



Our motto: Pride and Achievement

Our values: Kindness, Achievement, Respect and Responsibility

Faction Athletics Carnival

What a fabulous day! We had beautiful weather and great team spirit from our students. Thank you to Mrs Downer for all her organisation on the day and to the P&C for providing lunches and goodies! Congratulations to all our students for their efforts and well done to Koort for winning the shield this year.

Farewell to Mrs Duffy

We hope you had a chance to say goodbye to Mrs Duffy at the sports carnival. Although she has retired, she was back doing our scoring for the day! What a champ. We wish her all the best for a very well-deserved retirement.

Resilience

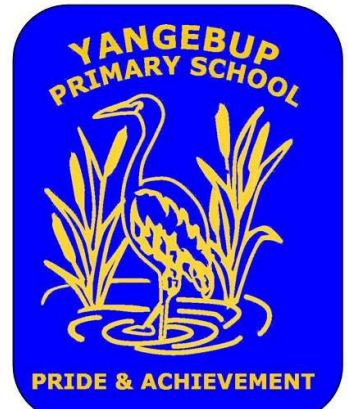
We all want our children to be resilient. We want them to be able to manage their emotions and situations confidently and independently. Resilient children have a sense that they can get through a situation with a certain level of confidence. It doesn't mean they don't need adult help but tackling situations and being able to tolerate their emotions and uncertainty gives them increasing confidence to know they can.

We have a culture of trying to make our children comfortable. We as parents are trying to stay one step ahead of everything our kids are going to run into but this doesn't give children the opportunity to build their confidence in handling situations, sitting with big emotions and tolerating uncertainty. Anxious parents have an especially hard time helping their kids tolerate uncertainty because they have difficulty tolerating it themselves.

It is not a parent's job to be there all the time for their kids or solve all of their problems. It is to teach them to sit with uncertainty and problem solve themselves.

Check out the tips later in the newsletter for building resilience in your children.

Andrea Macfarlane
Principal



Dates to Remember

Term 3

Friday 20th Sept
Last day of Term 3

Term 4

Monday 7th Oct

Students return

Weds 9th Oct

P&C Meeting

Weds 23rd Oct

Room 6 Assembly

Tues 29th Oct

Interschool J & T

Thurs 31st Oct

Interschool Athletics

Friday 1st Nov

Staff PD Day -

No students

Weds 6th Nov

PP3 Assembly

Thurs 7th Nov

Open night /

Family Picnic

Weds 13th Nov

Kindy Orientation

Weds 20th Nov

SIMS & Perth Music

Assembly

Thurs 21st Nov

Y1 Orientation

Fri 22nd Nov

Touch Rugby

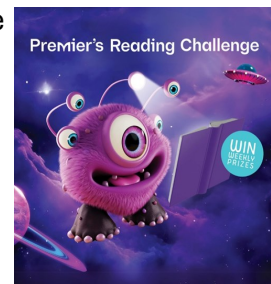
Tournament

Premier's Reading Challenge

Congratulations to all students who took part in this year's Premier's Reading Challenge. Certificates will be sent to the school next term, for all students who logged 12 books or more. We have our fingers crossed for some big prize draw winners as well. A special shout out to the following students, who logged a mammoth amount of books!

Roisin, Room 1- 54 books,
Freddy, Room 9- 39 books,
Harvey, Room 5 - 31 books

Sienna, Room 2 - 54 books
Ally, Room 5- 37 books,



10 Tips for Raising Resilient Kids from psychcentral.com

1. Not accommodating every need:

Overprotecting kids only fuels their anxiety. Certainty and comfort all the time gets in the way of children being able to develop their own problem solving and mastery.

2. Avoiding eliminating all risk:

Allow kids age-appropriate freedoms to help them learn their limits. Eliminating all risk robs kids of learning how to problem solve and thus prevents them being resilient.

3. Teaching kids to problem solve:

Don't be tempted to solve your kids problems for them. If they are anxious about something, tell them it is OK to feel that way and guide them to problem solve how to handle the situation. Achieving success will build confidence and resilience.

4. Teach your kids concrete skills:

Teach them how to be a friend, how to handle conflict, how to greet someone etc.

5. Avoid "why" questions:

"Why" questions don't promote problem solving but "how" questions do. "How can you fix this?"

6. Not providing all the answers:

It's OK for you not to know the answer or not always give the answer. Kids then have the opportunity to work it out for themselves.

7. Avoiding talking in catastrophic terms:

Don't make things a drama. Keep calm, show confidence that they will be able to figure it out.

8. Let your kids make mistakes:

Failure is not the end of the world. Kids who never fail can become excessively worried about failure because they haven't learnt that they can get over it.

9. Help them manage their emotions:

Teach kids that all emotions are OK. Actions are a choice. We need to learn to sit with powerful emotions not try to push them away.

10. Modelling adaptability:

Model calm, consistent behaviour. If you do lose your temper or overreact, explain and apologise.

