

**EDITION #24**  
**28 OCTOBER 2022**



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## IMPORTANT DATES

**2 November** - School Board  
Open Meeting 6PM

**9 November**- Yr 2 Assembly

**11 November** – School  
Development Day- no School for  
students

**18 November** – Colour Run

## PRINCIPAL'S REPORT

Term 4 has certainly started with a bang! We have had our Telethon PJ Day; assorted excursions; Interschool Athletics and Diwali. It was also very exciting to hear that young Ari was chosen to be a Telethon Ambassador this year.

Before we know it, the end of year concert, end of year reports and summer holidays will be upon us.

### Telethon PJ Day

I would like to thank our whole community for getting behind this event and supporting not only Ari, but also Telethon, which does amazing work on behalf of many people and organisations across Western Australia. It was an fantastic community effort by Caversham Valley Primary School families to raise \$1070 by the start of the Telethon weekend. Since then, more money has been donated via the Facebook Fundraising page.

On the PJ Day, Ari went to every class, talking to students not only about his specific condition, but also about the wonderful work that Telethon does for so many people across Western Australia. This information helped our students to develop a genuine understanding of where the money donated goes, and how it supports many organisations, children and families across WA.

Thank you to all of our community members who were able to go to the RAC arena and give Ari support and encouragement. I would also like to thank those CVPS staff members who were there as well for most of the weekend. Your dedication and support of our students is greatly appreciated and does not go unnoticed.

Finally, to Ari, what a wonderful ambassador you are for Telethon, CVPS, yourself and your whole family. I hope you continue to enjoy your ambassador role over the coming months.

### Open School Board Meeting

The next CVPS Board Meeting will be an open board meeting. This means that any parent is welcome to come and observe what occurs at these meetings. It will be held at 6pm in the school library on Wednesday 2 November

## CVPS Colour Run

We are not too far away from this wonderful fundraising event. The number of students who have set-up their fundraising page on-line continues to grow and we are now past 150 registrations. When we held our first Colour Run, many parents and students were not fully aware that they would receive gifts/prizes for their fundraising efforts. The gifts/prizes that each student receives, is determined by the amount they fundraise. If you are unsure how this works, please make sure that you contact our wonderful P&C who are organising this event.

## School Development Day

Friday 11 November is a School Development Day for teachers at CVPS. There will be no school for students on this day.

## Interschool Athletics Carnival

Good luck to all our students who will be competing at the Interschool Athletics Carnival at Caversham Primary School on Friday 28 October. Thank you to Ms Stott for all her hard work training and preparing students for this event.

## K-5 students not returning to CVPS in 2023

If your child is not returning to Caversham Valley PS in 2023, please advise the school front office as soon as possible to assist us with planning classes and staffing for next year.

## End of Year Concert

We are very excited to announce that CVPS will be holding their annual end of year concert on Wednesday 14 December in the evening. The theme this year is 'Music through the Ages'. More information will be posted on the school Connect page over the next few weeks.

## George Craig

### Principal



## World Teachers' Day

Friday 28 October is World Teachers' Day. Take a moment to give them a shout-out and tell them what a big deal they are to your children!

The theme this year is 'Hats off to teachers.' The theme represents teachers' great resilience over the past few years while continuing to focus on teaching and learning.

Teachers play an important role in our community and we thank them for their passion and dedication to inspire children and young people.

**Thank you  
for making  
a difference  
every day.**

**#WorldTeachersDay**

## Noongar Season : Kambarang

We are currently entering the Noongar season of Kambarang. During Kambarang season, we see an abundance of colours and flowers exploding all around us. The yellows of many of the acacias continue to abound, along with some of the banksias and many other smaller delicate flowering plants including the kangaroo paw and orchids.

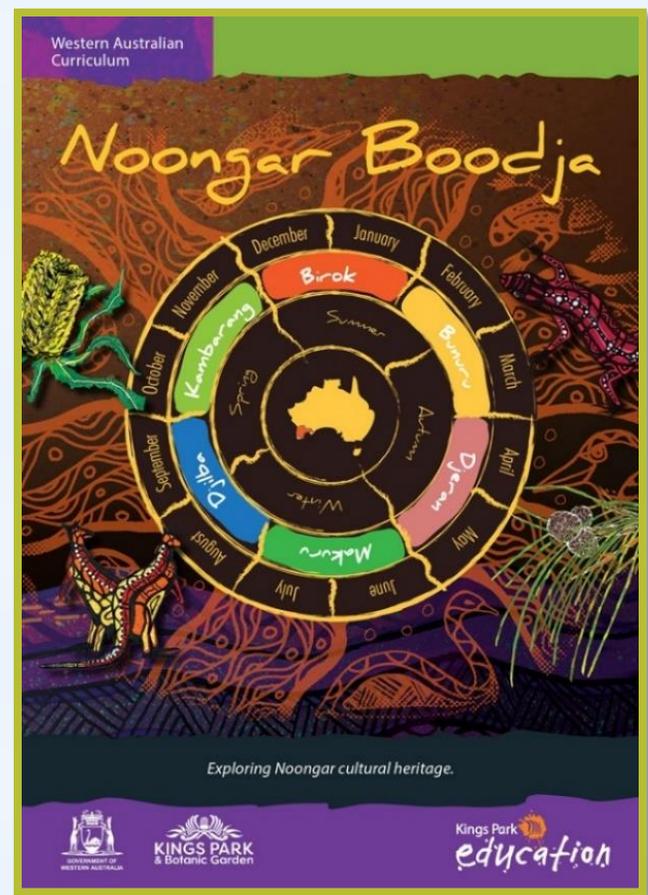
During this time the balgas will continue to flower, especially if they've been burnt in the past year or closely shaved.

