



Thursday May 26 was National Sorry Day, which marks the start of National Reconciliation Week.

Adam Road Primary School staff and students attended the annual walk from Koombana Bay to Graham Bricknell Memorial Music Shell. Staff and students enjoyed the day learning about local history and culture.

NEWSLETTER



Adam Road Primary School
☎ 9796 3000
Hotchin Street, Bunbury WA 6230
Email adamroad.ps@education.wa.edu.au
www.adamroad.wa.edu.au

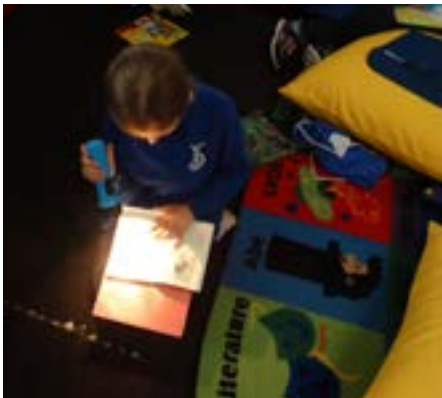
SORRY DAY TREE PLANTING



Congratulations to Chloe, Hannah, Heavenly, Jaxon and Abner who all correctly guessed 47 seashells, in the Guess How Many Sea Shells competition held in the library during Book Fair.



TORCHLIGHT THURSDAY ROOM 8



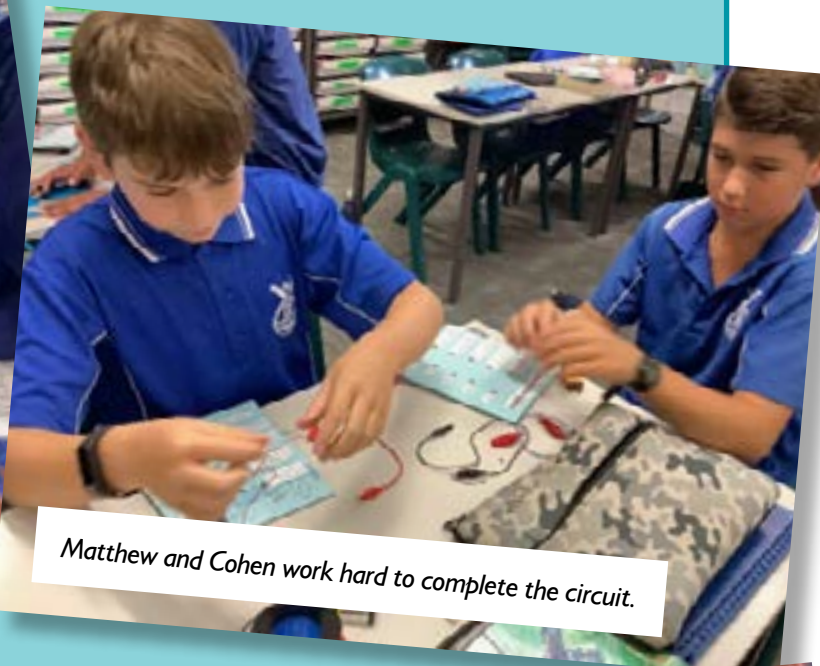
ROOM 21 - LIGHT UP LEARNING

In Room 21 we have used our knowledge of electrical circuits to create a game. We selected a topic of our own choice and then created 5 questions with answers for the game board.