Athletics Carnival 2024

1st Koort - 481 points

2nd Ngangk - 382 points

3rd Boodjera - 318 points

Sportsmanship Awards

Ngangk - Sara S

Boodjera - Sofie S

Koort - Harvey R

*Some fabulous action shots taken by our students.
Images by Charlee, Adam, Aura*



Championship Boys and Girls

Year 3 Champion Girl - Annalise H (Koort)

Year 3 Champion Boy - Mylez S (Boodjera)

Year 4 Champion Girl - Ivy W (Boodjera)

Year 4 Champion Boy - Chayse M (Koort)

Year 5 Champion Girl - Aura B (Ngangk)

Year 5 Champion Boy - Nazh P (Koort)

Year 6 Champion Girl - Hanna B (Boodjera)

Year 6 Champion Boy - Alex V (Koort)

Year 3 Runner Up Champion Girl - Roisin R (Koort)

Year 3 Runner Up Champion Boy - Harvey G (Ngangk) and Nick B (Koort)

Year 4 Runner Up Champion Girl - Jasmine M (Koort)

Year 4 Runner Up Champion Boy - Sam H (Ngangk)

Year 5 Runner Up Champion Girl - Mia-Belle C (Boodjera)

Year 5 Runner Up Champion Boy - Darryl N (Ngangk)

Year 6 Runner Up Champion Girl - Kayleigh D (Koort)

Year 6 Runner Up Champion Boy - Mitchell G (Ngangk)



P & C NEWS

Big thank you to everyone who showed their support at our recent Bunnings Sausage Sizzle held 8 Sept. From those who volunteered their time, those who donated items and those who bought a sausage! We raised almost \$1900!!



Another big thank you to everyone who supported the Yr 6 Grad Committee who provided the Cheesies & Hot Chocolate fundraiser throughout Term 3. There were a few hiccups along the way (the power outage is thankfully a distant memory!) A huge thanks to the parents who donated items and their time, the students who assisted in serving the food and drinks and of course the students who bought a cheesie and hot chocolate! We were able to raise \$2,026 towards the Yr 6 Graduation Dinner/Dance which is an amazing effort!!

Did you know that you can donate your 10c containers to Yangebup P&C? Simply drop your containers at any of the various 10c bins or green onion bags throughout the school, or quote our code **C10350066** when you next drop your containers at a depot.



QUIZ NIGHT

TICKETS **\$10**
FROM EVENTBRITE

SATURDAY 19 OCTOBER 7PM

Get set for a fun night of brain-teasing questions and lively competition while raising funds for the Yangebup Primary School P&C. **BOOK NOW!**

Upcoming events

Tickets are selling fast for our upcoming **Quiz Night @ The Vale on 19 Oct!** So far we have 7 full tables so get in quick to secure your seat! We have some fabulous prizes to be won which were generously donated from a variety of businesses around Perth such as Adventure World, Cockburn Ice Arena, Bibra Lake Soils, Core Cider House, Gateways Success, Whiteman Park, Repco, Naut.... just to name a few!! See Flyer or our Facebook page for instructions on how to purchase a ticket.

Next P&C Meeting

The next P&C meeting will be held 9 Oct @ 6pm in the school library - all welcome

Uniform Shop

Opening days in Term 4: Wed Oct 16 & 30 8.20am-8.40am in the Undercover/Assembly

The P&C (Parents & Citizens Assoc.) is a not for profit, volunteer group of parents, staff and friends of the school who work together for the benefit of Yangebup Primary School. We ALWAYS welcome new members! If you're interested in becoming a member, or you'd like more information, please email your details to us at yangebupandc@gmail.com or send us a Facebook message!



Please like and follow our Facebook page <https://www.facebook.com/YangebupPrimaryPandc>

to keep up with any news, reminders about meetings and upcoming school fundraising and community events.

Keep us up to date and contact us

Sickness: A reminder if your child is unwell or attending an appointment, please contact us by **SMS on 0438 916 777**.
Send a short message with your child's name, reason and date they are going to be absent.

Holidays: Families taking Vacation Leave during school terms is discouraged. Parents/ Caregivers must send notification of vacation leave to the Principal. This is leave of more than 3 school days. All vacations must be approved by the Principal. If approved this will be entered as an approved vacation. If not approved, it will be entered as an unauthorised vacation. One criteria for approval will be that the child has an attendance percentage of above 90%

Teachers are not obliged to provide work to students on vacation.

yangebup.ps@education.wa.edu.au

Breakfast Club

Asking for donations of sliced cheese and Milo
(or NRG Maxx from Aldi which is around half the price).

Manna, the charity organisation who have been providing us with cheese and Milo for Breakfast Club, has notified us they are unable to supply us with these items from now on.

