary schools to win the Dockers Shield during the one day Lightning Carnival.

James Hill, from Year 5, was fortunate to receive a football from his relative, Josh, from the

Eagles, for being a great sport on the day of the carnival.

On behalf of the Caralee Football Team, Jack Blurton from Year 6 was presented the Eagles Cup by Josh. Josh then stayed and answered many questions from excited children in the audience.

Congratulations to the Caralee Footy team on an outstanding achievement, and a big thanks to the West Coast Eagles and Josh Hill for supporting football in schools.

Trevor Anderson
Principal

Derby Dress Up Day

Thanks to the wonderful response to the **Footy Dress Up Fundraiser** last Monday,

\$180 was raised towards activities for the Yr 6 Graduation.

Thank you to all those who participated.

When selling your home call

Siobhan Micalé

WILLAGEE'S SPECIALIST

0410 085 174

siobhan@capornyoung.com.au

CAPORN YOUNG
COME SEE WHY



Book Week Excursion

Gabriel EVANS
Illustrator
www.creationnateapot.com



Willagee Library

Tuesday, 18th August 2015

Years 2 & 3 (B3, C1, C4) 1:30 to 2:30pm

Willagee Library

Tuesday, 25th August 2015

Year 1 (A1, A4, B4) 9:15 to 10:15am

Years 2 & 3 (B2, C2, C3) 10:30 to 11:30am

Years 1 & 2 (A2, A3, B1) 1:30 to 2:30pm



Story teller: Sam Hughes



Willagee Library

Tuesday, 26th August 2015

Years 5 & 6 (D1, D2) 9:15 to 10:15am

Years 3, 4 & 5 (D3, D4) 10:30 to 11:30am

P & C News

Caralee P&C are holding a

Sausage Sizzle

at **Bunnings, O'Connor**

on **Sunday, 23rd August 2015.**

Caralee P&C is looking for volunteers to help.

Time slots are: 8.00am to 10.00am
10.00am to 12.00 noon
12.00 noon to 2.00pm
2.00pm to 4.00pm

If you have 2 hours to spare between 8am to 4pm,
then please contact NATALIE 0429 100 096.

Next P&C Meeting will be held in the Staffroom:

Tuesday, 25th August 2015, 7.00pm
(All welcome!)

ESIA Cheers for Ears

Have you ever walked past someone and heard music coming from their **headphones** and wondered whether this could be damaging their hearing? Well, the answer is **YES!**

Recently, the Yr 4 -5 students at Caralee PS were visited by the Ear Science Institute Australia (ESIA) and attended a ESIA **Cheers for Ears** session to learn strategies to protect their hearing from noise induced hearing loss (NIHL) which can be caused by personal music players (PMPs) such as iPods.

In the past, NIHL mostly affected industrial workers, but today children and teenagers are suffering from this disability. And the numbers are increasing. This is concerning because even a slight hearing loss can negatively affect a child's language development, academic achievement and social life. The ESIA **Cheers for Ears** session provided information on the ear and how we hear, what can cause hearing loss, the effects of hearing loss and strategies to avoid NIHL.

The children learnt to protect their hearing and the importance of not listening to music that is more than half the volume on their PMPs. **If someone can hear your music** or if you can't hear someone talking to you while you are listening through headphones, the chances are that you are **damaging your hearing**. To reduce the risks of damaging hearing we need to:

- **Turn the volume down**
- **Use over-ear head phones to listen to music and avoid headphones that reach into the ear**
- **Give our ears regular breaks by limiting the amount of time we listen to loud music**

Did you know that the damage caused to your hearing by noise cannot be reversed? But it can be prevented. Hearing is one of our most important senses, so we need to look after it. We would like to **thank Rotary Club of Booragoon** for their sponsorship and making it possible for ESIA **Cheers for Ears** to visit our school.

Choir

The Choir are busily preparing themselves for Burswood. They have been practicing breathing techniques and working on their tone and pitch. They have also been working very hard memorising all their lyrics. Well done!

Dance

The students have been eagerly rehearsing their end of term dance concert. They are learning fast showing their dancing and rhythmic skills. Sam has already started preparing costume props such as masks for the students to wear.

Caralee's Got Talent

Students have been working in their lunch-times to prepare themselves for the talent show. The show will be entertaining with diverse talents such as singers, dancers, musicians and comedians; all unique and talented.

Mrs Mills, Music Specialist

Sport

Cross Country training has now started for Years 2-6. Students meet in the undercover area at 8:15am and head across the road with Miss Cotton to Winnacott Oval.

The Cross Country event is on **Wed, 19th August 2015** at Manning Park, Spearwood. The distance for Years 3-4 is 1.5km and Years 5-6 is 2.25km. Year 2 students have the opportunity to enter the competition this year if we do not have enough year 3 students to enter.

