



East Victoria Park Education Support Centre

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Newsletter 6

Date: August 2015

Welcome



We welcome Riley Cox (Year 3) and Abdi Abukar (Year 1) and their families to our centre this term.



We would also like to welcome Christina Mold who has joined our teaching staff on Mondays and Tuesdays until the end of the year and Melissa Gray who joined us full-time as an Education Assistant.



Tree Day - 24 July

Students in Room 13 and 14 actively participated in Tree Day activities this year, both in the classroom learning about trees and outside planting trees. We also upgraded the school garden and added more plants. It is looking green and luscious now!

The students watched educational programs on the white board and discussed why trees are important to all living beings. They drew and painted pictures of trees and created tree environments with play dough. We went on a 'Nature Walk' and examined trees closely, looking through a magnifying glass.

Most significantly the students made a lasting contribution to the environment by planting 5 Cotton Wood plants near the cricket grounds. The school gardener helped the students in this very important task. The students will continue to look after and observe the growth of their own 5 trees.

We invite all to come and look at our display board near Room 13 to see all the good work we have done for Tree Day 2015!

Tree Day with Play-dough!



Tree Day - Planting the Cotton Wood Trees



Bird Nest Swing

Thank you to the Disabled Childrens' Foundation Inc. for their donation towards the cost of the swing. Our students are already enjoying their new play equipment!



School App - Sarah Fawcett (Registrar)



We are very excited to announce that we now have a school app. Please download the app from the Apple Store or Google Play. You will need to search for **East Victoria Park ESC**. The app will be used to send out reminders and notifications to keep you up to date with everything going on at our Centre. The app will not replace the usual communication structures we have in place but as a tool to remind our community of upcoming events, notes to be returned or charges to be paid. Any and all suggestions for its use are most welcome.

Garden



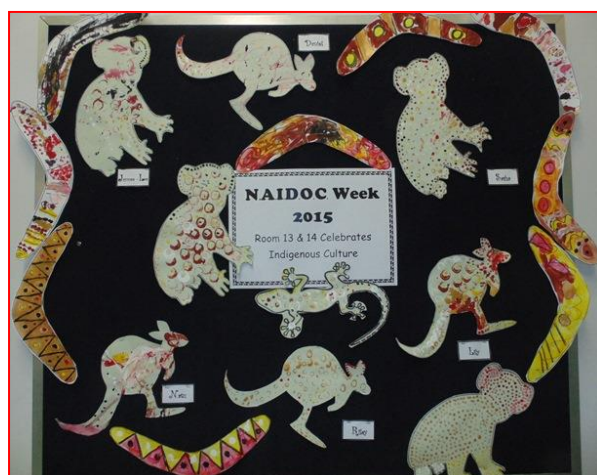
Look at our wonderful garden harvest from term 2!



CAP - Bike Riding - 17 August



Thank you to Carson Street School for allowing us to use their bicycle track. Everyone had lots of fun!



Art

The students have all been very busy in our art room over the last few weeks. We have marked Arbour Day, NAIDOC Week and Book Week by creating artworks inspired by these events.

For Arbour Day, we created self-portraits made from found natural materials. The children explored the shapes, colours and textures of leaves, gumnuts and flowers to make their portraits. They used the various shaped leaves and petals to represent the features of their faces.

To celebrate NAIDOC Week, the students were inspired by the patterns and colours of Aboriginal dot paintings. They used their fingers, cotton buds and gumnuts to make patterns with various paint colours i.e. yellow (representing the sun), brown (the soil), red (desert sand) and white (the clouds and the sky), on koala, kangaroo and boomerang paper shapes.

Finally, for the 70th anniversary of Children's Book Council of Australia (CBCA) who promotes Book Week, we made tissue paper stained glass lanterns, to reflect this year's theme: *"Books Light up Our World"*. We made these by gluing overlapping pieces of brightly coloured tissue paper on a laminating sheet, then running it through a laminator to give a stained glass effect.

As you can see, things have certainly been busy and we look forward to showing you our next project ☺

Muffins



Every fortnight, the students continue to make yummy muffins. On 7 August, we made delicious Cheese, Corn & Chives muffins and on 21 August, Cranberry & Marmalade! Remember these can be ordered to enjoy at home too!

Reminder for payments



A friendly reminder to our parents - please ensure any outstanding monies are paid to the office as soon as you are able. Charges for Carson Street Swimming and Cooking are still outstanding. Payments can be made via internet transfer. Please contact the office for the details. Thank you in advance from the Office staff.

Young People Who Care awards



Young People Who Care

Do you know a young person, between the ages of 8-18, who provide voluntary care or assistance to an ill or disabled family member or person within your community? Nominations are now being sought to recognise the efforts of these compassionate young people. Simply go online to www.youngpeoplewhocare.com.au to nominate your young carer. Entries close Friday, 25th September 2015.

