WATTLE 3
Scitech Excursion

On the 20th of September, Wattle Three went to Scitech with Mrs Walshe.

This is what the students had to say:

“My favourite part of the excursion was when the man turned on the dull purple lights and my clothes started to glow.” (Jiyeong)

“My favourite part of the excursion was the planetarium because when the roof spun it felt like we were spinning.” (Will)

“My favourite thing was the robot. I got to activate it using a touch screen.” (Kristal)

“I am pleased I went to Scitech because I like to learn new things.” (Daniel)
From the Principal’s Desk

Welcome

Welcome back I hope you all had a wonderful holiday and are feeling refreshed and ready for another busy term. This term we have the interschool athletics carnival, swimming lessons, Edu-dance which will culminate in our Celebration Night and of course the Year Six Graduation.

Assembly - Wattle Three

Last Friday we were entertained by the students in Wattle Three. Congratulations Miss Di Fonzo, Mrs Walshe and our very talented Wattle Three children. Their high quality rendition of the book “The Day the Crayons Quit” was performed with vigour and excellence. The children also taught us how to solve a problem in a caring and considerate manner without hurting anyone’s feelings. Well done W3!

It was also wonderful to see many of our students receiving awards for Maths, English, Science and German. Congratulations to all these conscientious children.

Professional Learning

The teachers at this school are engaged in ongoing Professional Learning and are committed to self reflection and improvement. The Professional Learning is linked to the school’s strategic direction and covers both pedagogy and curriculum content and delivery. It includes collaboration in teams for planning and moderation and will also include peer observation and coaching by the Administrative Team.

Interschool Athletics Carnival 2016

On the 18th and 20th of October, students from Bull Creek participated in the SCISA Interschool Athletics Carnival at Riverton Primary School. Bull Creek finished third overall in a very close contest that saw multiple schools vying for a top-four place. Every competitor from Bull Creek tried their absolute best. They competed hard and exhibited excellent teamwork. They were supportive of their peers and represented our school brilliantly.

The following students achieved individual success:
- Tyla – Year 3 Runner-up Champion Girl
- Angus – Year 3 Champion Boy
- Elih – Year 4 Champion Boy
- Leia – Year 5 Champion Girl
- Cameron – Year 6 Champion Boy

Congratulations to our champions and runners-up. All students who qualified and competed on both days are to be complimented on their behaviour and sportsmanship. A special thank you must also go to Mrs Simon, Mrs Reid and Miss Barron for their efforts in helping with the organisation and training for the carnival.

Mr Pascoe.

Volunteer Morning Tea

We rely and sincerely appreciate the work of our parent and community volunteers. I would like to invite anyone who has assisted us in any capacity to enjoy a special Thank You Morning Tea provided by the school staff on Thursday 17 November at 10.30. Bull Creek Primary has a very strong sense of community and the help and support we receive from parents and friends strengthens our commitment as partners to ensuring that our children have the best opportunities that we can provide. This is a small gesture to show our appreciation. I hope you to see you then.

Interm Swimming Lessons

This commences Monday 24 October at South Lake Leisure Centre. Students are required to wear their bathers underneath their school uniform each day and bring a towel and a change of underwear. The children will be getting changed at school at the conclusion of their lessons to enable closer supervision. The bus departs school for the first lesson shortly after the bell each morning, it is therefore important for children in this session to be on time.

Sue Martin
**CALENDAR OF EVENTS**

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<th>MON 24 OCT</th>
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**DiCandilo Thomson**  
The Small Business Specialists

- Tax return preparation
- Self Managed Superannuation
- Business set-up, structuring & advice
- Tax planning and minimisation

**FIRST CONSULTATION IS FREE**  
**CONTACT US ON 9481 6111**

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**Definition Health Club**

- 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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**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!
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<td>Edu-Dance</td>
<td>Willetton Excursion Yrs 5 &amp; 6</td>
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<td>Yr 6 End of Year activities – Bounce/Bowling</td>
<td>Assembly – RE Christmas Assembly Last Day of Term for students!</td>
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<td>CELEBRATION NIGHT</td>
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Congratulations to all our DAS exam participants. You have definitely demonstrated your outstanding German talent. I am so proud of you. Last week we had the DAS award ceremony at MLC. It was a beautiful evening with lots of motivating speeches, success stories, yummy food and of course the celebration of the prize winners supported by their proud families.

Bull Creek’s top students in year 5 were: Aarani, Oliver, Matthew and Miriam K.

The winners in year 6: Manuel K, Leona, Chenelle and Himasha.

Weiter so! There is so much talent in Bull Creek and I am proud to teach these amazing kids. Go for GOLD, Bull Creekers!

Tanja Colgan
PATHS - COMPLIMENTS

In our classrooms, we have implemented the “PATHS Kid” program. Over the course of the year, every child will have several opportunities to be the PATHS Kid. Each day, the PATHS kid will receive formal and informal compliments from their teacher and other children in their class. These compliments could be in regards to physical, personality and/or skills and talents. Their Compliment Sheet is then taken home to share with the family, where both the child and their family members are encouraged to contribute compliments to their Compliment Sheet. These repetitive positive experiences are beneficial in the development of healthy self-esteem.

