



NEXUS ISSUE 14

17TH AUGUST 2026

Week
5

ACKNOWLEDGEMENT OF COUNTRY We would like to acknowledge the Traditional Owners of the Land on which we meet today, the Marradungup Land of the Whadjuk people of the Noongar Nation. We would also like to pay our respect to the Elders of this Land, past, present and emerging.

[CALENDAR](#)

[TERM DATES](#)

[WEBSITE](#)

[EMAIL US](#)

A MESSAGE FROM OUR PRINCIPAL

As we move into the busiest part of our busiest term, the calendar at Attadale Primary School is certainly full. With our Athletics Carnival and Open Night just around the corner, alongside a wide range of excursions, incursions, performances and learning opportunities, Term 3 continues to provide students with rich and memorable experiences both inside and outside the classroom. We know that this time of year can feel busy for families as well, and we thank everyone for their ongoing support and involvement in the many events that make our school community so vibrant.

A key focus for us during this period is ensuring that students not only achieve success academically, but also develop the wellbeing skills and resilience needed to thrive. I encourage all parents and carers to attend one of our upcoming Resilience Project Parent Information Sessions in the Library on Wednesday 19 August. The first session will be held at 9:00am immediately after school drop off, with a second session at 6:30pm that evening. For those unable to attend in person, an online access link will be distributed later this week. The Resilience Project forms an important part of Attadale Primary School's Multi-Tiered System of Support (MTSS), which underpins how we support every student to learn, engage and flourish. Our approach is built on three interconnected pillars: wellbeing, engagement and learning. Together, these pillars provide a framework for supporting students across all aspects of school life.

At the foundation of the model are our Tier 1 universal practices. These are the high-quality programs, teaching approaches and behaviour supports provided to every student, and are designed to meet the needs of approximately 80% of children. The Resilience Project sits within this universal layer, providing all students with proactive wellbeing strategies focused on gratitude, empathy, emotional literacy, mindfulness and positive relationships. Alongside effective teaching practices and clear behaviour and engagement systems, these supports help establish the strong foundations that allow students to succeed.

Some students require additional assistance beyond what is provided universally. Tier 2 targeted supports are designed for around 10-15% of students and may include small group interventions, additional wellbeing programs, learning adjustments or more frequent monitoring to address specific needs.

A smaller number of students, approximately 1-5%, require Tier 3 intensive support. At this level, students receive individualised and coordinated interventions that may involve collaboration between families, teachers, school psychologists, external agencies and other specialists. These wrap-around supports are tailored to the unique circumstances of each student to ensure they can successfully access learning and participate fully in school life.

The strength of the MTSS approach is that it recognises student success depends on more than any single program. By combining strong wellbeing initiatives such as The Resilience Project with high-quality teaching and effective engagement and behaviour supports, we create a comprehensive system that meets students where they are and provides the right level of support when they need it.

We look forward to seeing many parents and carers at Wednesday's information sessions and working together to continue building resilient, capable and connected young people.

Chris John
Principal

OPEN NIGHT IN KINDY RED/BLUE

To keep a nice flow in the Kindy Red and Blue room on Open Night, September 9th, we have staggered the times as listed below. This will allow a more open space for families to visit the classroom.

Kindy Red - 5.30pm - 6.15pm

Kindy Blue - 6.15pm - 7.00pm

Kindy Green - 5.30pm - 7.00pm

PLANS FOR 2027

Term 3 is an important time for planning ahead. If your family is moving or your child will be attending a different school in 2027, we would appreciate being notified as soon as possible.

Early notification supports our planning for class placements, resource allocation, and staffing for the following year.

Please email attadale.ps@education.wa.edu.au to let us know.

Thank you for your assistance.



TERM THREE PLANNER

WEEK 5	17 August Kindy Red Freo Prison - Yr 4 Cuddly Animal Farm - PP	18 August Kindy Red/Green	19 August Kindy Blue/Green Resilience Workshop 9am & 6:30pm (online option) Yr 3 Constable Care	20 August Kindy Blue/Green	21 August Kindy Blue Yr 5 Kings Park Excursion
WEEK 6	24 August Kindy Red Book Week	25 August Kindy Red/Green Kindy Red/Green Parade 9am	26 August Kindy Red Book Fair	27 August Kindy Blue/Green Book week incursion P-Yr6 Book Fair	28 August Kindy Blue Book Week Costume Parade Book Fair
WEEK 7	31 August Kindy Red Athletics Jumps	1 September Kindy Red/Green	2 September Kindy Blue/Green Athletic Throws	3 September Kindy Blue/Green Crazy Sock day	4 September Kindy Blue Faction Athletics Carnival
WEEK 8	7 September Kindy Red Board Meeting	8 September Kindy Red/Green	9 September Kindy Red Open Night	10 September Kindy Blue/Green R U Ok? day	11 September Kindy Blue Yr 4/5 Rm 11 Assembly

UPCOMING EVENTS

Book Week -

Kindy Red and Green groups will parade in the Kindy playground at 9am on Tuesday 25th August.
Blue Group will join the school at 9am on Friday 28th August.