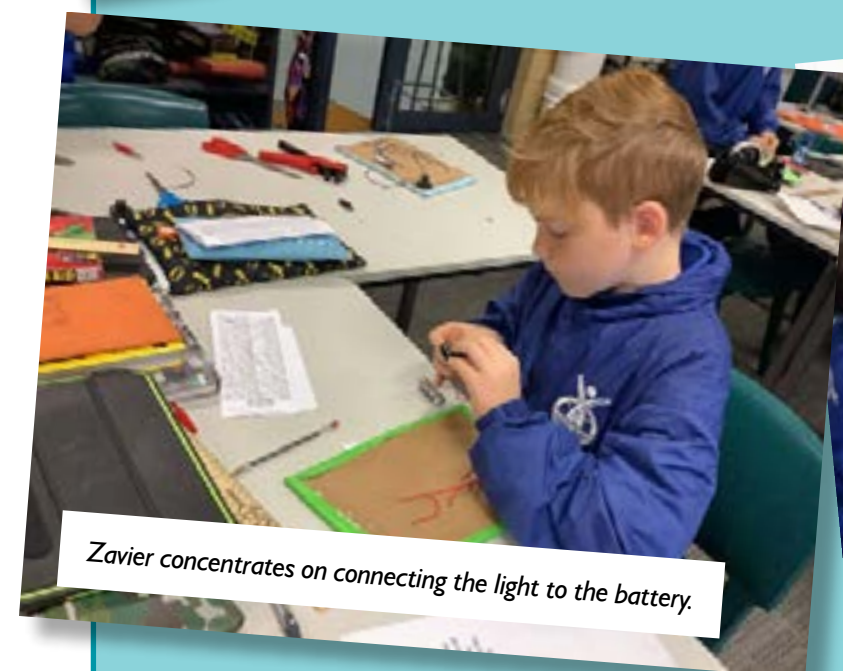
Once questions and answers were wired up, we attached lights or buzzers so that when the correct answer was matched to the question the light or buzzer was activated. It was lots of fun testing each other on our topics!



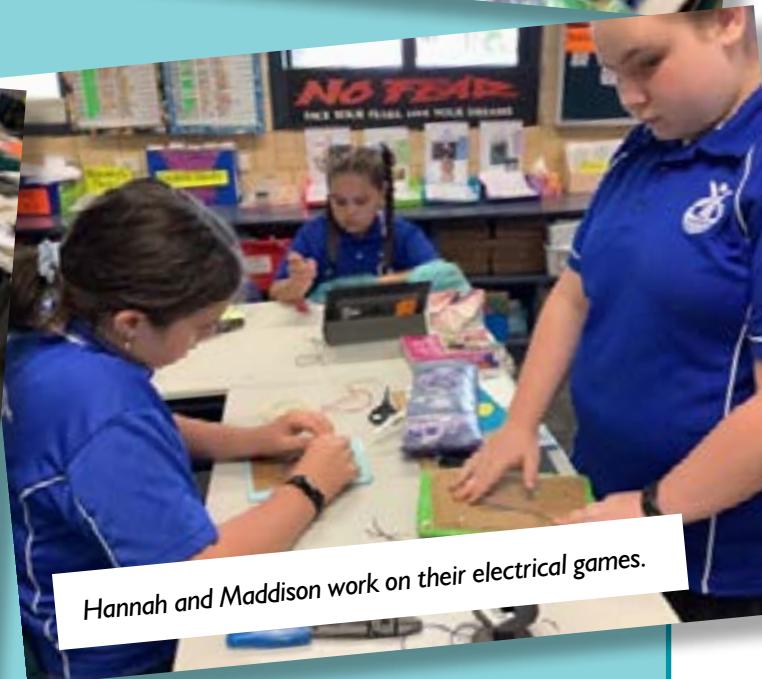
Airlie tests the light on her game board.



Matthew and Cohen work hard to complete the circuit.



Zavier concentrates on connecting the light to the battery.



Hannah and Maddison work on their electrical games.



THE EYE

As I pulled back the triangular door, a gigantic eye stared back at me. I jumped. It was round and glossy. Rainbow patterns swirled around a deep, black ellipse. The yellow patterning seemed to be the scrawl of something I couldn't quite make out. Black was crawling up from the sides, overlapping the beautiful display of colours. Around the eye was some sort of glossy, gooey skin that reminded me of marble. As the pupil was horizontal, I couldn't tell the expression. It looked blank. But as I stared through the depths of the huge ellipse, I sensed it was afraid. Its eye seemed to have a story to tell. There, in its eye was the brilliant blue of the ocean, the gorgeous green of the forest. The black made silhouetted pictures of trees and mountains and rivers. But spurted in the centre and around the edges were red and bronze colours as though it had seen battle. Then I wondered, is this creature a friend or foe?