One of the most striking displays of flowers to be seen during this season will be the Moodjar, or Australian Christmas Tree (*Nuytsia floribunda*). The bright orange-yellow flowers serve to signal the heat is on its way.

October is also the most likely time of the year that you'll encounter a snake as the reptiles start to awaken from their hibernation and look to make the most of the warm to assist them in getting enough energy to look for food. It's also a time that many young families of birds will be singing out for their parents to feed them. Koolbardies (magpies) will be out protecting their nests and their babies.

Many things are undergoing transformation with the warm change in the weather and longer dry periods accompany a definite warming trend.

Encourage your children to look for the clues above to know whether Kambarang has arrived!



## Mental Health Week

October is Mental Health Month, and we can all benefit from looking after our own mental health and the mental health of our communities.

Mental health starts with our children. Early childhood is a critical time for brain development and functioning. Childhood experiences build the foundations of lifelong resilience, social and emotional wellbeing and self-esteem. These are key for children to develop into compassionate, confident people. Good mental health is when we can cope with the stressors of our daily lives, participate in loving relationships, contribute to our community and work towards our goals.

Everyone has mental health and we can all benefit from looking after our own mental health and the mental health of our communities. This month, take the opportunity to stop, think and choose to make your mental health a priority.



## Year 5/6 Art Gallery Excursion

As part of the Year 5 and 6 Visual Art and History Curriculum, students from Moodjar 3, 4 and 5 attended an excursion to the Art Gallery of Western Australia. Students participated in a workshop called Boorongur, a term used for totems often given by Elders. Sharyn Egan invited us to create a personal plant or animal totem that is meaningful, using artistic techniques and processes.

The Historical Perspectives and Shared Stories tour provided students with the opportunity to engage with many varying stories of our history; tracing works and ideas from the 17<sup>th</sup> century, examining European settlement, Federation and the perspective of the First Australians.

The Shared Stories Indigenous Works exhibit allowed students to explore different styles of traditional and contemporary Indigenous art, connections to Country and materials used, to build an increased understanding of the connection between art, culture, imagery and stories.

A big thank you to the parent helpers and students for a terrific excursion!



## Diwali Festival

A significant event for many families in our community is Diwali. This is an important religious festival originating in India. Diwali celebrations started this week and students at CVPS also had the opportunity to participate in Diwali activities such as drawing Rangoli, making lanterns, making Diyas out of salt dough and learning a few words in Hindi and Gujarati. Thank you to all those students who shared their experiences about Diwali with their class.

Happy Diwali to all those families who celebrate this event, from all of us at CVPS.



## Walk to School Day

At Caversham Valley Primary School, we actively support and encourage healthy life practices such as walking to school. On Friday 21 October CVPS held a walk to school event, where we encouraged as many students and families as possible to walk to school. We met on the oval and walked a couple of laps together before starting the school day. Participants also snacked on fresh fruit and vegetables and received a walk to school sticker. As the weather is warming up, it is a perfect time of year to start leaving the car at home and establishing regular walking and riding to school routines.



## The Great Vegie Crunch

On Tuesday 25 October, students participated in the 'Great Vegie Crunch!'

While most primary school children are doing a great job of eating enough fruit, only 1 in 16 are eating enough vegetables. This term our school is encouraging families to get excited about eating vegetables by packing them as often as possible for Crunch and Sip.

To support this, our school participated in the 'Great Vegie Crunch' where we all brought our crunchiest vegetables and tried to make the loudest crunch possible on the Crunch-o-meter. After a couple of attempts, we finally reached the crocodile crunch noise level! Crunch and sip is a set break within class time for children to crunch on fresh fruit and vegetables and rehydrate with water.



## Student Councillors Report

**CRUNCH!** All the students of CVPS were sitting in front of the undercover area, looking towards their student councillors who were measuring how loud the crunch was. Welcome to the Great Crunch Challenge! Each class has been monitoring their fruit and vegetable snacks with their Crunch and Sip tally this week. It was a great event that highlighted the need to eat healthy snacks during the day.

Another amazing event this term was our PJ Day which supported Telethon. We raised over \$1000 for this needy cause and were motivated by our very own Telethon star, Ari, who visited each class to explain why Telethon is such an important event.

