

FROM THE PRINCIPAL

Kaya / Welcome to the latest edition of School News. As we come to the end of another busy term, we just have a few more things to see through.

SCHOOL PHOTOS

A reminder that these are taking place Wednesday and Thursday of next week. Students need to be in full uniform on their nominated photo day.

EDUDANCE CONCERT and OPEN CLASSROOMS

This is taking place on Wednesday of next week also. Parents will be able to view their child's classroom and have a look through some of the work that they have been doing. Please note this is not an opportunity for an interview with the teacher. Classrooms will be open from 5:15pm - 6:00pm.

The P - Year 1 EDUDance Concert will run from 4:45pm - 5:15pm.

The Year 2 - Year 6 EDUDance Concert will run from 6:00pm - 6:45pm.

We look forward to seeing you all throughout the evening.

FACTION and INTERSCHOOL ATHLETICS

After completing our faction athletics carnival in Week 7, it was pleasing to note that the main carnival day at Lathlain Park was again a success. Thanks to those

parents who assisted with set-up and pack-up on the day. Congratulations to all of the students on their great behaviour and to all of the Champions and Runner-up Champions for 2023.

Our Interschool team has been competing this week at the Interschool Athletics Carnival. As of the close of Day One our school was in the lead. We will give the final results for this carnival at the start of next Term, due to the weather delay.

MASSED CHOIR FESTIVAL

Our Senior Choir have the opportunity to perform tonight at the Massed Choir Festival 2023. I wish all members of the choir and Mrs Pilmoor all the very best for this performance.

R U OK? DAY

Today our school marked R U OK? Day. Classes have been working on activities related to different emotions books throughout the week. We also had our big banners for children and families to write messages on during the morning. We will be turning these into a permanent sign that promotes positive mental health, which will be located opposite the Health room.

Enjoy the upcoming holidays and stay safe!

Rick Walters

UPCOMING EVENTS / IMPORTANT DATES

Mon 18 Sept	School Board Meeting 5.30pm Kindy Open Classes K1, K3, K5	Fri 22 Sept	Last Day of Term 3
Tues 19 Sept	Junior Assembly Room 21 Kindy Open Classes K2, K4	Mon 9 Oct	Students Commence Term 4
Wed 20 Sept	Edu Dance Concert & Open Classrooms	Friday 13 Oct	Newsletter
Wed 20 & Thur 21 Sept	School Photos		

Learn more about Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is a neurodevelopmental disorder (refers to the development of the pathways in the brain) in which there is abnormal dopamine neurotransmitter systems, and this affects executive functioning (paying attention, organisation, task initiation, time management planning, staying on task) and emotional regulation (easily frustrated, struggles to work with others or interact with their peers, sensitive to correction and criticism).

This can lead to problems with personal, social, academic or occupational functioning.

Typically, this is what is observed;

Inattention – wanders off task, fails to follow through on instructions and appears disorganised.

Hyperactivity – excessive motor activity, excessive fidgeting or talkativeness.

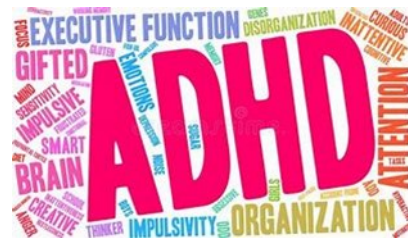
Impulsivity – act then think, on the mind out the mouth, difficulty waiting their turn and interrupting others.

ADHD is more common in boys than girls and it is estimated that between 5% and 10% of Australians have this condition. In a class of 30 students, there would be 2-3 students in that class with an ADHD diagnosis. ADHD in children can only be diagnosed by a paediatrician and in adults by a psychiatrist. It is recognised as a disability under the Disability Discrimination Act 1992. Our school's psychologist and teachers will support the assessment processes by having meetings with parents, conducting some pre-assessments and providing some information for appointments.

What strategies works?

