

NEWSLETTER 26th May

2017



DATES TO REMEMBER

- Friday 9th June Pirate Day
- Saturday 10th June SciTech Evening
- Friday 16th June DISCO
- Jump Rope Jump Off 28th June (children must be registered)
- Friday 28th July 100 Days of School Celebration
- Saturday 9th September Trivia Night
- Saturday 25th November Carols by Candlelight and Summer Christmas Market

PRINCIPAL

Dear Parents

Our families and staff always display an amazing attitude towards our Rottnest weekend. The focus is always on having fun, being positive no matter what the weather throws at us, and enjoying the friendship and company of others within the Quintilian community. I am sure there are not many school communities who successfully come together for a weekend like we do at Rottnest each year.

I look forward to our strong sense of community continuing at the Scitech Evening on Saturday 10th June. I know ticket sales for this event are selling very well and I encourage all families to come along for what will be a fantastic evening.

This week we had a visit from Christopher Makakh who is the Director of Nakuru Hope School in Kenya. We have had a very supportive relationship with Nakuru Hope for a number of years and each year a small portion of our fundraising goes towards assisting Nakuru Hope to provide food and an education to children in a slum area of Kenya. Christopher provided an in depth view to our Year 6 students about the challenges and lifestyle that his students face each day of their life. It was also fabulous to hear the difference our fundraising support continues to make for his school.

Providing Quintilian students with an understanding of our social responsibility to help others who have far greater needs than us is an important component of our learning program.

Neil Collins

Dear Quintilian Community

Rain or shine the Quintilian Rottnest Family Camp goes ahead and this year there was plenty of the former, that's for sure!

BOARD

It was great to see so many Quintilian families in attendance once again, including many new families and also a strong showing from the 2016 leavers group.

Many thanks to the large contingent of staff who gave up all or part of their weekends to attend the camp and turn out in fancy dress outfits for the Golden Quokka Hunt. Well done and thanks to my fellow Board members and the 2016 leavers for appearing in the Quokka Hunt too. I'm sure those in attendance will agree that there were some very imaginative costumes across the group.

Special thanks are due to Sue-anne Munckton and her Events Committee team of Vona Smith, Carolyn Lilley and Rebecca Potts for making the event a huge success. It was certainly a hit with my family.

Warm regards,

Peter Robinson

Chair of Board

ROTTNEST 2017

What an amazing weekend for all who were able to join us for another Quintilian Rottnest Family Weekend. It was fabulous to see many new and extended families enjoying the trip and also alumni coming back to join in the fun. Although the weather threatened us, it did bring sunshine and we even saw some

braving the water for a refreshing dip!

Thanks to our amazing class reps and parent hosts who organised and held class and area BBQs on both the Fri and Sat nights! A real Rotto tradition!





There was also plenty of fun at the Friday Sun Downer with many strategic and not-so-strategic games of free mini golf. We did not hear of a hole in 1 but we did get a very excited report of a "hole in 2" so just as good, we think!

There were also lots of acrobatics on the trampolines from students and staff! Who knew the Quintilian staff were so

bouncy?!

The Quokka Hunt was of course another huge success with the sun shining just in time. Thanks to our Events Committee, the



incredible Quintilian staff and Board members for dressing up for our "Aussie" theme. Well done to our various teams who tried hard to discover what is a crocodile's favourite game!

Principal Neil (or should I say Don Bradman?) had a great time down on the beach checking out the incredible sand sculptures created that afternoon - another great Rotto tradition.

Saturday also saw many families take advantage of catching up with friends, kids bike riding and adventures, visiting the island icons as well as some Rotto



Tours and the museum. The order of the day being fun with friends no matter the weather! Sunday saw most of us packing up and some taking advantage of the free Island Tour. We saw soaring osprey and their nests, huge waves and amazing coastlines, heard many tales from our very entertaining and knowledgeable driver, seal colonies and even discovered that Rotto has a resident fresh water crocodile and a hippo! Who knew!!??

The "Q" selfie competition was a great success with our winners announced after the Quokka Hunt. The "Quintessentially Quintilian" Photo Comp also saw entries flowing in all week. Congratulations to all our photog-



raphers, an amazing job well done! Every photo captured a very special moment from a wonderful family weekend.

See you all there <u>NEXT YEAR</u>, the Events Commíttee

BITS AND BOBS NEEDED PLEASE

On Saturday 25th November we will have our end of year celebration with a Carols by Candlelight and Xmas Market—all our students will participate in the performance and in preparations for the market. We will have both Xmas and all year round items being made and available at the market. To achieve this we will be having a 'Creating Club' which will work with the different year groups in workshops (and with parents too! - volunteers will be needed).