By Stella

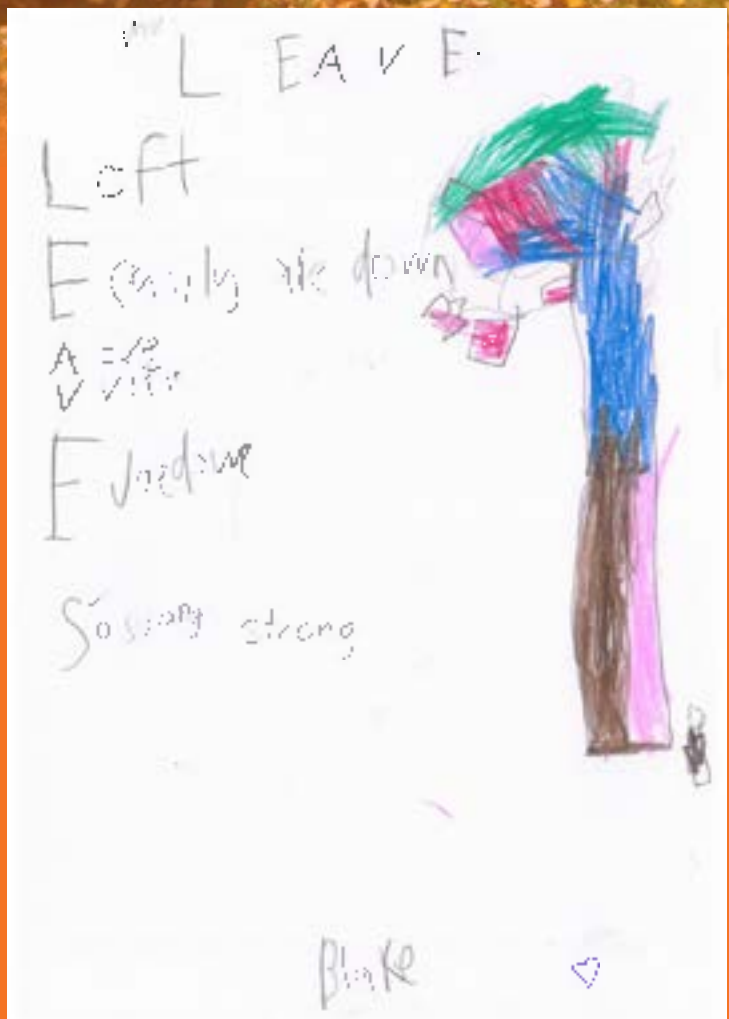
ROOM 4 - PARADISE OF LEAVES



Why do leaves change colour?

We had some green leaves and dry leaves. We cut the leaves up and put them in a cup with rubbing alcohol.

We put a piece of paper towel on a pencil and hung it in the cup. In a few days the paper changed colour from the leaves.



BOOK FAIR

This year's Book Fair sales generated a massive \$1300 worth of new books for our school library.

Thank you to our school community for supporting this event. Special thanks to Ms Veart, Mrs Knight, Ms Richards and Mrs Henderer for helping at the Fair. Thank you to the families who purchased and donated books, these generous donations will be acknowledged with book plaques on the inside cover.

We hope you get many hours of joy from the beautiful books you purchased.



Colouring competition entries are displayed in the library. An excellent effort by all participants. The entrants are too numerous to mention, but all received a prize. Congratulations!





On Wednesday May 25, classes came together to participate in National Simultaneous Story Time (NSS). Now in its 22nd successful year, NSS is a colourful, vibrant, fun event that aims to promote the value of reading and literacy, using an Australian children's book that explores age-appropriate themes, and addresses key learning areas of the National Curriculum for Foundation to Year 6.