A range of strategies can improve the quality of life of a person with ADHD, however, it is necessary to have a combined approach, so these strategies become known, rehearsed and then eventually habitual. It is important to note, that medication is only one strategy, and it alone may not be the answer.

- Setting a specific time to work on a task eg 10minutes then stopping. We call this task chunking.
- 70% of children respond positively to medication and is determined by the medical practitioner and parent.
- Empathy is important, so making positive connections between home and school can assist with reducing anxiety.
- Being flexible and allowing more time to process instructions.
- Collaborate on solutions, getting them involved.
- Use interests as motivators.
- Praise as much as possible to reinforce expected behaviours.
- Provide stimulation, such as, walking or riding to school.
- Movement breaks allows for a reset to connect and begin again.
- Use of fidget or sensory toys.
- Wobble cushions or chairs, again allows for the body to move.
- Standing up to work or lying on the floor – where it is an appropriate action.
- Noise cancelling headphones.
- Goal setting – making a series of small steps will enable the outcome to be achieved.
- Establishing an emotional regulation Plan which is individualised to the person.
- Visual supports and checklists.
- Each day is a clean slate.



These books are helpful for understanding more about ADHD and recommended strategies or come in and have a discussion with our staff.

ADHD Go to Guide. Facts and Strategies for Parents and Teachers by Desiree Silva and Michelle Toner

ADHD 2.0 by Edward Hallowell and John Ratey

ADHD is our Superpower by Soli Lazaruz

CELEBRATING STUDENTS

Room	Honour Certificate Winner	Room	Honour Certificate Winner
1	Ely C Abi N Georgia C	14	Carter B Naieh N Daniel P
2	Clare J Louvel E	15	Chloe S Oscar W Will S
11	Hattan S Mia D Esther W	16	Ben Y Mustfa D Kevin W
12	Lorenzo N Ariana T Toby W	19	Isaiah C Sofie R Aanya K
13	Thomas C Lily T Fleur H	20	Andrae B Elling S Jade A

Room	Honour Certificate Winner	Room	Honour Certificate Winner
2	Clare J, Louvel E	8	Leo M
3	Annabelle B	9	Grace W
4	David W	10	Eleanor J
5	Savannah S	21	Mason D
6	Paisley D	22	Ethan F
7	Dallas C	23	Grace C

Room	Student of the Month	Room	Student of the Month
		8	Rose B
3	Jye O	9	Iris J
4	Vincent B	10	Anand B
5	Tristan H	21	Remi C
6	Liev H	22	Evan A
7	Sophie D	23	Ana R

Room	Attitude Value Winner	Room	Attitude Value Winner
2	Lola W	8	Ciara L
3	Ava T	9	Munro P
4	Lucas W	10	Remi W
5	Zavier E	21	Max M
6	Vera S	22	Alba W
7	Aria J	23	George C

Athletics Carnival September 1, 2023

The annual whole school Athletics Carnival took place on Friday, 1st September. The carnival started off with Pre-Primary to Year 2 students marching out tall and strong to their faction tents with their teachers at Minerals Park. The Juniors proudly showcased all of their colourful faction tops, hair spray and zinc to name just a few of the many accessories. The cheering, encouragement and sportsmanship was outstanding by the juniors which was a perfect way to start the day.

After the first session, it was the seniors turn to march out tall and bold, while cheering on each respective faction. First was the team games. Each year group participated in the four team games with their teachers. There were some edge of the seat finishes with some coming down to which leader would sit down or cross the line first.

Following lunch, the year 3-6 students took part in their sprints and relays. The races never fail to deliver agonising and nail biting finishes with the advanced instant replay of the iPads being used multiple times by the judges to decide on the results. Next up was the mixed baton relays which are a highlight to finish on for student races. Once again, the judges had their hands full looking back at the replay of the races and deciding on the placements of each race. The last event of the day was the parent, student and teacher relay. What a way to finish off the day! The parents narrowly took home the chocolates for a second year in a row.