But we need some bits and bobs to get started, so if you have any of the following can you please place them in the donation tubs that will be set up from next week in the ELC and also in the under cover area near the computer room:

- Gift wrap rolls
- Paper towel rolls
- Old Christmas cards
- 1.25l plastic bottles
- Felt
- Old crayons
- Buttons of any kind
- Wooden crates
- Glass jars with lids 500ml or above
- Scrapbooking paper Christmas or other festive paper
- Festive and Christmas fabrics.

Thank you for your contributions

100 DAYS - THE COUNT CONTINUES



We are nearly there!! The Year 3s did some awesome aerial photography . We love it! Keep the <u>28th July</u> free as our community comes together to celebrate 100 days at school - staff, families and students! Stay tuned!

SAVE THE DATE SAT 9th SEPT 2017 Tables of 10!!



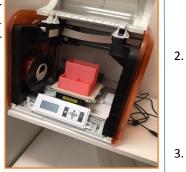
STEM CLUB

Check out our latest 3D printing projects. Stay tuned for some more finished products! Proudly displaying her stationery buggy is Kirsten.



Scratch coding below with Cooper, Flynn and Ben.





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Emily & Katie below with their Makey Makeys.





Our STEM club members

Amelie, Lisa & Leila

are working with fabrics and Lilypad micro controllers to create glowing and flashing animals!

We have just started to set up two Lego Mindstorm robots to hopefully enter the up-coming Robocup competition.



COFFEE FRIDAY MORNINGS

Join us for a coffee on Friday mornings from 8.15am to 9.15am on the school oval. Coffees, teas, hot chocolates and snacks available.

FREEZING FRIDAYS CONTINUING

Freezing Fridays will continue this term with drinks, Smooze Fruit Ices and jelly cups on sale. We will also have some other options as the weather changes.



We are also in need of some parent volunteers to help serve from 12.30 till 1pm on Friday.

12.30 till 1pm on Friday. Please contact <u>events@quintilianschool.wa.edu.au</u> if you can help. Great fun and also a wonderful opportunity to meet other parents!

SEVEN TIPS FOR WHEN CHILDREN ARE ANXIOUS

- Do not avoid things just because they make a child anxious. Avoidance is a short term fix; it will only reinforce the anxiety in the long run.
- <u>Respect their feelings, but don't empower them</u>. Do not try to argue that a child's fears are unrealistic/not real (no matter how unrealistic/unlikely they are). The message we want to send is, "I know you're scared, and that's okay, and I'm here, and I'm going to help you get through this."
- Encourage the child to talk about their feelings, but use open ended questions (not leading questions); instead of "Are you feeling anx ious?" ask, "How do you feel?" and then make the time to listen to their answer.
- Do not accidentally reinforce the child's fears.

Our worrying about how a child will cope with a stressor will reinforce to the child that they should indeed be worried. As the adult, we need to 'Remain calm and carry on'.

Encourage the child to tolerate their anxiety.

Let your child know that you appreciate the work it takes to toler ate anxiety in order to do what the child wants or needs to do. This encouraging them to engage in life, but they may need some stress management tools for this e.g. diaphragmatic breathing. Their anxi ety will drop over time as they continue to have contact with the stressor. It might not drop to zero, it might not drop as quickly as we would like, but that is how we get over our fears.

- Think things through with the child and come up with a reasonable plan for what to do if the child's fears came true.
- Model healthy ways of handling anxiety ourselves.

Stay tuned for the another instalment in the next newsletter.

BRILLIANT BUSY BEE

A huge thankyou to the wonderful families who volunteered their Sunday morning and pruned, dug, weeded, dragged, bogged, cut, concreted, relocated and mulched the school grounds during our last busy bee. Much fun was had by all, the cupcakes went down a treat and the school grounds and vegetable garden are looking so much tidier. Much appreciated. Carolyn & Susan B.







JUMP ROPE FOR HEART

Your school Jump Off day is coming up on 28th June so get skipping! Simply ask family and friends to help you raise money for a great cause! Why not try to use the internet to get sponsors.

Its really important you register your child online so they can receive the full benefits of the program and also participate in online fundraising. Simply visit <u>www.jumprope.org.au</u> and click.



Sarah Williams PE Teacher

DEBBIE'S DRAMA & PIANO NOTES



Well done to Julian, Katie, Xavier, Poppy, Abbie and Joseph who all recently took P Plate tests from level 1-3. Fantastic comments and results. Onwards and upwards and onto the next set of exams. Well done all of you.

