



# BRAMFIELD PARK POST



## From the Principal's Desk



Dear families,  
Week four already and this term is flying by! While it has been a difficult year, the end of the 2020 school year is coming very fast.

### School Events

A lot of planning is underway for the many school events coming up this term. Please ensure you read newsletters, check the term planner, follow us on Facebook and are linked to the Flexischools app to ensure you have up to date information. As part of the many events planned, students must maintain their good standing to ensure they are able to attend school events. Students making poor behaviour choices resulting in suspension, or being referred to the Office in line with their classroom expectations will lose good standing and be unable to attend any events in that time period. Students can earn good standing back after a period of time, as negotiated between the Principal and classroom teacher, or with a reduction in the number of Office referrals. Upcoming events include Interschool Athletics Carnival, Rooms 11 and 12 Scitech, Years 3 - 6 Barking Gecko Theatre Performance, Year 5/6 Soccer Carnival, Gold Card Excursion, Year 6 Excursion and the Big

Day of Fun where we are planning to take the students to the movies on the last day of term. Please keep an eye out for the permission slips and ensure prompt return of forms with payment, as required. Information regarding Swimming Lessons in Week 8 will also be coming home soon. We are just finalising lesson times and transport arrangements.

### Enrolments 2021

We are currently in the midst of planning for 2021 and would like to ask any families who will be leaving Bramfield Park PS next year, to please let the Office know, as soon as possible. Year 6 students' enrolment for high school should be finalised and current Kindy students need to have completed an Application for Enrolment into Pre-primary. We are awaiting confirmation of the allocation of additional transportable classrooms to create an additional Kindy group and an additional primary classroom. Staff will begin working on class structures and class lists over the coming weeks; however, the many unknowns will result in lists being finalised for the beginning of next year.

### School Development Day – next Monday

A reminder that next Monday 9<sup>th</sup> November is a School Development Day and **students do not attend**. Staff will be looking at the Department of Education's communication

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Connect, as we look to implement this for parent communication in 2021. A review of all curriculum areas and programs for 2020 will be undertaken and planning will begin for 2021. The school requires a new Business Plan and decisions about the operation of the school moving forward will be discussed.

### Interschool Athletics

This Thursday our Interschool team will be going to the A Division Interschool Athletics Carnival. I would like to wish the team luck and I am sure they will compete with good sportsmanship and pride for our team. Thank you to Mr Huston for running training sessions over the past few weeks; I am sure the teams are ready to do their very best!

### Outdoor Classroom Day

Outdoor Classroom Day is a global movement to inspire and celebrate outdoor play and learning, at home and at school. On Outdoor Classroom Day teachers celebrate with some activities outdoors with their class.

Outdoor Classroom Day is tomorrow, 5 November 2020 and the theme will be **Love the Outdoors!**

Children are spending less time outdoors than ever before and this is affecting their health, wellbeing and love of the natural world. Time outdoors – on Outdoor Classroom Day, and every day – will make children happier and healthier, as well as helping them form habits that will stick with them for life. They will have a love of the natural world and will take action to protect it.

**Thought of the week:** “Opportunities are usually disguised as hard work, so most people don’t recognize them.” Ann Landers

### Mr Huston’s Sports Shorts

Hello everyone! Our last major sporting event of the year is just about here.... With the Interschool Athletics Carnival to be held on Thursday 5th November at Langley Athletic Reserve.

Because of our recent success in “B” Division we have now moved up to “A” Division to compete with larger schools.

Pleasingly, we are participating above our level, and I am confident Bramfield Park will put in a good performance once again this year.

Since our school athletics carnival, the Interschool team has been training hard in leader ball, flag relay and the individual and team athletic events.

I am sure that all the hard work will pay off and it will be an exciting day. I hope to see lots of parents there to support our school. Events usually start a bit past 9:00am and conclude about 2pm. I will give any update as to our results in the next newsletter.

Students: don’t forget that our last Beep test will be occurring in the next couple of weeks, usually in Week 6.

Thank you!



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### Coming Up

5 November	Breakfast Club Outdoor Classroom Day Interschool Athletics
6 November	Breakfast Club Frozen Friday \$1
9 November	Staff Development Day
10 November	NAIDOC Week Year 5/6 Dance
11 November	School Banking Playgroup Kindy Info Night 5-6pm 3 y.o Kindy 1-2:30pm

### Reminders from the Front Office

- \* Disco tonight
- \* Tomorrow is Outdoor Classroom Day
- \* Friday is Interschool Athletics. Students will leave school at 8:50am and will return to school at 2:45pm.
- \* 2021 Booklists have been sent home. Please check your child's bag
- \* Next week is NAIDOC week at Bramfield Park Primary School
- \* Permission slips have been sent home to students from Years 3—6 for a visit to the Barking Gecko Theatre. Please return them as soon as possible.
- \* Did you know that you can SMS the school if your child is going to be absent? Just send an SMS to 0438 937 335. Alternatively, you can call the front office.





**GOS TALKS**  
**Free**  
**Parenting**  
**Event**

# PARENTING OUR KIDS WITH ADHD

**Strategies to help them thrive presented by Lou Brown.**

Parenting a child with ADHD can be challenging but it can also be a rich and rewarding experience, especially if we learn to pro-actively parent our children from an ADHD perspective using a compassionate and empowering approach.

This workshop is designed to help you really understand ADHD and the many ways it manifests in your child's life, both in their unique gifts and their individual challenges.

**Wednesday 25 November | 10.00AM to 2.00PM**

**Don Russell Performing Arts Centre**

**Lot 13 Murdoch Road**

**Thornlie**

**To register:**



**P | 9251 5777**

**E | [parenting@communicare.org.au](mailto:parenting@communicare.org.au)**

**B | [parentingkidswithadhd.eventbrite.com.au](https://parentingkidswithadhd.eventbrite.com.au)**





"I feel so blessed to have attended this workshop very soon after my son's diagnosis. I feel way more empowered to harness his strengths and to guide and help him thrive." - Clare Griffith, Sydney.

# ABOUT THE PRESENTER

Lou Brown is an ADHD Coach, Consultant & Advocate, a non-practicing Registered Nurse, and a Master of Philosophy (Nursing & Midwifery) student. She is also the author of ADHD in Primary School: a comprehensive guide to understanding and supporting students with ADHD in the classroom and the blog Thriving with ADHD. Prior to becoming a coach, Lou worked as a Registered Nurse for over 17 years and held several senior nursing positions. She left nursing when she and her son were diagnosed with ADHD and set about on a new career path determined to make a difference in the lives of those with ADHD. As an ICF accredited ADHD Coach, Lou works one-on-one with parents of children who have ADHD.

As a tireless ADHD advocate, Lou frequently collaborates with ADHD Australia, Parents for ADHD Advocacy Australia and the ADHD Foundation Australia and has appeared in multiple television interviews and online and print publications, sharing her lived experience with the aim of fostering understanding and awareness around ADHD.



" Lou exceeds expectations in her ADHD parenting workshop. She is honest and open with her own personal journey, is straight talking but with the empathy and compassion of someone who truly understands parenting a child with ADHD, as well as has lived experience. Lou is extremely knowledgeable, her sessions are full of valuable information, and they are interactive and collaborative. It is clear that she loves what's she's doing as her energy is infectious. There was laughter and tears on the day and you certainly leave feeling full of hope, confident you can deal with any challenges and be a positive parent and strong advocate for your child." - Lydia Roberts, Perth.