Mr Ashworth read this year's NSS book 'Family Tree' written by Josh Pyke and illustrated by Ronojoy Ghosh - a book about heartfelt celebration of family, community and the seasons of life, along with an amazing 2,186,347 registered participants, from over 59,038 locations across Australia and New Zealand to the Philippines, Saudi Arabia, Singapore, Tunisia, UAE, UK, USA, Vanuatu, Bangladesh, Canada, China, Fiji, Hong King, India, Indonesia, Japan, Mongolia and the Netherlands!

If you would like more information on National Simultaneous Story time you can visit www.alia.org.au/nss



CONSTABLE CARE VISIT

This term in Health, the Year One and Two classes have been learning about emergencies and how to call 000. On Tuesday 24 May the Constable Care Foundation visited Adam Road Primary School. They performed an engaging puppet show for the Junior Primary classes. The students thoroughly enjoyed the performance! Below is a recount by one of the Year Two students:

"On 24 May in the assembly area, the Year One and Two classes went to see the performance that Constable Care made. Constable Care told us that the number to call in an emergency is 000. First, a Constable Care presenter talked about herself and the phone number. Next the puppet show began. The first emergency was Anabelle and she fell unconscious. Then Auntie's purse was stolen! Finally, we sang a song and asked them questions. I felt speechless because the songs which came up were amazing!"

Isabelle



**CONSTABLE
CARE
FOUNDATION**



P&C NEWS

Despite many of our volunteers and their families being hit with COVID we still managed a quorum for our Term 2 committee meeting on the 13 May. We had some good, open discussions about the impact COVID has on our volunteer numbers and events and what we can do to keep some fun fundraising happening.

Our next event is the Inter-school Cross Country stall on Friday 24 June and we are seeking volunteers to come flip a snag or sell morning tea. At this stage we are unsure if we are seeking baked donations due to COVID but we will keep you all updated as things progress.

If you can help please get in touch via our Facebook page or email

adamroad.ps.pc@hotmail.com.

To wrap up Semester One PJ Day will be happening this term on Wednesday 29 June when a snuggly dressing gown will be needed! Mark it in your calendars.

We are so pleased with the uptake of the online ordering app Qkr! for our school canteen. Many families have started to use it to safely and easily order recess and lunch. The feedback has been extremely positive and we are hopeful it will increase orders to help to keep our canteen ticking along. Thank you to families who are adding the bag contribution to each order, it is much appreciated. Our wonderful canteen manager Pauline has worked alongside

the committee to implement this massive change and has taken it all in her stride. Well done Pauline!

If you aren't using it yet make sure you follow the set up guides found in the newsletter or on the school website to get started. We will be using Qkr! for special events like Pizza Day, raffles and eventually our uniform shop, so it is well worth getting it organised now.

- Kindy and Pre Primary cannot order recess.
- Order cut off is at 8:45am each day.
- Cash sales still available at the canteen.

As always thank you for your support!

Tarin Collins

President

ADAM ROAD PRIMARY SCHOOL P&C ASSOCIATION
JUNE 24 From 9am
Interschool Cross Country Food & Drink Stall
EFTPOS available

PRICE LIST	
Sausage Sizzle \$3.50	Bunbury Coffee - Regular size \$5.00
Sausage/roll drink combo \$5.00	Can drinks \$2.50
Sausage/roll drink combo \$8.00	Water \$2.00
Coffee/tea combo \$7.00	Juice box \$2.50
Sweet treats \$1.00 \$3.00	

THANK YOU FOR SUPPORTING OUR SCHOOL P&C
 Adam Road Primary School P&C Association



Canteen Online Ordering through QKR app Canteen Contact Pauline- 0422 953 855

Lunch - Wednesday to Friday

Sandwiches, Rolls & Wraps

	Sandwiches	Rolls/Wrap/Toasted
Salad	\$4.00	\$4.50
Chicken and salad	\$4.60	\$5.10
Ham & Salad	\$4.60	\$5.10
Vegemite	\$2.50	\$3.00
Vegemite & Cheese	\$3.50	\$4.00
Ham & Cheese	\$4.00	\$4.50
Chicken & Cheese	\$4.00	\$4.50

