From the Principal

I had a wonderful time away in my home country of Scotland and was fortunate to also visit Northern Ireland, England and Wales. Surprisingly the Scottish summer had similar temperatures to here in our winter so the thermals were worn every day!

Special thanks to Jennifer Oversby who very capably “sat in my seat” while I was away and I was delighted to return to meet our new students.

IEPs will reach you within the coming days. Please do not hesitate to contact us if you have any concerns. Enjoy the sunshine—spring is just around the corner!

New Students

We would like to officially welcome our new students and their families:

Hussain in Pre Primary
Ihwe in Pre Primary
Calvin in Year 1
Ashton in Year 3
Selma in Year 3
Nassar in Year 6

All of our new students are settling in well and enjoying their new school.

Naidoc Week - July

- PALS Program Damper

Food is a common experience that can bring us together with others. We can learn a lot about different cultures by experiencing the food they eat. So as part of the PALS Program and NAIDOC Week celebrations, we decided to try cooking an Aboriginal food called Damper.

The version of Damper we made while not strictly traditional (we substituted self-raising flour for the ground wattle seed flour), nevertheless it was just as tasty and still celebrated the flavours of the Australian bush.

We flavoured our damper with bush tucker spices of lemon myrtle, lemon aspen and mountain pepper. The students enjoyed rolling up their sleeves and getting their hands sticky rubbing the butter into the flour and kneading the dough. We especially liked it when the smell of freshly baking bread filled the centre making everyone verrrry hungry. The students all gave the damper the double thumbs up and gobbled up the warm fluffy bread... sorry parents!
NAIDOC WEEK - Art
The students of Room 13 & 14 have been learning about Aboriginal symbols in Art as part of NAIDOC celebrations and the PALS Program. They have created pictures that tell stories, using some of the symbols. These were made by drawing with PVA glue over pencil drawings, then painting over with copper acrylic paint.

WA POLICE PIPE BAND — 22nd July
The Students were involved in an incursion along with the mainstream school to view the WA Police Pipe Band. This group regularly performs at events and schools around the state and were extremely entertaining. They played a range of pieces using the bag pipes and gave the students a description of how the different bag pipes work and demonstrated a large range of different sounds that can be made by the bag pipes. They were wonderful at encouraging the students to participate by clapping along or making quiet and loud sounds during certain pieces of music. Our students and staff were delighted during this whole experience. They sought participation by a number of teachers to do the Hokey Pokey along to a piece of music and then rated each teacher’s performance. All the children in the school found this very amusing!
NATIONAL TREE DAY—1st Aug

The students were involved in planting trees with John the gardener for Tree Day. They had the opportunity to have a turn at using the spade and digging dirt in the hole to cover the plant. John was brilliant with our students and role modelled how to plant a tree and then helped them to use their skills to plant a few trees in the gardens at the front of the school. As we worked in two small groups each child had plenty of opportunity at helping to plant the trees. This was a wonderful experience to enhance gross motor skills, co-operation, turn taking and appreciation of the school environment.

2016 PALS Program “Partnership, Acceptance, Learning and Sharing”.

This program aims to encourage young West Australian school students to develop school projects that promote reconciliation in their local community.

Do to our recent PALS Project submission, we are delighted to advise we have been selected as a recipient for $750 of funding assistance.

Our proposed activities include:

- **Student Engagement and Community Participation** — Kings Park and Zanthorrea Excursions
- **Environment** — Plant a bush tucker garden
- **Arts & Culture** — Aboriginal Design Clay Tiles and Music & Drama Activities
- **Health & Wellbeing** — Bush Tucker Damper Cooking Activity

We look forward to enjoying the fruits of our patience, planning and hard work!

‘Global Corporate Challenge’.

Our staff have been participating in some friendly rivalry since 25 May. We’ve separated into two teams—“Daring Divas” and “The Witches of East Vic”, and armed with our supplied pedometers, we’ve been clocking up the steps within our teams. We log our steps online for 100 days, where we ‘travel the world’ to different countries to reflect our kilometres travelled. So far, “The Witches” are in the lead, but who knows...maybe those Daring Divas might just be pacing themselves. We look forward to feeling a little more healthy, but mostly taking out the GCC Challenge title!
ART DISPLAY AT WACSSO CONFERENCE – 19th Aug.

On the weekend of the 19th August, the students of EVPESC had the opportunity to display their wonderful art along with a number of other schools from across the state at the Western Australian Council of State School Organisations Inc. (WACSSO) at their 82nd Annual Conference in the Astral Room at Crown Perth.

CIRCUS QUIRKUS—15th Aug

A trip on the bus to the Riverside Theatre in the city was an adventure for the students to enjoy the show ‘Circus Quirkus’. Circus Quirkus is a non-animal show with jugglers, acrobatics, contortionists, balancing and comedian acts. We were thrilled to watch the Zimbabwe Brothers pole climb and chair balance. Cristof the clown was very funny to watch!

