

# Canning Vale School Scoop



## Important Dates or Events

- 12-24 Mar - Year 3 & 5 NAPLAN
- 18 Mar - P&C AGM
- 21 Mar - Harmony Day
- 25 Mar - School Board Mtg
- 26 Mar - Year 4 Assembly
- 26 Mar - P&C Mtg @2:30 pm
- 2 Apr- 1/2 Day School Closure for parent Interviews
- 4 Apr - Edu Dance Concert
- 10 Apr - Edu Dance Concert
- 11 Apr - Anzac Ceremony



## Principal Update

We have had a great start to the year, welcoming families both returning and new. Everyone has quickly settled into the routine of school again. It has been wonderful seeing all the smiling faces again.

It was delightful to see strong community attendance at our first assembly in Week 3. The Year 5's gave a great performance and we received positive feedback from families who came back to the classroom to see their child's work.

After reflecting on what we achieved as part of our Business Plan in 2024 we decided this year is about consolidating all the evidence-based initiatives we have implemented over the last couple of years. Ensuring we have consistency of practice in every classroom.

We have continued to look at the school's infrastructure to support the integration of technologies across the school, having spent over \$120,000 in the last two years to bring the school up to date.

We are excited for the year ahead and look forward to sharing in your child/ren's educational journey.

Mrs Hayley Taylor





## Associate Principal Update

A reminder that Year 3 and 5 students will be participating in NAPLAN testing from March 12 - 24. This testing is conducted across all schools in Australia.

### Schedule

Wednesday 12 - Year 3 and 5 Writing  
Thursday 13 - Year 3 Reading  
Friday 14 - Year 5 Reading  
Monday 17 - Year 3 Language Conventions  
Tuesday 18 - Year 5 Language Conventions  
Wednesday 19 - Year 3 Numeracy  
Thursday 20 - Year 5 Numeracy

Catch up testing will be held throughout this period for those who are absent. If you have any queries please contact Emma Bee.

[emma.l.bee@education.wa.edu.au](mailto:emma.l.bee@education.wa.edu.au)

Our Pre-primary students are currently completing On-entry testing. The testing will be finalised by the end of week 6.

### Fundraising- Year 6 Camp

Icy poles will be available for \$1  
near the adventure playground  
after school on  
Friday  
7 March - 21 March - 4 April

## P & C Update

Welcome to the new school year! We'd like to extend a huge thank you to everyone who has already taken the time to complete our survey. Your feedback is invaluable to us!

If you haven't had a chance to complete the survey yet, please know that it's still open until March 18th. We'd greatly appreciate your support in taking just 5 minutes to share your thoughts with us. Thank you again for your ongoing support!

### Important: Annual General Meeting (AGM) & Call for Nominations

Join us for our AGM on: Tuesday, 18 March 2025 at 6:30 pm in the Staff Room.

We need nominations for the following positions:

1. Vice President
2. Treasurer
3. 2 x Fundraising Co-ordinator (and sub-committee)

Please note: If these positions remain unfilled, the P&C will be unable to operate.

Did you know? Our team primarily consists of full time and part-time workers. Your contribution can make a significant difference!

We look forward to seeing you at the AGM! For questions or nominations, please email [president@cvpspc.com.au](mailto:president@cvpspc.com.au)

**Save the Date!** Our annual Easter Raffle is coming up.

When: Friday, 11 April 2025

Get ready for some egg-cellent prizes. Flyers will be sent home the week before, so keep an eye out.

To stay up-to-date on the latest news, events and updates, follow us on Facebook:

### **Canning Vale Primary School P&C**

Have a question? Send us a DM. We look forward to connecting with you.

Sally Elliott  
President



# Chaplain Chat: Tips for Sleep

As we know, good-quality sleep is essential for our overall health, well-being, and the growth of our little ones. It's during sleep that our bodies repair themselves, carry out necessary maintenance, remove toxins, and release important hormones. However, not only do many adults struggle to get the right amount of sleep, but unfortunately, sleep problems are on the rise in children as well.



The recommended amount of sleep for primary-aged students is 9–11 hours. This is important in supporting a child's healthy physical and mental development, including memory, mood regulation, learning ability and general focus. For many children, this can be difficult to achieve due to a range of different reasons.

I wanted to share some general tips that can aid both adults and children in getting in the sleepy zone.

## 1. Creating a Bedtime Routine That Involves Winding Down Before Bed

A bedtime routine could include a shower or bath, putting away devices, story time, talking about the day, turning on a lamp to create warm lighting, or quiet activities such as colouring in.

## 2. Turning Off Devices and Avoiding Bright Lights

The blue light emitted from our devices suppresses the production of melatonin, which can make it hard for us to fall asleep. Setting an hour before bed when screens are off-limits can create a sense of calm, reduce stimulation in the brain, and help us feel drowsy more quickly.

## 3. Avoid Going to Bed If Not Drowsy

Lying in bed for hours feeling anxious and restless can cause negative associations with our room and bed. Over time, this can make it more difficult to break those negative associations and create bedtime anxiety.

## 4. A Little Sanctuary

To help create positive associations with sleep, consider transforming your child's room into a sanctuary of their own. When a room feels cosy, inviting, and personalised it becomes a place they look forward to retreating to each night. This could include turning on a lamp with soft, warm lighting, bedsheets in your child's favourite colour, or a favourite teddy bear/soft toy. Many children may already have a nightlight if they're not fond of the dark – these are great for creating a sleepy atmosphere.

## Fun Facts About Sleep!

- Humans are the only mammals that purposefully avoid going to sleep.
- We forget 90% of our dreams and normally have 4–7 dreams a night.
- Over the course of your life, you have most likely fallen asleep for 3–30 seconds with your eyes open (this is called a microsleep).

**Our values are:**  
**Kindness**  
**Respect**  
**Resilience**  
**Strive to Achieve**







# Attendance

It is important for children to attend school all day, every day.

Did you know it is **OK** to miss school when

- your child is unable to attend because they are sick
- attending cultural or religious observances such as sorry time and funerals
- an unavoidable medical appointment
- an unavoidable natural event such as flood waters or a cyclone

It's **NOT OK** to miss school if your child:

- is celebrating a birthday
- is going on a family holiday
- is visiting family and friends
- has slept in or had a big weekend
- is looking after other children
- has sport or other recreational activities that have not been approved by the school
- has appointment such as haircuts and minor check ups

The effect of of absence on progress					
A whole year has 365 days; a school year has 178 days. That leaves 187 days to spend on family time, visits, holidays, shopping and other appointments.					
No absence	9 days absence	11 days absence	18 days absence	27 days absence	36 days absence
100%	95%	94%	90%	85%	80%
Very Good		Worrying		Serious Concern	
Best chance of success. Gets your child off to a flying start.		Less chance of success. Makes it harder for your child to make progress.		Your child will find it very difficult to make progress	

## Andrew Bramley Citizenship Awards

Week 5 Assembly

- Year 1 - Khaleesi
- Year 2 - Josephine
- Year 3 - Hunter
- Year 4 - Elle
- Year 5 - Oliver
- Year 6 - Maegan





# Year 6 Cottesloe Beach Swimming Lessons

During Week 3 the year 6 students enjoyed their time at Cottesloe beach. We are fortunate to continue the CVPS tradition of completing our beach swimming lessons here in our final year of primary school. The students loved the experience! It is something all the younger students look forward to in year 6. How lucky are they?



## Buddies!

In Week 2 our Pre Primary students from B5 and B6 had fun meeting their buddies from M2 and D4 in the Library!



## Contact Us

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**Office Hours:** 8:00 am to 3:30 pm