Choice of Hi-fibre White, Wholemeal, GF or Rolls

Salad includes Lettuce, Carrot, Tomato, Cheese & Cucumber

Salad Bowls	\$4.50
Salad includes Lettuce, carrot, tomato, cheese & cucumber	
-Add chicken, ham or tuna	\$1.00
-Add egg	\$0.50

Lasagne	\$5.00
Mac & Cheese	\$5.00
Spaghetti Bolognese GF	\$5.00
Shepherd's Pie	\$5.00
Chicken Strip and Cheese Wrap with Salad	\$5.20
Chicken Chilli Strip and Cheese Wrap with Salad	\$5.50

Recess

Canteen Cookie	\$0.60
Cheesie	\$2.20
Cheesie - Half	\$1.50
Choc Balls	\$0.60
Hash Brown - Mini	\$0.60
Muffins - Sweet	\$1.50
Nacho Chip Cup GF	\$2.20
Pikelets	\$0.60
Yoghurt Cone with fruit	\$2.00
Seasonal Fruit	\$1.00

Drinks

Flavoured Milk (300 mL) (Strawberry, Chocolate, Banana)	\$2.50
Fruit Juice (200 mL) (Orange, Apple, Apple & Blackcurrant)	\$2.50
Water (600 mL)	\$1.50
Glee Juice + Bubbles (Grape, Tropical, Raspberry, Blackcurrant)	\$2.50
Milo (Milo BEFORE SCHOOL ONLY)	\$2.00

Friday Special

Chicken and Salad Burger	\$5.50
Sausage Roll	\$4.00
Traveller Pie	\$4.00
Sauce	\$0.60
Ham and Cheese Pizza	\$3.80
Pepperoni Pizza	\$3.80

Wednesday Special

Hot Dog	\$4.20
+ Cheese & Mustard	\$4.60
Puppy Dog (1/2 Hot Dog)	\$2.60
+ Cheese & Mustard	\$2.80

Thursday Special

Nuggets (4), Potato Gems (4) & Salad	\$5.00
Nachos and Sour Cream GF	\$5.00



Please follow us on our Facebook page **Adam Road Primary P & C Association Inc.**

At Adam Road ...

We Respect Sports and Play Equipment.

- Borrow equipment
- Play in the correct place
 - Football/soccer balls- Oval
 - Soft balls/4Square-Centre Circle
 - Basketballs/netballs- Courts
 - Ropes/hoops- Assembly Area
- Use equipment in the right way
- Return equipment





Play Cafe

TUESDAY MORNINGS

9am to 10:30am

Come and play with us @ Adam Road
Primary School

ON NOW

All welcome

Please bring your child's hat, water bottle and fruit for
their snack. Parents must attend with children

Phone 9796 3000 for more information



Fire Fighter Fundraiser

This term we are raising money for our volunteer fire fighters! We are collecting cans and selling chocolates for a gold coin donation. If you have any recyclables that you are willing to donate or would like some feel good chocolate, please come and see us in room 14.

Holiday Program

We are quickly approaching the end of term. Did you know during the holidays our company runs three different holiday programs! Visit our website or Room 14 to find out more.

OSHClub News

This fortnight we have focused heavily on community and national events such as National Volunteer Week, Reconciliation Week and Sorry Day. We started each day with a discussion on the importance of understanding and acknowledgement, encouraging the children to brainstorm and discuss the topics amongst their peers and educators. Our experiences this fortnight have had an emphasis on diversity, acceptance, inclusion and how we are 'better together', the theme of this year's Volunteer Week.

During the past few weeks, we have also been exploring wellbeing with a lot of mindful and relaxation experiences making their way into our day. The children have been working hard to create new displays, décor and resources for our new wellbeing wall. Another well loved display we have been creating involves using recycled CDs, DVDs and a repurposed cork board to create a fun display featuring photos of our children posing like 'they are famous'. The photos were cut out and sealed onto the disks before being glued to the cork board. We are currently seeking more CDs to create some custom suncatchers. If you have any you are willing to donate (in any condition) please bring them to Room 14.