We'd like to thank the following sponsors who made it all happen:
- Development Engineering Consultants P/L
- Nu Phase Electrical Engineering Supplies
- Quality Produce International Pty Ltd
- Fair Holme Disability Support Group
- Specialized Sweeping Services
- Emmanuel Exports Pty Ltd
- Orora Group Canning Vale
- Marubeni Itochu Tubulars Oceania
- Australian Workers Union WA
- Mine Site Constructions Services
- Como Engineering Pty Ltd
- Forty Winks Cannington
- Hon Donna Faragher JP MLC
- Tony’s Auto Wreckers
- DS Agencies Pty Ltd
- Devine Star Pty Ltd
- Bain Corp Pty Ltd
- All Saints College
- Kerry Whittington
- Ron Farris Real Estate
- Turco & Co Pty Ltd
- Byford Ture Service
- Spices Catering
- Mark Wilson
- CS Legal
- Steve McCarthy
- Perth Bin Hire
OUR NEWSLETTER

We welcome any feedback whatsoever regarding our newsletter, as we are always looking to improve upon ourselves. We’d love to hear if you’ve tried any of the recipes, or if there’s a particular meal/snack time you’d like us to focus on. Please come and chat to us!

MUFFINS

A reminder—you can place your orders for our fortnightly cooking of muffins. Ask the class teacher for an order form.

SCHOOL APP

Please download our school app on your smart phone. You can find the app in the Apple Store or at Google Play. You will need to search for East Victoria Park ESC. The app is used to send out reminders and notifications but will not replace the communication diary.

ENTERTAINMENT BOOK

2016/2017

The new Entertainment Book is now available at our office for your purchase.

Together with the Digital Membership, this is your guide to the most popular restaurants, attractions, shopping, travel and more with valuable up to 50% off and 2-for-1 offers.

We receive 20% from every Entertainment membership sold!

Online: www.entbook.com.au/833501
Phone: 0413 405 969
Email: suanne@spicecreativedesign.com.au

UPDATED WEBSITE

Our new website is up and running. Please check it out at eastvictoriaparkesc.wa.edu.au

Sun Protection and Vitamin D

GETTING THE BALANCE RIGHT

WHEN UV IS:

3 OR ABOVE

- Sun protection is a priority.
- Most people get enough Vitamin D through a few minutes of typical day-to-day activity.
- Remember to slip, slop, slap, seek and slide.

BELOW 3

- Sun protection is not recommended.
- Go outdoors in the middle of the day to support Vitamin D production.
- Being physically active – e.g. gardening or going for a walk will help.

Check local UV levels by downloading our free mobile app at cancer.org.au/SunSmartApp
RECIPE

Homemade Bliss Balls

These easy, no-bake homemade bliss balls are perfect for lunch boxes or an after school snack. We're talking super healthy and super delicious.

INGREDIENTS:
- 1 1/2 cups pitted dates
- 1/4 cup sunflower seeds
- 2 Tbsp coconut oil
- 3 Tbsp chia seeds
- 2 Tbsp dark cocoa powder
- 1 tsp vanilla extract
- 1/2 cup (45gm) desiccated coconut, for rolling

METHOD:
- Place dates in a medium bowl and cover with water. Stand for one hour then drain.
- Process dates, sunflower seeds, coconut oil, cocoa powder and vanilla extract until mixture comes together. Transfer to a bowl and stand for 20 minutes for chia seeds to soften.
- Roll level tablespoons of mixture into balls and roll in coconut to coat.

PEOPLE’S CHOICE AWARD

Who makes a difference at our school?

As part of the WA Education Awards 2016 we’re asking students and parents to vote for staff who make a difference in our school and give them a chance to win $1000.

The People’s Choice Award recognises dedicated and talented staff in WA public schools.

The staff member who receives the most votes will be awarded the People’s Choice Award at the WA Education Awards 2016 presentation event on Monday 28 November.

All school staff who receive a vote will be acknowledged in The West Australian on World Teachers’ Day on Friday 28 October. You can vote for more than one staff member.

To vote, visit education.wa.edu.au [link to: http://www.education.wa.edu.au/home/detcms/navigation/about-us/programs-and-initiatives/wa-education-awards/people-s-choice-award/]. Voting closes at 5.00pm on Friday 23 September.

For more information about the WA Education Awards, visit education.wa.edu.au.
Is English your second language?

...or maybe you have family or a friend who would like to join a class to build their English.

ESL English-Flying Start

This class develops on your skills in oral and written language in both individual and group situations. It provides opportunities to understand and develop reading and writing skills for both everyday application as well as for further studies. It builds on your individual experience covering grammar and writing conventions as well as practice speaking formally and informally.

$101= 1 weekly class for 6 months (Cost includes Department of Education NPVGC)
$156= 2 weekly classes for 6 months (Cost includes Department of Education NPVGC)

Enrol Now!
9351 5600
www.canningcollege.com

WHAT’s ON

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<tr>
<th>Date</th>
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<td>20-26 August</td>
<td>Book Week</td>
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<td>Monday 29th August</td>
<td>P &amp; C Meeting, 7pm</td>
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<td>Friday 2nd September</td>
<td>Faction Athletics Carnival</td>
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<td>Monday 19th September</td>
<td>P &amp; C Meeting, 7pm</td>
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<td>Friday 23rd September</td>
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<td>Tuesday 11th October</td>
<td>First day of Term 4 for students</td>
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# Term 3, 2016 – Term Planner

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**ESC Events** | **All School Events** | **Special Events**