There are still places for Term 3 if you wish to book for piano lessons with Debbie:<u>actonedramaperth@gmail.com</u>



By popular demand, my drama students have asked to do "The Grinch" as their Christmas Show in Term 4..... fantastic! This means auditions and rehearsals start in Term 3. If you want your child to be a 'little Star' in Term 4, you need to sign them up for Drama Classes in Term 3. Sessions are held on Mondays in the Music Hall from 3.30-4.30pm.

Contact Debbie at <u>actonedramaperth@gmail.com</u> and HURRY.... spaces are limited... classes have been full for Terms 1 and 2.. but a few places are becoming available in Term 3/4. Don't miss out!

SHEDDIES BUNNINGS EXCURSION

The Sheddies have enjoyed learning about living things. We have conducted many experiments through planting our own seeds, looking after them and watching them grow. We also went on an excursion to Bunnings to gather more supplies to plant our own garden in our back sandpit. We had a checklist of what we wanted to purchase and the Sheddies went around in small groups and were responsible for collecting those items. Nina Pre Kindy







JUST IMPROVISE



June 4th special guest judge ABC Radio's Geoff Hutchison. June 11th special guest judge

Nova 93.7's Natalie Locke





Improvised theatre the WHOLE family will love!

5PM EACH SUNDAY IN JUNE (ARRIVE AT 4PM FOR AN IMPROV JAM & SAUSAGE SIZZLE) QUINTILIAN SCHOOL, MOUNT CLAREMONT

BOOK NOW at justimprovise.com.au



Invites families and friends to an evening at



Sat 10th June 2017 | 5:30pm – 8:30pm

Tickets: Adults \$15 Children \$12 (limited tickets available book asap!)

https://www.trybooking.com/280075

RSVP by Thursday 1st June for food orders Tickets on sale until midnight 9th June

Please pre-order your dinner choice during ticket ordering.

Bar, snacks and drinks available for purchase on the night - strictly no BYO.

yo ho ho!

Dress up in your pirage besg Don't forget your pirage treasure (Gold Coin Donation)

Pirate Day Friday - 9 June 2017



10's disco dress up ! Prize for best dressed adult and best dressed child THE DOORS PF **11TH JUNE** • FACE PAINTING • PRIZES • RAFFLES • COMPETITIONS • LIVE ENTERTAINMENT • LIVE VIDEO RECORDING • TASTY FOOD FOR PURCHASE ON THE DAY FREE JUG OF SOFT DRINK OR SELECTED JUICES PER FAMILY BOOKING FOR TICKET PRICING. BOOKINGS OR TO REGISTER A PERFORMANCE PLEASE VISIT

QUINTILIAN SCHOOL – TERM 2, 2017 as of 26.5.17 (Dates/times may change)

Week	Monday	Tuesday	Wed.	Thursday	Friday	Sat/Sun
5	22 nd May	23 rd May ICAS Digital Technologies	24 th May Yr 6 Gov House & Simultaneous Story 9am	25 th May	26 th May Yr 5 Assembly Martial Arts Yr 2 11am	
6	29 th May	30 th May ICAS Science PP Russion Culture Incursion	31 st May Yr 4 Duyfken Freo 10-1pm	1 st June Sheddies excursion	2 nd June Yr 6 Assembly Yr 5 Herdsman Lake 9-1pm Martial Arts Yr 2	
7	5 th June WA Day Public Holiday	6 th June Board Meeting 6.30pm	7 th June Staff Meeting	8 th June OPEN MORNING 9.30AM	9 th June Yr 1 Assembly Pirate Day Martial Arts Yr 2	Saturday 10 th ScitTech 5.30pm
8	12 th June Yr 1 Planting 1-2pm	13 th June ICAS Writing Yr 2 REmida exc.1.30-3pm	14 th June ICAS Spelling	15 th June Yr 2 + 6 Planting 9-12	16 th June Yr 3 Assembly Martial Arts Yr 2 DISCO	
9	19 th June	20 th June Yr 4 Planting	21 st June Planting AM Yr 3 Planting PM Yr 5	22 nd June Yr 6 IPSHA Winter Carnival John XXIII	23 rd June PP Assembly Constable Care PP- yr6 Martial Arts Yr 2	
10	26 th June	27 th June	28 th June Jump Rope Jump Off Day Please register your children.	29 th June Sheddies Assembly Last day for students	30 th June Staff Development Day	

QUINTILIAN STAFF & BOARD 2017 ROTTNEST GOLDEN QUOKKA HUNT