Bedwetting



A DVD based program, *Bedwetting Cured*, has been developed by Dr Mark Condon, and Physiotherapist, Margaret O'Donovan. It outlines a successful program for parents to implement at home with their children. For more information and a free Bedwetting Fact Sheet please visit the website: www.bedwettinginstitute.com.au or phone 1300 135 796.

Protective Behaviours Parent Workshop - 23 September



Wednesday 23 September, 5.30pm - 7.30pm

Victoria Park Library

Light refreshments served at 5pm

This workshop is a must for all parents and carers. This comprehensive training workshop has been designed to teach parents the content of the internationally acclaimed Protective Behaviours Child Safety Program to increase their children's personal safety.

There are many ways of talking to children about their personal safety and when we do so it is important that we do not scare them or leave them feeling unsafe, afraid or disempowered.

Protective Behaviours provides children with strategies to keep themselves safe and cope with situations that threaten their wellbeing such as bullying, child abuse and domestic violence. The program empowers the individual with the right to feel safe and sets out ways in which they can gain the appropriate help when they are not feeling safe.

THE PURPOSE OF THIS WORKSHOP IS TO :

- Provide parents and carers with a basic understanding of child sexual abuse and other unsafe situations
- Provide specific personal safety training skills, techniques and examples to use with your children
- Lessen your anxiety about your children's safety so you can allow them the freedom of movement they need as they grow up.

For further information contact Young Peoples Librarian, Hannah Ryder on 9373 5500 or email

hryder@vicpark.wa.gov.au

Garage Sale Trail - 24 October

GARAGE SALE

This is a fund-raising opportunity as well as leading the way towards behaviour change (reuse and waste management). It is also an educational opportunity that aims to get the community thinking and hopefully acting to reduce waste to landfill and to reuse as the first option.

All events are listed on the Garage Sale Trail website <https://garagesaletrail.com.au>

Healthy Recipe

We encourage healthy eating and snacking through our cooking program. Each fortnight we cook healthy meals and some healthy snacks. Why don't you try...

Healthy chicken nuggets

Need I say it? Kids LOVE chicken nuggets. Here is how you get them on your table in the most healthy way. They are completely guilt-free, so find some delicious dipping sauces and enjoy!

Ingredients

- 500g chicken tenderloins
- 1 cup plain flour
- salt and pepper
- 1 egg
- 1/2 cup low-fat milk
- 3 cups cornflakes, crushed



Method

1. Cut chicken into bite-sized pieces.
2. Preheat oven to 180°C.
3. Set out a crumbing station by putting the flour and salt and pepper in the first bowl, the egg beaten with the milk in the second bowl and the crushed cornflakes in the third bowl.
4. A few pieces at a time, roll the chicken in the flour, dip into the milk and egg and then roll in the crushed cornflakes.
5. Lay these on a wire rack with a tray underneath.
6. Bake for 25 minutes.

Notes

- These may need a little longer cooking time, depending on the size of your chicken pieces.
- You can add a variety of things to this recipe to give it added flavour such as adding Italian seasoning or grated parmesan cheese to the crumbs.
- You do need to remember that each time you add something extra to this recipe it gets a little less healthy. This recipe was created by Jennifer Cheung for Kidspot, Australia's best recipe finder.

What's On.....What's Coming up at EVP ESC?

Muffins	21 August, 4 & 18 September
Tuckshop	11 & 25 September
Book Week Parade	21 August
Athletics Faction Carnival	28 August
Musica Viva incursion	3 September
East Victoria Park Primary Schools P&C Quiz Night	19 September
Last day of term 3	25 September

Term 3, 2015 - Parents

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	July 20	July 21	July 22	July 23	July 24
	PUPIL-FREE DAY	TERM 3 STARTS Canteen closed			Tree Day
2	July 27	July 28	July 29	July 30	July 31
	Shopping P&C Meeting	Canteen closed			Tuckshop
3	August 3	August 4	August 5	August 6	August 7
		Canteen closed			Muffins
4	August 10	August 11	August 12	August 13	August 14
	Shopping	Canteen closed			Tuckshop Assembly Newsletter
5	August 17	August 18	August 19	August 20	August 21
		Canteen closed			Muffins Newsletter Book Week Parade
6	August 24	August 25	August 26	August 27	August 28
	Shopping Book Week	Canteen closed			Athletics faction carnival
7	August 31	September 1	September 2	September 3	September 4
	P&C Meeting	Canteen closed		Musica Viva Incursion	Muffins Assembly Newsletter
8	September 7	September 8	September 9	September 10	September 11
	Shopping	Canteen closed			Tuckshop
9	September 14	September 15	September 16	September 17	September 18
		Canteen closed			Muffins
10	September 21	September 22	September 23	September 24	September 25
	Shopping	Canteen closed	Newsletter		Tuckshop Assembly Last day of term

ESC Events

All School Events

Special Events