



**BEACONSFIELD**  
PRIMARY SCHOOL

Term 3 | 21 August Issue 11

# The Beacon

5 Hale Street | Beaconsfield WA 6162 | 9432 1000 | [beaconsfieldps.wa.edu.au](http://beaconsfieldps.wa.edu.au)



## UPCOMING EVENTS

### Monday 24 & 25 August

School Photos

### Friday 28 August

Room 2 Assembly

### Thursday 3 September

Year 5/6 mums and daughters  
Growth and Development  
11.10am – 1.10pm.

### Dear Beaconsfield Primary School community

It has been an incredibly busy Week 5. Talk about cramming a lot into a short week!

Thank you to Lauren Osborne for her logistical oversight of Science Week. Lauren has put in many hours ensuring that the teachers were resourced, supported and ready to undertake the fabulous activities on Monday. This year the theme was 'Deep Blue: Innovations for the Future of our Oceans'. There were lots of budding marine biologists and we saw many different and unique varieties of fish and marine life throughout the school.

Well done to our Interschool Cross Country team. I was incredibly proud of group, who as usual, proudly represented our school. I am always thrilled to hear the feedback about the positive behaviour and wonderful sportsmanship displayed by our students. The message they were sent with, was to just be 'courageous' and do their best. They certainly did that and overall, our school finished fourth. I couldn't be prouder of our students and their representation of our school in the wider community. Thank you to David Andersson for organising running club and preparing the students for the day.

Our students are incredibly lucky to have such a dedicated and motivated P&C. I know many children were very excited about the P&C run disco last night. The fact that it was free to everyone, with donated food, is indicative of our school's ethos. I thank Nicola, Tracey and her wonderful team of organisers. We also must acknowledge the following people and organisations for assisting us in making the event accessible to everyone:

- Woolworths South Fremantle who donated 250 sausages, sauces, sanitiser, serviettes, onions
- The Local Hotel donated 250 x Icy Poles and rolls
- Simone McGurk MLA, State Member for Fremantle sponsoring \$250 towards the DJ
- Jump Swim Schools O'Connor for providing the door prize
- Cristy Burne, children's author, for providing door prizes and dance off prizes
- Bakers Delight South Fremantle for discounting the cost of rolls by nearly \$100

Today, while our students have been relaxing and resting after the disco, our staff have been engaging in professional learning. Andi Hill led the staff through the changes to the new Special Education Needs planning platform, and we had the School of Special Education Needs: Disabilities work with staff on the Zones of Regulation. This program, that many of you would've already seen around

the school, provides strategies to guide staff to help students with self-awareness around emotional regulation and assist with co-regulation and self-regulation strategies. After lunch, Carolyn Park and I shared with staff the work we did with the Centre for Excellence in the Explicit Teaching of Literacy. We are developing a teaching framework of High Quality, Explicit Teaching. We are looking forward to implementing all these strategies in the classrooms.

**Kirsten Dicker**  
Principal

### Interschool Cross Country

On Thursday 20 August, students from Years 3-6 represented the school at the



Interschool Cross Country held at Manning Park. Years 3s and 4s were required to run a distance of 1.5km while the Years 5s and 6s ran 2.25km. Well done to all 48 competitors for representing the school, giving their best effort and supporting their teammates when they were not competing. Special mentions to Abdel and Kwasi-Ketewa who finished first and second respectively for the Year 4 boy's race, Ruben from Year 3 who finished second and Raian who finished third for the year 5 girls. Well done to Jem and Noah for captaining the team.

**David Andersson**  
Physical Education Teacher



## Science Week 2020

### Community Photography Competition

We had several amazing entries to this competition and these can be viewed in the front office from Monday. A big thank you to everyone who submitted an entry. I would also like to thank Daniel Coffey from our Parks and Wildlife Service, a Beacy parent and our newest Board Member for being our Guest Judge this year.

First Prize goes to Zoe Kolagow

Second prize goes to Martina Giunta

Third prize goes to George McNeilly

### Colouring Competition

There has been a veritable tsunami of entries this year and these can be viewed in the window of the staff room from Monday. There has been a wide range of styles and

mediums used to create stunning effects this year and I am pleased to say that it has been extremely hard to judge! Thanks must be given to Anne Tomlinson our Guest Judge, a Beacy parent and one of our STEM Professionals in Schools. Winners will be on display in the front office from Monday.

### Lunchtime Science Film

On Thursday we set up in the Undercover Area for a lunchtime science film. With thanks to SCINEMA – the International Science Film Festival for providing us with the amazing films to watch. There are many more films than what we could watch at lunchtime (including some much longer ones) and these are free to view until the end of the month at [scinema.org.au](http://scinema.org.au) for anyone who is interested. We watched the following films; Homo Sapiens In Space, How Deadly, Is It Cute-Hopping Mice, Kitchen Science, and Impact: Beyond the Night Sky.

### Beaconsfield Zones of the Ocean

As part of our Science Tabloid activities on Monday every student created a picture of a sea creature. Each class was given a specific zone of the ocean and drew animals suitable for that zone. These have been collected together into a single display outside the library with the pictures arranged into zones. There are some fabulous artists across the school and I encourage everyone to check out this wonderful display during Week 6.

### Lauren Osborne

Science Week organiser

## Year 4 Visiting STEM Teacher

The Year 4s have been so lucky to have Mr B from ECU School of Education to come and inspire us for Science Week. We have learnt about the importance of storm water run-off and how our littering has an instant impact on the waterways around our suburb. Mr B has given us a



challenge to design a system to protect our waterways and to filter the storm water drains. Thank you Mr B for your hand on, meaningful and fun activities. You have given us a lot to think about.

