Fremantle Language Development Centre’s Assembly

Last Friday was Banksia 1, 2 and 3’s Assembly. We decided to dance to the song The Best Day of My Life. We chose this song because it was a fun song for Pre-Primary right through to Year 3 and it tied in with our Fun Friends program. The children all painted a picture of the best day of their life and brought in photos for the PowerPoint slideshow. While the children were dancing, the audience saw photos of the children having some of the best day of their lives with their family and friends.

Fun Friends is a program to help develop social, emotional and coping skills in young children. It teaches children methods for coping with anxiety, fear and depression, promoting emotional resilience. Children learn skills that they can use in their everyday lives. Each week in Fun Friends we introduce new skills and ask parents and caregivers to reinforce them at home. We play games that help us to identify red thoughts and green thoughts.

‘Green thoughts’ are the things that you say to yourself in your head that make you feel good feelings (e.g. happy, confident, brave, calm) so they are helpful thoughts. ‘Red thoughts’ are thoughts that you say to yourself that make you feel unhappy feelings (e.g. worried, sad, angry, stressed out) or make you feel less confident, so they are unhelpful thoughts.

Some of the children in Banksia 1 and 3 chose to share some information about green thoughts and red thoughts with the audience and our short skit showed what it can look like when you change your red thoughts to green thoughts. You are the boss of your own thoughts and you can change your thoughts from red thought to green thoughts. Have a go today!
From the Principal's Desk

B1, B2 & B3 Assembly

Congratulations to Mrs Gorman, Ms Hudson, Mrs Aris and the fantastic children of B1, B2 and B3 for the lovely assembly on Friday where we learnt how to turn Red thoughts into Green thoughts. This complements the Promoting Alternative Thinking Strategies (PATHS) Program that has been implemented in the school.

Senior Choir - One Big Voice

Thank you to Mr Marshall for the huge amount of work that has gone into preparing the Senior Choir for tonight’s performance at ‘One Big Voice’, at the Arena. Thank you also to Mrs Twist for giving up her time to support and help our students. I’m sure our children will be fabulous and those attending will thoroughly enjoy the amazing sound of so many children singing as one.

Break a leg!

National Science Week

Next week is National Science Week, the theme this year is Drones, Droids and Robots. Mr Tisdale and the staff have organised a range of science and technology based activities culminating in a Robot Hero competition and display.

Interschool Cross Country

Thank you to Mr Pascoe and Mrs Simon for organising and training the interschool team who will compete on 16 August at Burrendah Reserve. Good luck everyone!

Book Week - Australian Story or Australian Author

Our book week assembly is on 26 August, the children have been asked to dress as a character from an Australian story or from an Australian author.

Lantern Walk

Frau Colgan has been busy organising our annual Lantern Walk that will take place on Thursday 18 August. Thank you Frau Colgan for all your hard work.

Glee performance at Crown Theatre

Our Glee students will be performing at the Crown Theatre on the 23 August. Mrs Eversden and the students have been working hard in preparation for this performance.

Congratulations

A massive congratulations to Elih in Year 4 who has just achieved 2nd place out of 250 runners in the School Sports WA Cross Country event. If selected (which is a strong possibility!) Elih will compete for Western Australia at the national Cross Country competition. Elih said that the course and competition was tough and he was very proud of his efforts. A fantastic effort and we are all proud of you Elih. Well Done!

Thank you for taking the time to read this newsletter.

Sue Martin
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<tr>
<th>MON 15 AUG</th>
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**CALENDAR OF EVENTS**

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National Science Week

**TUE 16 AUG**
Interschool Cross Country—Burrendah Reserve

**WED 17 AUG**

**THU 18 AUG**

**FRI 19 AUG**
ASSEMBLY - W8 Robot Hero display (between recess and lunch)

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Enrol now and bring this advertisement to Definition Health Club with you to receive a free swimming lesson, courtesy of Definition H2O! Call Cecilia on 9313 5088.

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**SOLVING ALL YOUR PEST PROBLEMS**

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**BULL CREEK PRIMARY SCHOOL**

Thanks LJ Hooker Leeming,
Leeming Forum Shopping Centre
Farrington Road, Leeming
Tel: 9332 4000
For their sponsorship of 4 Paper Recycling Bins!
PATHS – THE GOLDEN RULE

The PATHS program promotes following the Golden Rule:

“Treat others the way you want to be treated.”