This week, we have our interschool sports carnival which will be held at Caversham PS, but the event that students are looking forward to most this term is the Colour Run! Make sure you create a profile and start fundraising for some great prizes as well as preparing to get bright and colourful!

We hope everyone enjoys a fantastic Term 4.

Your Student Councillors,  
Abby, Christian, Sophie and Zidan



## P&C News

The Colour Run is coming soon! This fun fundraiser will be held on Friday 18 November. Create a student profile for your child to start fundraising online and then share it with family, friends and community.

<https://myprofilepage.com.au>

Volunteers are still needed for the Colour Run so if you can help, please add your details via the link below.

[VolunteerSignup](#)



The P&C is excited to announce that we have committed to providing funding for every student to have access to Literacy Planet in 2023. We have also recently allocated the remaining 50% of raffle proceeds to the purchase of CVPS interschool sports uniforms. We can't wait to see our students wearing them proudly in 2023!

Towards the end of Term 4, there will be two bins in the front office for CVPS uniform donations. The donated items will be given to families in need, as determined by CVPS staff. More information will follow.

Thank you CVPS community! It is because of your donations and support that the P&C can support identified school needs. Thank you for making such a positive impact on the learning of CVPS students!

If you have any queries, please feel free to contact us at [cavershamvalleypandc@gmail.com](mailto:cavershamvalleypandc@gmail.com).

## School Health Services: Health information for parents

### Parent Information : Colour Blindness

Colour blindness is when you don't see some colours the way that other people see them. Red-green colour blindness is the most common type. This is when you have trouble telling the difference between greens, browns, reds and oranges.

Nearly all children with colour blindness are boys. If your child has colour blindness, it might become obvious at around 4 years of age. Your child might have difficulty sorting colours, colouring-in or copying text of different colours.

If you think your child might be colour blind, see your GP or optometrist.

For more information go to: [Colour blindness: babies, children & teens | Raising Children Network](#)

### Other child health information:

[Scoliosis in children and teenagers | Raising Children Network](#) Year 6

[Undescended testicle: 0-18 years | Raising Children Network](#) Kindy and PP

# School Health Services Information for Parents

Government of Western Australia  
Child and Adolescent Health Service  
WA Country Health Service

## School Health Services

Health information for parents and carers of upper primary children



**Y**our child will soon be a teenager, so now's a good time to think about some important health issues.



### School health services

School health nurses provide a school health service through primary and secondary schools. If you have any concerns about your child's health, contact the school health nurse through your school office.

Other people who may be able to help are the school psychologist, your child's teacher, your doctor, or your local child development centre – see [healthywa.wa.gov.au/childdevelopment](http://healthywa.wa.gov.au/childdevelopment)

### Healthy lifestyle

- Encourage children to keep physically active, choose healthy food, and get sufficient sleep.
- Eat dinner as a family to promote good communication and connection.
- Your child should have a dental health check every year. Contact the school dental health service or a private dentist.

[cahs.health.wa.gov.au](http://cahs.health.wa.gov.au)

### Good mental health

Good communication with your child is always the best way to promote mental and emotional health. If you have any concerns about your child, talk to your doctor, community school health nurse or school psychologist. Find out more at [raisingchildren.net.au](http://raisingchildren.net.au)

### Immunisations

With your consent, your child will be offered immunisation against diphtheria, tetanus, pertussis and human papillomavirus (HPV) in Year 7, and meningococcal (types A, C, W and Y) in Year 10. Find out more at [healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation)

### Puberty

Now is a good time to discuss physical and emotional changes with your child. We recommend **Talk soon**. **Talk often**. A guide for parents talking to their kids about sex, available from [healthywa.wa.gov.au/Talk-soon-Talk-often](http://healthywa.wa.gov.au/Talk-soon-Talk-often) Schools usually teach students about growth and development during Years 5 and 6. Your child's teacher can give you more information about these classes.

### Scoliosis

This is an abnormal, sideways curvature of the spine. It can develop during early adolescence, usually between 10 and 13 years. Your school will give your child a leaflet about checking for scoliosis in Year 6. If you have any concerns, talk to your doctor or community school health nurse. Find out more at [raisingchildren.net.au](http://raisingchildren.net.au)

### Vision

Take your child to your doctor\* or an optometrist\* if your child:

- covers or closes one eye when reading
- holds books very close
- complains about eyestrain or headache
- complains about double vision or blurred vision with reading or blackboard viewing
- complains that words move on a page
- loses place with reading, or skips words and lines
- has a short attention span when reading
- rubs their eyes a lot.

\*Check with your doctor/optometrist about bulk billing.

[cahs.health.wa.gov.au](http://cahs.health.wa.gov.au)



For more health information including child development:

- [healthywa.wa.gov.au](http://healthywa.wa.gov.au)
- [raisingchildren.net.au](http://raisingchildren.net.au)

This document can be made available in alternative formats on request for a person with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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