Special thank you to the students, parents and teachers who helped set up and pack up on the day. It was a whole community effort. We once again had a wonderful turn out of parents and family members come out and support the students, which shows how strong and close the Lathlain Primary School community is. Well done to everyone involved!

Mr Morrison

Overall Results:

1st	Curtin	2286
2nd	Forrest	2246
3rd	Stanley	2203
4th	Cowan	1749

Year	Champion Girl	Runner-up	Champion Boy	Runner-up
3	Makaylee D	Chloe T	Hattan S	Charles T
4	Akira W	Indiana F	Casey H/Harry R/ Sebatiano G	Carter B
5	Imogen S	Imogen P	Hugo S	Giulio C/Will S
6	Chloe D	Samahra D/Sophie W	Xavier S	Talen W



SCHOOL PHOTO DAY IS COMING!

Lathlain Primary School Photo Days:

Wednesday 20 & Thursday 21 September. Photo timetable has been sent via Seesaw.

Dear Parents,

Your school photo day is coming! Approximately two weeks prior to the photo day every student will receive a personalised flyer to bring home from Kapture Photography containing your child's unique codes for ordering school photos online.

KEEP YOUR FLYER SECURE!

The unique codes contained on the flyer will be issued only once.

Order **EARLY** for sibling photography

Sibling photos can ONLY be ordered online. Once you receive the personalised flyers for your children, it is imperative that you order your sibling photo early to avoid missing out! There is a physical limit in the school schedule to how many sibling photos can be taken. Once the maximum capacity of sibling orders has been reached, no more sibling orders can be placed.

If maximum capacity is not reached, sibling orders **close 12pm midday sharp, one business day prior** to the first photo day.

The school or the photographers cannot accept late orders for sibling photography. Please do not ask as your request simply cannot be accommodated.

Order **EARLY** for discount photo day prices

Order your photos within 10 calendar days of photo day to receive discount photo day prices. Late orders are handled separately to the school delivery and incur a \$30 custom service charge.

Other information

Your school will notify you in a few weeks when **team and special group photos** are available to view and purchase on the Kapture website. Please note; class, individual and sibling portraits are not available to view online prior to purchase.

Kapture offer a money back guarantee for any parent who is not fully satisfied with their photo package. Should you have any queries before or after photo day, please check the FAQ's on the Kapture website.

*All students will be photographed individually on photo day for school administration records AS WELL as included in their class group presentation available for purchase to all families. Should there be any reason why your child should **NOT** be included in the photo shoot –please contact the school office.*

If COVID is still active in WA:

For the duration of Covid-19 in WA, please be aware that Kapture are following all recommended health guidelines and safe practices. Our photographers are acutely aware of the evolving situation surrounding Covid-19 and abide by each individual school's Covid-19 policies. Where possible, the photographers will use verbal queues and instructions in an effort to uphold our high standard of student presentation. Students may be instructed by photographers to use single use sterile combs, wet wipes or tissues or to fix their own collars, buttons and stray hairs.

Note: If you are away on photo day and would like to have school photos taken, please contact Kapture to make an alternative arrangement.

Thank you.



Junior Concert

Rooms 4, 5, 6, 7, 8, 9, 10, 21,
22, 23

4:30pm-Meet in classrooms

4:45pm -Junior Concert
commences

EDUDANCE CONCERT

&

OPEN NIGHT

Wednesday 20th September 2023

Open Night

Come and view your child's work!

5:15pm Classrooms open

6:00pm Classrooms close

Don't forget to visit the
specialists classrooms too!

Concerts will be held in the
Quadrangle. In the event of rainy
weather, the concerts will be
relocated to the Undercover Area

Senior Concert

Rooms 1, 2, 3, 11, 12, 13, 14,
15, 16, 19, 20

6:00pm-Meet in classrooms

6:15pm-Senior Concert
commences

6:45pm-Finish

TheirCare School Holiday Program

If you would like information regarding the September/October school holiday program run by TheirCare, please follow the link [here](#).