COMMUNITY NEWS



**words matter
friends matter
thoughts matter**
YouthCARE = YOU MATTER =

Everyday Matters
a fun before-school program
Games Activities Craft Bible Stories

Day, Place & Time: From 8am on Wednesday mornings in Block B
Pick up your permission slip here: Front office

Hello YPS families!
Perth Music Agency have vacancies for PP-Year 6's in Term 4, 2024. Lessons offered are for **Piano, Vocals, Ukulele & Guitar**. The weekly 20 min lessons are held on-site during the school day. Please contact Perth Music Agency for more details or download an enrolment form from their website.

Phone: 0478 969 130

Course: Coding
Day: Monday
Dates: 14th October to 2nd December
Times: 3:10pm - 4:24pm
Booking Link:
www.codecamp.com.au/yangebup



Bringing fun after-school classes to your school




Little Coders . Coding . Curious Minds . Robotics
Animation . Design . Minecraft Engineers

See what's on at your school and book at

www.codecamp.com.au/yangebup

Get in touch at hello@codecamp.com.au or 1300 263 322

Rated 4.9 on [PRODUCT REVIEW](#) with over 1000 ★★★★★ reviews



The BRAVE PROGRAM.
for the management of anxiety in children and young people

for children for teens

beyondblue
Depression, Anxiety

THE UNIVERSITY OF QUEENSLAND AUSTRALIA
Griffith UNIVERSITY
UNIVERSITY OF SOUTHERN QUEENSLAND
UniQuest

BRAVE Self-Help is an online program for the prevention, early intervention and treatment of anxiety in children and young people.

BRAVE Self-Help is now available to all young people and children living in Australia between 8 and 17 years and their parents.

For more information, or to access the program, please visit www.brave+you.psy.uq.edu.au
You can also find us on Facebook at www.facebook.com/braveforanxiety

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Applications Open

Admission open for YEAR 7 2025

APPLICATIONS COMPLETED PRIOR TO ORIENTATION DAY 18 NOVEMBER 2024



LAKELAND SENIOR HIGH SCHOOL MISSION STATEMENT

"TO BE A PLACE OF LEARNING, WHERE ALL MEMBERS OF OUR SCHOOL COMMUNITY ASPIRE TO EXCEL FOR FUTURE SUCCESS, IN A CULTURE THAT NURTURES AND PROMOTES ENGAGEMENT."

Contact with us 8172 2200

Visit our website www.lshs.wa.edu.au

lakeland.shs@education.wa.edu.au

Lakeland Senior High School

All Girls Auskick Centre

GIRLS AGED 5-9



This six-week program costs \$60 and includes an exclusive NAB AFL Auskick pack, Fremantle AFL Women's players meet and greet and the opportunity to participate in a curtain raiser prior to an AFL Women's game.



VENUES + Fremantle FC HQ & Fremantle Oval

Wednesday 25 September
til Wednesday 30 October

Six week program includes:
- Auskick Sessions
- Fremantle FC facility tour
- AFL Women's tickets
- AFL Women's players meet and greet

Please bring football boots/runners, water bottle and football training attire
Further queries to Josh Embry, Auskick Specialist WAFC - jembry@wafc.com.au



AFLW JUNIOR DRAFT DAY

BECOME A FREO RECRUIT FOR THE DAY!



SCAN THE QR CODE TO LEARN MORE



Proud Major Partners

SCHOOL HOLIDAY WORKSHOPS

25 SEPT 2024 - 3 OCT 2024

age 5 - 13



Fun time for kids and more time for you!

Tap into your child's potential by encouraging their passion, curiosity and creativity with BRICKS 4 KIDZ®. Kids learn and grow with our fun-filled models using LEGO® designed just for you by our own in-house architects and engineers!



THEMES FOR THIS SPRING!

- Spring Brick Fever
- Brick Olympic
- Classic Brick Arcade
- Wizards & Witchcrafts
- Teenage Brick Turtle
- Superhero Academy
- Spike Essential 101
- Video Game Design
- Coding with Scratch
- Junior Robotics-WalkerBOTS
- Advanced Robotics with EV3

BOOK NOW!

For a full description of each workshop and registration, please visit our website at

<https://goo.gl/m51KWp>

Scan me



Join us @Atwell @Bull Creek @Kardinya @Riverton @Willagee

Tim Yap : 0422 119 020 applecross@bricks4kidz.com

School Holiday Soccer Camp

Football Star Academy

Make the Most of the Holidays and Keep Your Kids Engaged with Fun Soccer, Skill-Building, and Great Facilities!

2, 3, 4 October 2024
9:00AM - 3:00PM
Part-time options available

Location: Kardinya Primary School

Register Now 5 to 11 year olds - All Abilities

[tinyurl.com/holiday2410](https://www.tinyurl.com/holiday2410)

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EARLY BIRD 20% Discount until 20 September

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sportstaracademy.com/football

WA ULTIMATE PRESENTS
SCHOOL HOLIDAY PROGRAM
THURSDAY SEPT 26 - 9AM TO 3PM - \$24
MURDOCH UNIVERSITY PLAYING FIELDS
SCAN THE QR CODE FOR ALL THE INFO



<https://membership.mygameday.app/regoform.cgi?formID=116161&programID=71356>