Sock Day -

Kindy Red will have their sock day on Tuesday 1st September
Kindy Blue and Green Groups on Thursday 3rd September



Kindy Mini Sports days - 2-3pm in the Kindy playground -

Red Group - Monday 14th September
Green Group - Tuesday 15th September
Blue Group - Thursday 17th September

Wellbeing Day -

Kindy Blue and Green will wear something they love on Wednesday 16th September
Kindy Red on Wednesday 23rd September

CONGRATULATIONS MALACHI



Congratulations Malachi for receiving the Indonesian Student Award from The Indonesian Consulate for his dedication, enthusiasm, and achievements in learning Bahasa Indonesia.

Ibu Dian



MATIFIC OLYMPIAD UPDATE

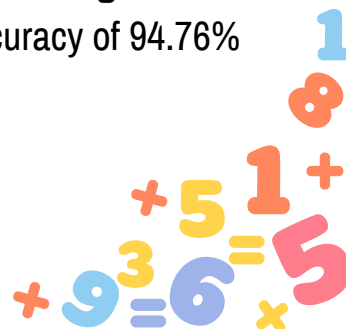
Attadale Primary School finished the 11th ranked school in the competition.

The class school leader board results were:

- In 3rd place was Mrs Wingfield's Year 2 class, earning 70.70% of their total possible stars
- In 2nd place was Ms Teede's Year 6 class, earning 82.52% of their total possible stars
- And in 1st place is Mr Wesley's Year 1 / 2 class earning 97.57% of their total possible stars

Top of the student leader board for the year group divisions winning a \$30 Westfield voucher:

- Pre- Primary -Yr 1: Oskar Urbanowicz - Room 3, with accuracy of 94.76%
- Yr 2-3: Johan Lee - Room 6, with accuracy of 96.05%
- Yr 4-5: Charli Russ - Room 12, with Accuracy of 97.54%
- Year 6: Beau Dix - Room 13, with accuracy of 99.83%



WELLBEING CORNER

THE WELLBEING CORNER

FORTNIGHTLY GEM CHAT

Gratitude



Gratitude involves recognising and expressing appreciation for the people, places and things in our lives. Practising gratitude allows us to pay attention to what we have, increasing feelings of happiness and leading to a more positive outlook on life.

Empathy



Empathy involves understanding others' feelings and perspectives and is practised through kindness, compassion and curiosity. Developing empathy fosters deeper connections, increases our likelihood of acting kindly, and helps us experience positive emotions.

Mindfulness



The practice of mindfulness is about an awareness of life as we are living it. It allows us to be responsive to our experiences rather than being reactive, and to live with greater balance, presence and connection.

Emotional Literacy



Emotional Literacy involves learning to identify and label our emotions, as well as developing emotional regulation skills. When we can accurately name our feelings and emotions, it reduces the impact of uncomfortable emotions and enhances the effect of positive ones.

GEM IN ACTION!

TRP AT HOME ACTIVITIES

Family Mindfulness habit builder:

Every night at dinner, ask everyone to take one mouthful of food more mindfully than the rest and think about the flavours they can taste and how it makes them feel. (They can also thank the chef!)

Family Gratitude habit builder:

Every night at dinner, have each person describe the favourite part of their day and explain why.

Family Emotional Literacy habit builder:

Every night at dinner, have each person describe a feeling they felt during the day and what made them feel like that. If negative, discuss what did or could have helped them turn their emotion around to positive.

Family Empathy habit builder:

Every night at dinner, have each person thank another family member for something they've done or said today, or give another family member a compliment.



Year 5 room 14 students enjoyed designing and constructing their own gratitude board game. This gave them the opportunity to develop and reflect on fun and skilful ways to embody gratitude practices.



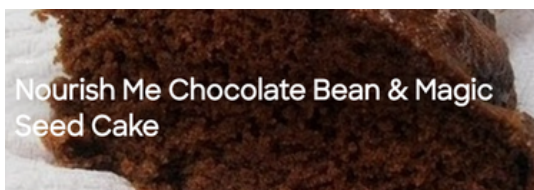
Students worked in pairs to design and craft their games and ideas. Showcasing both their team work and creativity.

THE GREEN SCENE

For over a term now we have been implementing Nude Food Tuesday, encouraging lunch boxes to come to school with no plastic wrappers. Our aim is to increase awareness and reduce the amount of waste at our school. Walking around at lunch times I have seen some amazing and creative food ideas. To help continue with this initiative we will be adding weekly recipe ideas to the newsletter. We hope you enjoy!

Our edible garden continues to flourish, and we sell fresh produce before assembly's outside the hall. Each week our newsletter will give you an update on what will be for sale each week.