Students have been training strongly, and a big congratulations goes to the following for dedicating their morning to training : Joel, Chadd, Hazel, Anton, Shae, Ava, Malaki, Jordan, Hayley, Anya, Alee, Cosmo, Avaree, Lauren, Greta, Ash, Bianca, Kaylen, Ridangi, Kezia, Callum, Callan, Ava B, Max P, Max S, Kai M, Cooper E, Ben E, Emma, Tiana, Finn, Kai G, Jacie, Luca, Lili, Cooper S, Lila, William, Chinnery.

Miss Aleisha Cotton, Sports Teacher

MANAGING ASTHMA IN WINTER

As cold air can trigger asthma, you could try wearing a *scarf* around your mouth, and try to breathe through *your nose*, which warms and humidifies the air.

When exercising, *warm up and cool* down properly.

Avoid smoke from tobacco, fireplaces and wood stoves as this can trigger asthma symptoms. Gas fireplaces and stoves should be flued.

Winter is also the season for colds and influenza.

As many as 8 out of 10 asthma attacks in children and 4 out of 10 in adults are *triggered by viral infections*. So:

- keep your hands away from your eyes, nose & mouth,
- use tissues to wipe your nose, then discard them,
- *wash your hands* after blowing your nose or covering your mouth for a cough or sneeze, and before preparing or eating food, and
- do not share cups or cutlery with other people.

from the **Asthma Foundation of WA**



News from the School Canteen

We are celebrating the latest purchase of a Thermomix by having a number of new items on the menu!

Please look out for even more specials during the month of September when we will also be celebrating **Fruit & Veg Month 2015**.

We have had a great response from parents volunteering their help. We would love to have more support to continue on with these improvements.

Please contact Tracey at the Canteen or Belinda Griffin if you can support in any way. Thank you!

COMMUNITY NEWS



FRIDAY NIGHT GAMES 2015

FNG is a community event run for kids in school **YEARS 3-6**. At FNG we pack two hours full of games, fun and excitement. It runs from **6.30PM - 8.30PM** where for **\$5** kids are provided with a light snack, drinks, games and prizes for winning teams. **OUR AIM** is to provide a high quality kids program where kids are exposed to positive mentoring, **CLEAN FUN**, new friends, Bible stories that are applicable to everyday life and healthy competition that teaches the skills of winning and losing appropriately. All leaders over 18 hold current **WWC CARDS**.

DATES

SEMESTER 1 13 Feb - 27 March - 24 April - 22 May - 19 June

SEMESTER 2 24 July - 21 Aug - 18 Sep - 16 Oct - 13 Nov - 11 Dec

For more info visit www.melvillecitychurch.org.au or phone (08) 9317 2944 - FNG is held @ 7 Malland St Myaree



City of
Melville

The Reading Hour

Join in the fun of special pyjama party storytime sessions at the City of Melville Libraries with pjs, pirates and princesses aplenty!

AH Bracks and Willagee Libraries are celebrating the national event, The Reading Hour, with **free** themed storytime sessions for children aged three to six.



The theme at Willagee will be pirates, while at Bracks it will be favourite fairy tales.

Youngsters are invited to wear their pyjamas or come dressed as a pirate or their favourite book or fairy tale character. No bookings are required.



Date: Tuesday, 18 August 2015.

Time: 6pm to 7pm.

Venues: AH Bracks Library, corner Canning Hwy & Stock Rd, Melville ANC Willagee Library, corner Winnacott & Archibald Sts, Willagee.

Phone: 9364 0115 (Bracks), 9364 0170 (Willagee)



melvillecity.com.au/libraries

MELWAY LITTLE ATHLETICS

INTERESTED IN HAVING SOME FUN?

WE'LL THEN COME ALONG TO...

RUNNING....JUMPING....THROWING

LEARN.....PRACTICE.....COMPETE

LEARN THE BASICS OF ATHLETICS AT TRAINING!

PRACTISE YOUR SKILLS AND COMPETE AGAINST OTHERS YOUR OWN AGE ON COMPETITION DAYS!

REGISTRATION Saturday 5TH September, 10 am – 1 pm
Melville Recreation Centre (CNR CANNING HWY & STOCK RD)
Proof of age required for first time registrations

TRAINING Winthrop Primary School
Starts October (date to be confirmed)
Tuesdays 4:30 pm until 6 pm

COMPETITION Saturday mornings at the
Melville Little Athletics Centre
Len Shearer Reserve, BOORAGOON

FURTHER INFORMATION CONTACT -
RHODA WITHEY 0431 922 402



It's back!

Earn 1 sticker for every
\$10 you spend.