## Mrs Langoulant & Mrs Glassborow Room 15&16



## Science Week at Rotto – *Deep Blue Oceans – Innovation for the Future of Our Oceans*

We were sadly unable to come over to Beaconsfield to participate in the Science Tabloids this week.

On the other hand, we have been able to engage in a few science-related activities of our own each day.

Our Kindy students had a great experience discovering what magnets can do, while our older students participated in a *National Virtual Classroom* experience, where they learned about Sustainable Fishing and how to look after our Oceans.



Today, our P-5 students watched a SCINEMA film about *Kitchen Science* and worked in two teams to set up two different experiments to demonstrate the force of *Surface Tension* on a liquid. Once they were ready to demonstrate, they invited the Kindy students to observe the quite magical results of using detergent to 'break' the surface tension of milk to create awesome coloured patterns, and how to make a cardboard 'boat' move across water.

Tomorrow, we will be putting on our STEM hats to work on a project to create a whale puppet with moving parts.



## Room 17 - IEC

Aira Widodo took to the podium at Week 4 Assembly, with guidance from her fellow student leaders, to speak in front of the school for the first time.

Well done Aira!



## Miss O'Neill & Miss Franklin

### Chappy's Chat

Halfway through term three already! Time is an interesting phenomenon isn't it? Tolstoy wrote 'the two most powerful warriors are patience and time' and yet we spend much time being impatient with the little time that we have. Otherwise known as

'time anxiety,' could really be anxiety around meaning; 'am I spending my time meaningfully?' How often do we get through a busy week or term, long to reach the holiday or destination and then find we feel unfulfilled on the other side because we didn't seem to do what was meaningful for us.

If you also suffer from time anxiety, I'd encourage you to stop and ask yourself if you aren't really more anxious about what your life means. About what you're doing with it. And if it turns out you're worried that what you're doing isn't meaningful enough, then figure out what is meaningful enough and start doing that.

## TIME TIPS

- Try doubling your time – estimate how long a task will take and
- double it to give yourself more time for the activity or task. You will find this an excellent buffer for not rushing from place to place.
- Write down what you have achieved in your day rather than what you want to get done. This gives a sense of fulfilment and helps us to see that what we have done matters the most to us, not what we think we 'should' be doing.
- Try and have set times for checking email and social media – short spaces at the start and end of day, rather than letting it control your time, be in control of it.

And remember, if you feel like time is against you and you are often feeling overwhelmed, be sure to seek support and talk to someone.



Chappy Renee

[Renee.shapcott@youthcare.org.au](mailto:Renee.shapcott@youthcare.org.au)



A colorful advertisement for VACSWIM 2020. It features a smiling young girl wearing blue swimming goggles. The text includes: "Department of Education", "VACSWIM 2020", "Get ready for summer", "Help your child stay safe and be confident in the water.", "Enrol now for October holiday swimming lessons. Perfect for beginner, intermediate and advanced swimmers.", "5 days - child \$16, family \$41", "8 days - child \$30, family \$81", "Concessions available.", "Enrolments close 23 August 2020", and "Visit education.wa.edu.au/vacswim".

PERTH FLYING SQUADRON YACHT CLUB  
PRESENTS

## START SAILING TACKERS SCHOOL HOLIDAY PROGRAM

OUR START SAILING HOLIDAY PROGRAMS ARE MANAGED BY EXPERIENCED COACHES, IS A POPULAR WAY TO GET YOUR CHILD INVOLVED IN SAILING & DEVELOP A PASSION FOR BEING OUT ON THE WATER

### TACKERS 1 "HAVING FUN"

TUESDAY 29 SEPTEMBER TILL FRIDAY 2 OCTOBER  
8:30AM - 1:30PM

KIDS SAIL IN PAIRS IN SMALL BOATS.  
IT'S A GREAT WAY TO MEET NEW FRIENDS AND KIDS HAVE THE CHANCE TO SAIL WITH OTHERS IN THEIR GROUP



### TACKERS 2 "TRICKS & TECHNIQUES"

MONDAY 5 OCTOBER TILL FRIDAY 9 OCTOBER  
8:30AM - 12:30PM

IF KIDS ARE CONFIDENT THEY CAN SAIL A BOAT ON THEIR OWN WITH LOTS OF SUPPORT, SUPERVISION AND ENCOURAGEMENT FROM THE INSTRUCTOR & ASSISTANT INSTRUCTORS



**FEES:**  
MEMBER - \$242  
NON MEMBER - \$273

**AGE RANGE:**  
7 - 12  
YEARS OLD

**ACCREDITED BY:**  
Australian Sailing

REGISTRATIONS CLOSE FRIDAY 25 SEPTEMBER 2020

TO REGISTER PLEASE CALL (08) 9386 6437 OR EMAIL MEMBERS@PFSYC.COM.AU

## pregnancy yoga

with Donna Hamilton

"There is a secret in our culture and it is not that birth is painful but that women are strong".

*Laura Stavoe Harm*

### 6 week course

monday mornings  
11:30am - 1pm  
begins Mon August 24th  
Cost \$90 Casual \$18

image: alicia petresc



Learn to slow down, tune in to your body and relax so that you can appreciate your pregnancy while preparing for birth and being a mother.

This class is suitable for beginners or experienced practitioners and will help you to have better strength, flexibility, mental clarity and overall wellbeing during this important time in your life.

*Donna first started yoga while pregnant in the 1990s and is a trained doula (birth attendant). She has been teaching beginners and pregnancy classes since 2017.*

SIVANANDA ASHRAM - BEACON YOGA CENTRE

bookings online | [www.beaconyogacentre.com](http://www.beaconyogacentre.com) | or call 9335 9339

151 South Street Beaconsfield Fremantle WA 6162 | [info@sivanandaashram.org.au](mailto:info@sivanandaashram.org.au)