Last Monday was National Turtle Day, we used the theme as an opportunity to create our own adorable turtles out of paper plates and scrap paper. We also used this as an opportunity to discuss the importance of sustainability and the effects it can have on the environment.



Coordinator: Chloe Perks
 Assistant: Courtney Marshall
 Our Service Mobile: 0421 705 749
 OSHClub Accounts: 1300 395 735

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.

Term 2 – Dates To Remember

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	30 May	31 May	1 June National Reconciliation Week	2 June National Reconciliation Week Yr 3-6 Faction Cross Country	3 June National Reconciliation Week Assembly
7	6 June WA DAY PUBLIC HOLIDAY	7 June	8 June	9 June Yr 6 NMSHS Science Testing	10 June
8	13 June	14 June	15 June	16 June	17 June Assembly

This week's assembly will be held at 2.15pm.

Adult visitors should socially distance where possible and may choose to wear a mask.

NB - There will not be a class performing at the assembly.

Specialist Awards

Year 3, Room 7
Amity

Year 4, Room 12
Elijah

Year 5, Room 13
Joseph-James

Year 3, Room 11
Claire

Year 6, Room 21
Dayne

Merit Certificates

Congratulations to the following students who have demonstrated progress, achievement or the upholding of our school values in order to receive a Merit Certificate.

PRE-PRIMARY

PP1 Evie, Madison

PP2 Oscar, Sage

YEAR 1

Room 1 Charlotte, Leo

Room 2 Jacob

Room 3 Olly

YEAR 2

Room 4 Gadhen

Room 5 Alexander, Bonnie

Room 6 Isabelle, Lucas

YEAR 3

Room 7 Sophia

Room 8 Angela

Room 11 Aila

YEAR 4

Room 11 Shakyra

Room 12 Aylah, Elijah

YEAR 5

Room 13 Flynn

Room 18 Charlee, Heavenly

YEAR 6

Room 19 Archer, Jazzara

Room 21 Dustyn, Maddison

COMMUNITY NOTICES



Culture Rocks

Join Hilary from Relationships Australia Bunbury over 5 weeks, to create rock art and share your unique culture with others in a safe and supportive environment. Settling into a new country can be exciting and it also brings its share of challenges. Our Culture Rocks program is an opportunity for women from migrant communities to get to know each other and share their experiences.

Mondays in August
1st, 8th, 15th, 22nd, 29th

Time 12.00pm-2.30pm
Where Child and Parent Centre, Ecclestone Street, Carey Park (Bus stop 828 or 829)
Cost FREE, including creche and lunch
RSVP To book your place or for more information please contact Hilary at Relationships Australia WA Bunbury on 0164 0250

A light lunch for parents and children will be served from 12:00pm, giving time to settle your children in to creche and become familiar with the environment and creche staff.

Relationships Australia WESTERN AUSTRALIA



Raising Screenagers

A free webinar with Dr. Kristy Goodwin

"Just five more minutes!" Sound familiar?

How do you create healthy boundaries for your teen's screentime without digitally amputating them? This workshop by renowned digital wellbeing expert, Dr. Kristy Goodwin, will offer evidence-based, realistic advice to help parents and carers feel more confident about supporting your teen's physical and mental wellbeing.

Kristy will explore:

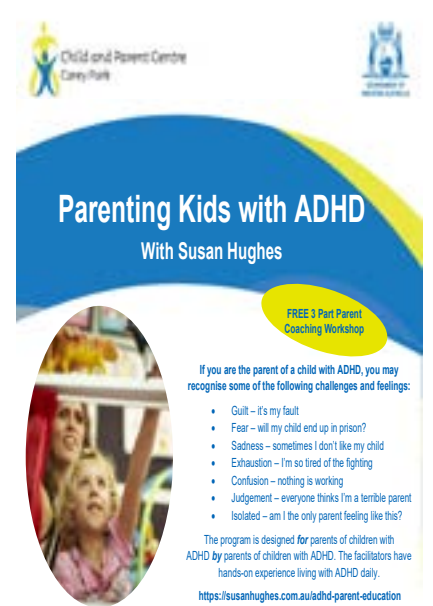
- A simple formula to establish healthy screentime limits for teens of various ages
- Why young people are susceptible to potential pitfalls online and how best to navigate social media and online video games
- Why digital detoxes are critical for your teen's physical and mental wellbeing

The webinar is free but you need to book!