TIPS FOR ENCOURAGING COMPLIMENTS

When children hear others compliment people and when they are given sufficient encouragement and practice at giving a variety of compliments to others, a caring and supportive social-emotional environment is created. A sense of belonging is fostered when regular compliments are encouraged. When children receive regular and genuine compliments from others, their self-esteem is enhanced and they are more likely to respond appropriately and in turn, give others compliments from that modelling.

Examples of compliments that adults can model for children are:

“I think that you are great at....”

“I love the way you.....”

“I was impressed with how you.....”

“You are a kind-hearted/compassionate/enthusiastic....person.”

“I like your cool new haircut.”

A Compliment is a nice and Friendly thing to say to someone.
The Term 4 Canteen menu was sent to all families last week and is full of new and exciting meals for the children. Why not try our Nuggets and Vegetable platter combo (cucumber, carrot, celery sticks and grated cheese) for $5.00 on a Monday. Or the new Bonza Beef Burger (homemade beef patty, cheese, lettuce, tomato, cucumber, sauce and mayo) for $5.00 on a Wednesday.

Also new to the Canteen menu is a Gluten Free range. Every day we have Gluten Free Mac Cheese available ($5.00) and on Friday we have a Gluten Free Beef Roll ($5.00) or Gluten Free Beef Pie ($6.00). These are a fabulous alternative to traditional pies and sausage rolls and are endorsed by Coeliac Australia.

For Halloween Monday, 31<sup>st</sup> October, the Canteen will have a selection of spooky treats available at recess from $1.00. Get in quick before they disappear!

Thank you to all those families who have purchased their uniforms at the uniform shop. All the children look so lovely in them. The Uniform shop is open on Tuesday mornings in the new undercover area from 8.30am. For those families with children starting Kindy next year, now would be a fabulous time to beat the rush and purchase your uniforms for next year. There will be an opportunity to buy your uniforms at the Kindy orientation day but why not get in early!

Our next meeting will be this Monday, 24th October 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
EVERYDAY ITEMS

TUMMY FILLERS

Lasagne $4.00  Macaroni Cheese $4.00

Pies – Cheese and Bacon $3.00  Pizza – Hawaiian $3.00

Pizza – Vegetarian $3.00  Pizza – BBQ Chicken $3.00

Gluten Free Macaroni Cheese $5.00  Corn Cob $1.00

SANDWICHES, toasties available.
LITE CHEESE, LEAN HAM AND CHICKEN BREAST IS USED IN ALL SANDWICHES,
WRAPS, ROLLS AND FOCACCAS

WHOLEMEAL BREAD IS USED UNLESS WHITE IS SPECIFIED

Cheese $3.00  Chicken $3.50

Ham $3.20  Vegemite $2.00

Add Lettuce, Tomato, Cucumber or Carrot 20c each

Add Cheese, change to wrap or roll 40c each

Avocado 60c

FOCACCIA – Hot and tasty toasted treat

Ham and Cheese $4.80  Chicken and Cheese $5.00

Add Tomato 20c  Add Avocado 60c

SALAD TUBS AND PLATES $4.50  With Cheese $5.50

Lettuce, Tomato, Cucumber, Carrot and Egg with a fruit garnish

Add Chicken or Ham 50c  Add Avocado 60c

DAILY SPECIALS

MONDAY
Chicken Nuggets and Vegie Platter Combo (with juice or water) $5.00
with 5 Nuggets, Carrot, Cucumber and Celery sticks and grated cheese

Homemade Honey Soy Chicken tenderloin and rice
Chicken Tenderloin marinated in Honey, Soy, garlic and ginger and served over white rice

Nachos (lightly salted corn chips, salsa, low fat cheese)
with chicken $3.50

WEDNESDAY
Cheeky Chicken Wrap Combo (inc. juice box or water)
Chicken strips served in a warm wrap with lettuce, carrot, cucumber and mayonnaise

Happy Hawaiian Burger (crumbled chicken patty, cheese slice
lettuce, pineapple ring and mayonnaise)

Bunye Beef Burger (homemade beef patty, cheese, lettuce, tomato
Cucumber, sauce and mayo)

FRIDAY
Party Pie $1.00  Sausage Roll $3.00

Meat Pie $3.50  Potato topped Pie $3.50

Gluten Free Beef Roll w/ veggies $5.00  Gluten Free Beef Pie $6.00

Horlicks with Sauce $3.50

Chicken/beef Noodle Cup $3.00  Sauce sachet 30c

5 Chicken breast nuggets and 8 Potato Fries $3.50

DRINKS *Available Everyday*
330ml Brown Flavoured Milk (Choc, Choc Mint, Berry, Banana) $2.00
250ml LOL Sparkling Fruit Juice (Raspberry, Blackcurrant, Tropical) $2.00
250ml Fruit Juice Box (Apple, Tropical, Apple Blackcurrent) $1.50

Water $1.50

Canteen Notes – Term 4 2016

The Canteen aims to provide a healthy selection of lunches at value for
money prices. We aim to offer food to suit a variety of tastes whilst
following nutritional guidelines. We are also guided by the Department of
Education and Training Healthy Food and Drink and Traffic Light policies.