It’s an oldie but a goodie! This age old universal moral principle is constantly referred to at our school. Students are encouraged to think about and discuss what the Golden Rule means in a variety of contexts. They are encouraged to develop empathy – to think about how others may think and feel in a variety of situations.

TIPS FOR ENCOURAGING THE GOLDEN RULE AT HOME

- Model following the Golden Rule before taking action towards others at home. For example, say “Before I say/do ........, I need to ask myself if what I’m about to do is something I would want done to me. If the answer is no, I find another way to say/do ...........”
- Children are sometimes unaware when they are breaking the Golden Rule. Reminders may be necessary. Linking the situation back to the child and asking, “Would you like it if he/she said/did that to you?” can encourage empathy.
- Observe the behaviour of others when out and about and discuss the situation in terms of the Golden Rule with your child when you get home.
- When reading literature to your child, encourage them to put themselves into other characters’ shoes and discuss how different interactions can affect them. By putting themselves into the position of others, whether in fiction or in real life, they are developing empathy.
National Science Week

National Science Week is from the 13th to the 21st of August. The theme this year is Drones, Droids and Robots. As part of our contribution to this event the students at Bull Creek will be participating in a range of science and technology based activities during lunchtime. A special guest from Scientist in Schools (SIS) Mr Martin Lindsay Manager: Laboratory Services CSBP will be attending on Wednesday. Students have been designing and constructing a Robot Hero over several weeks. Parents and family members are welcome to come and view the Robot Hero display on Friday between recess and lunch in the undercover area.

Ben Tisdale
Science Teacher
CANTEEN Thank you to everyone for their support of the canteen so far this year. We hope the children enjoyed their hotdogs last week! A very big THANK YOU to all the volunteer helpers in the canteen, you are all marvellous! If you would like to volunteer, please see Cecilia in the Canteen

ASSEMBLY MORNING TEA The P&C are searching for some people to assist with morning tea on Assembly days. Assemblies are held every fortnight on ‘odd’ weeks (ie Week 3, Week 5 etc) and you would have a prime viewing position in the Snack Shack! If you would like to help out, please let us know.

QUIZ NIGHT The Quiz Night TOMORROW NIGHT! Don’t forget to dress up in your best bogan outfit, or your most beautiful frock or suit. There will be prizes galore on the night as well as a silent auction. Bring your tickets along for a chance to win the door prize. We are BYO and will have some soft drinks and water for sale along with pizza, hot chips and crisps. We look forward to see you all on Saturday night!

UNIFORM SHOP Thank you to all those families who have purchased their uniforms at the uniform shop. All the children look so lovely in them! The Faction Carnival is coming up this term; do your children need a new Faction shirt? They are $20 and can be purchased on Tuesday mornings in the new undercover area from 8.30am.

ENTERTAINMENT BOOK The 2016/17 Entertainment Book is now available for purchase. There is the choice of the Entertainment Gold Book or the new Entertainment Digital Membership for your smart phone or tablet. Both offer fabulous deals for dining, entertainment, attractions, flights, car hire and the new BEST OF BALI section. If you would like to have a look through the Book before purchasing, we have a sample copy to view at Assembly each fortnight or visit www.entertainmentbook.com.au/flickbook You can purchase the Entertainment Book or digital membership via our dedicated ordering page at www.entertainmentbook.com.au/orderbooks/860z42

Our next meeting will be Monday 29th August 2016 at 7pm in the school library. We would love to see some new faces join us.

If you would like to contact any of the committee, please email us at bcpspandc@outlook.com or send us a message on our Facebook page Bull Creek Primary School P & C www.facebook.com/BullCreekPrimarySchoolPC
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Pre-Purchase before 4th May 2016 to receive Early Bird Bonus Offers you can use straight away! (Subject to availability)
Are you or your child interested in playing *tee-ball, baseball or softball*?

**Willetton Baseball Club** is a local club with members from 4 years of age. Registration Fees start at just $120 for the season.

To register or find out more information, go online at [www.wbc.wildcats.com.au](http://www.wbc.wildcats.com.au) or come along to our **Registration Day**:

Saturday 13th August from 8.30am to 12.00pm
at Willetton Scout Hall, Apsley Road, Willetton.