Click here to register:

[Webinar_Raising_Your_Child_Online_Parenting_Connection - Dr Kristy Goodwin](#)

When: 6-7:30pm 27th June
Where: Online



Parenting Kids with ADHD

With Susan Hughes

FREE 3 Part Parent Coaching Workshop

If you are the parent of a child with ADHD, you may recognise some of the following challenges and feelings:

- Guilt – it's my fault
- Fear – will my child end up in prison?
- Sadness – sometimes I don't like my child
- Exhaustion – I'm so tired of the fighting
- Confusion – nothing is working
- Judgement – everyone thinks I'm a terrible parent
- Isolated – am I the only parent feeling like this?

The program is designed for parents of children with ADHD by parents of children with ADHD. The facilitators have hands-on experience living with ADHD daily.

<https://susanhughes.com.au/adhd-parent-education>

Session 1: Saturday 11 June – 9:30am to 2:30pm (30 minute lunch break, food provided)
Session 2: Saturday 18 June – 10:00am to 12:30pm (morning tea provided)
Session 3: Wednesday 22 June – 6:00pm to 8:30pm (online session via ZOOM)

Venue: Sessions 1 and 2
Child and Parent Centre – Carey Park, located inside Carey Park Primary School. Parking available on Ecclestone or Frankel Street. 828/829 bus route.

Register: Registration required, please phone 9721 6991 or message us on Facebook
Free creche provided for children up to 8 years of age (Saturday sessions only).



VACCINE UPDATES

Vaccine Update 301 - Free Jab June - Free influenza vaccines for all Western Australians in June



Strengthening Children and Teens Against Anxiety

An evidence-based workshop by renowned psychologist Karen Young

What could our children do if they knew in their hearts they were brave enough? All children and teens are capable of their very own versions of greatness. For too many though, anxiety will shut down their capacity to discover their potential – but it doesn't have to be this way. This transformational session will provide the essential information and strategies to help all parents and carers support children and adolescents to build courage and resilience, uncover their strengths, and take anxiety back to small enough. We will discuss ways to nurture the skills and qualities that will strengthen all children for life. Participants will learn:

- a new, empowering way for children, teens, and adults to think about anxiety, and how to use this to manage anxiety;
- taking the 'anxiety out of anxiety';
- how to build courage, resilience, and confidence in children and teens with anxiety;
- proven, practical ways to calm and strengthen an anxious brain;
- the power of parents to move children towards brave behaviour, and how to do this when anxiety is in the way;
- how to respond to anxiety in the moment to make way for calm and courage;
- how children can switch on the relaxation response;
- the different ways anxiety can manifest, and what to do;
- how to build the mindset that will strengthen against anxiety and make way for brave behaviour;
- how to build the solid neural foundations of resilience in all children;
- why new behaviours take time, why old responses can feel tough to change, and the simple explanation for children and teens that can build resilience and grit.

Because we know our children are mighty. Now to make sure they know it too.

Online workshop 23rd June at 10am. To register click here.




Does your child like singing & performing? SWOClets may be for them!

- Wonderful for school age children (Years 1 - 12) developing their singing, musicianship, confidence and friendships.
- Learn a range of music - modern to classical.
- Part of the South West Opera Company Inc.
- Perform in the Company's annual Harvey Spectacular and Christmas Concerts with live orchestra as well as any appropriate major productions.

FREE 2 Week Trial

Mondays at 6:00pm | St. Boniface Anglican Cathedral Hall
www.swoc.com.au/swoclets | 0408 959 882