The Canteen is open three days a week on a Monday, Wednesday and
Friday.

The Canteen would not operate without the help of volunteers. Help is
always appreciated from parents, carers, grandparents etc. The children
do love coming to see you during school time. If you wish to volunteer
simply come to the canteen and put your name on the roster. Even if you
can only help once per term it is still very helpful and all offers of
assistance are greatly appreciated.

Ordering

Orders need to be placed at the canteen window by 9.00am using the
printed lunch bags provided. Pre-orders can be made for a subsequent
day. A locked letterbox is provided in the PP/Kindy area for parents of
those children to leave their lunch orders before 9.00am.

Please ensure the students name and classroom numbers are on the lunch
bag.

All lunch orders are delivered to the classrooms at lunch.

Friday is a very busy day so please be patient when ordering. Feel free to
order on Monday or Wednesday for Friday if that will save you time.

Recess items are available from the canteen at 10.50am and icy treats
starting at 20 cents are available after the children have eaten their lunch
at 12.40pm.

BULL CREEK PRIMARY SCHOOL
CAINTEEN MENU TERM 4 2016

Open 8.30am-1.10pm Monday, Wednesday and Friday

Recess Menu

Aussie Pizza—with pizza sauce, low fat cheese & bacon pieces $1.00

Popcorn $1.00

Red Rock Chips – Honey Soy or Sea Salt $1.20

Vega Chips—BBQ flavour $1.20

Cornets—cheese flavour $0.80

Mansee Noodle snacks—chicken $0.80

Icy Pops – mini frozen milk and juice on sticks small/2 $0.20/0.50

Fresh Fruit (including a springy skilly) $1.00

WEDNESDAY TUMMY TEMPERLE Variable treats available at recess Wednesday $1.00

ICY LUNCH TIME TREATS

Icy Pops also available at lunch time

Mossels – Flavoured Milk Freeze (Various Flavours) $1.20

Juices – Frozen Juice Bar, Real Fruit Juice (Various Flavours) $1.20

Other selected ice creams as available
ALL YOU NEED IS CONFIDENCE

SurfBabies and SurfKids are fun, interactive 6 week programs aimed at children from 2-7 years of age and their parents to increase awareness, confidence and safety at the beach.

All participants must be accompanied by a parent at all times and classes are altered to suit all abilities. If you’re a parent who is unsure of the beach environment then you and your child will benefit immensely. All classes are instructed by fully qualified Surf Lifesavers. This is a great way to ensure everyone feels safer at the beach coming into the summer months.

Program & Times (6 x 30min lessons)
SurfBabies Level 1  2yrs  8:30 – 9:00am  
SurfBabies Level 2  3yrs  9:10 – 9:40am  
SurfBabies Level 3  4yrs  9:50 – 10:20am  
SurfKids Level 1  5yrs  10:30 – 11:00am  
SurfKids Level 2  6-7yrs  11:10 – 11:40am

Series 1: 5 November – 10 December 2016
Series 2: 4 February – 11 March 2017

Locations: Coogee, Fremantle, Cottesloe, North Beach, Sorrento, Mullaloo, Quinns-Mindarie and Alkimos.

Cost: $100 per child

For more information contact:
Keta Lemmon, Community Programs Officer
9207 6666 or klemmon@slswa.com.au
To enrol visit slswa.com.au/surfbabies

Disclaimer: Please be aware that the school does not necessarily endorse all advertising.
This exciting six day school holiday program teaches participants 7 to 15 years vital coastal recreation skills ranging from awareness of the beach environment and safety right through to obtaining an accredited Surf Rescue Certificate.

Learning to swim is a primary skill for safe aquatic recreation; however the coast is a dynamic environment with constant changing risks that even the most competent swimmer may find challenging without additional surf knowledge and skills.

Adapted from Surf Life Saving WA’s Nipper Program, participants will get a taste of what being a Nipper is all about including gaining confidence in the surf and using nipper boards and rescue tubes.

Surf Survival offers participants four skill based levels of learning:

- **Level 1: Surf Aware** 8.30 – 9.30am
- **Level 2: Surf Skill** 9.45 – 10.45am
- **Level 3: Surf Wise** 11.00am – 12.00pm
- **Level 4: Surf Rescue** 12.30 – 2.00pm

*Participants must be 13 years of age by January 11, 2017*

**Dates:** Weekdays from 11 – 18 January 2017

**Locations:** Alkimos, Sorrento, Mullaloo and Leighton Beach

**Cost:** $100 per person

(Leve 4: Surf Rescue $50 extra per person)

**For more information contact:**
Keta Lemmon, Community Programs Officer
9207 6666 or klemmon@slswa.com.au
To enrol visit slswa.com.au/childrensprograms

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