School Communication through Seesaw

Seesaw is the main form of parent/caregiver communication used by our school. We are aware there can be multiple notifications received daily. These come from various sources: the classroom teacher, specialist teachers, P & C and office staff.



Whilst we do not wish to inundate you with information, it is our intent to keep the school community informed of what is happening within the school. For instance, the office staff use Seesaw to send information regarding upcoming incursions and excursions which includes important information about the event as well as permission forms. These forms must be completed and, if required, payment must be made in order for children to attend. We would appreciate your cooperation in completing this form to us as soon as possible after receiving it.

The P & C send news related to events they are running, which are important and valuable fundraising opportunities for our school.

Teachers and Specialist Teachers use Seesaw to share things such as student progress, classroom activities and upcoming event reminders.

Should you have any concerns or queries about Seesaw, please contact the office.

Thank you.

2024 Requirement Lists

After considering the cost and quality of items and feedback from staff and families the 2024 student requirements lists will be provided by Campion.

Requirement Lists will be distributed via Seesaw and available on the school website early in Term 4.

We encourage students to reuse items where possible so please only order those items your child requires. Early in Term 4 students will come home with a checklist of what they have not used or items that can be reused.

Room 9's Around the World Adventure!



This term, Room 9 travelled the world to explore all of the seven continents! We started off the term learning the seven continents song for our assembly. Each week we went on a journey to discover a new part of the world and learnt interesting facts about all of the places we visited. Here a little sneak peek into some of our adventures!



Australia



Africa

Africa has the hottest desert - **Khai**
There are over fifteen hundred languages in Africa - **Jessica**



North America



South America



South America has the second largest river - **Mila**
South America is home to the biggest rainforest - **Olivia**



North America is the third largest continent - **Noah**
There are 23 countries - **Hunter**



20
23

SPRING NETBALL

SPRING NETBALL IS BACK AT BNA

Registrations open: 1st September, 2023

Registrations close: 9th October, 2023

Join BNA for a season of pure fun, forging new friendships, and staying active. Embrace the joy of the game with like-minded individuals in a supportive and energetic environment. Get ready to play, bond, and keep moving this spring!

MONDAY SPRING NETBALL

16th October - 11th December 2023

DIVISIONS BY AGE:

Net Set Go: year 2 (mixed)

19s: Ladies

Net Set Go: year 3 (mixed)

Opens: Ladies

Net Set Go: year 4/5 (mixed)

Open: Mixed

Juniors: 12s (mixed)

Walking Netball

Juniors: 14s, 16s (girls)

Juniors: 14s, 16s (boys)

Time slots: 4:30pm, 5:30pm, 6:30pm & 7:30pm

Team Fees:

NSG/Walking - \$150; **JUNIORS** - \$200; **OPENS** - \$250
(plus individual spring affiliation)

If not already registered with Netball WA from the winter season:

AGE 7-10 - \$64.69; **AGE 11-17** - \$75.91; **18+ YEARS** - \$76.93

Team Registrations **due**: 2nd October, 2023

Player registrations **due**: 9th October, 2023

Want to play but don't have a team? Looking for extra players for your team?

Please email: admin@belmontnetball.com.au

and we will try to match you up!

COMMUNITY GROUP NEWS



prizes & giveaways

WEST COAST HEALTH PHYSIO 2023 TELETHON CIRCUIT CLASS

WEST COAST HEALTH PHYSIO & LATHLAIN PS

INVITE YOU TO JOIN US....

GRAB YOUR FAMILY & FRIENDS, WORK UP A SWEAT AND HELP
RAISE MONEY FOR WA FAMILIES IN NEED!

Saturday 21st October 2023

Lathlain Primary School Oval

Circuit Class: 8:30am - 9:15am

REGISTER OR DONATE VIA LINK

ALL PROCEEDS TO TELETHON