Harrison - Minister for Environment



Nourish Me Chocolate Bean & Magic Seed Cake

Ingredients

- 1 can (400g) organic kidney beans
- 2 tbs magic seed mix (ground flaxseeds, sunflower seeds & chia seeds)
- 2 tbs desiccated coconut
- 40 grams organic raw cacao (not cocoa powder - spelt similarly but very different)
- 1 tsp baking powder
- 1/2 tsp bicarb
- 3 tbs water, coconut milk or almond milk
- 5 organic eggs
- 125 grams organic butter or organic coconut oil (solid)
- 120 grams rapadura sugar (also called organic panela sugar from woolies)
- 1/4 tsp salt or veggie stock

Directions

1. Heat oven to 180 degrees celsius and line and grease cake tin
2. Drain and rinse kidney beans removing all liquid then place in food processor and blend until smooth
3. Add solid butter or coconut oil and blend again
4. Add all other ingredients and blend until smooth
5. Cook for 30 - 40 minutes until skewer comes out clean
6. Turn out to cool on a wire rack

Source: <https://123nourishme.com.au/blogs/get-nourished/nourish-me-chocolate-bean-magic-seed-cake>

Did you know...

THERE ARE MORE TREES ON EARTH THAN STARS IN THE MILKY WAY.

FRESH FROM THE EDIBLE GARDEN THIS WEEK

CABBAGE	\$2.00
LEMONS	4 FOR \$2.00
MANDARINS	4 FOR \$2.00
BUNCH HERBS	\$1.00
PUMPKIN	\$2.00
WORM JUICE	\$4.00

AVAILABLE BEFORE ASSEMBLY OUTSIDE THE HALL



BOOK Fair

2026

WEDNESDAY 26TH TO FRIDAY 28TH AUGUST

OPEN TIMES

Before School: 8am to 8:45am

Recess

Lunch

After School: 3:15pm to 4pm

IN THE LIBRARY

WHAT IS BOOK FAIR?

Book Fair happens once per year. A compact mobile bookshop is delivered to the school library. Children, parents, teachers and community members can then purchase quality books at reasonable prices, while earning rewards for our school. Book Fair gives all those who are purchasing books the opportunity to touch, and connect with the books they want to read.



THIS WEEK'S Specials

Week 5: 17th August- 21st August 2026

Order via Spriggy School App 8:30am cut off or over the counter with CASH ONLY by 9am.

Wednesday

Attalicious Pizza - \$6.20

Perfect portions of pizza with your choice of toppings. All made with our Attalicious special sauce

Toppings -

- Margherita
- Ham & Cheese
- Hawaiian

Attalicious Pizza



Potato and Leek Soup - \$5.00

Canteen made Leek and Potato Soup. Creamy and delicious. Contains dairy.

Potato and Leek Soup



Garlic Bread options available

Friday

Beef and Bean Nachos - \$6.20

Crunchy corn tortilla chips topped with Mexican-inspired beef and bean mix, grated carrot & melted cheese.

Option to add sour cream, tomato salsa and avocado dip -

50c each

No cheese option available.

Vegetarian option available

Gluten Free

Beef Nachos



Sign up to Volunteer

Have any spare time this term?

We need volunteers each Wednesday and Friday to keep our canteen running.

Please call Canteen Manager **Adriana (0418 468 513)**

or sign up here: [Canteen Volunteers](#)

Attadale Primary School Faction Carnival

4 September

Hairspray & Zinc Stalls

Help your faction show their true colours by getting blue, white or green zinc and hairspray for a gold coin donation!

**Junior school - between the year 1
& PP classrooms**

Senior school - near the hall

*P&C Event hosted by the Attamums.
All funds raised will go towards
infrastructure, resources & programs
at the school.*





ATTADALE PRIMARY SCHOOL

FACTION CARNIVAL BAKE SALE

FRIDAY 4TH SEPTEMBER

CALLING FOR BAKED DONATIONS!

DONATIONS NEEDED:

BROWNIES, CAKES, COOKIES, MINI PIES, DONUTS, SLICES,
PASTREIES, SAVOURY ITEMS AND MORE.

ALLERGIES & LABELLING

ALL ITEMS MUST NE NUT FREE! WE WELCOME GLUTEN FREE /
DAIRY FREE ITEMS. PLEASE LABEL INGREDIENTS

DELIVER

DONATIONS CAN ONLY BE DROPPED OFF AT THE CANTEEN ON
THURSDAY 3RD SEPTEMBER BETWEEN 3.00PM - 3.30PM OR THE
MORNING OF THE EVENT AT THE BAKE SALE STALL.

NO TIME TO BAKE?

DONATE CASH INSTEAD VIA SPRIGGY! WE'LL USE DONATED
FUNDS TO PURCHASE ADDITIONAL GOODS FOR THE STALL.

**ALL PROCEEDS WILL GO TO SUPPORT P&C INITIATIVES.
WE WILL BE ACCEPTING CASH AND CARD.**

Canteen Volunteer Roster

Term 3, 2026

Week	Year Group	Canteen Dates
1	PP	22 & 24 July
2	Year 1	29 & 31 July
3	Year 2	5 & 7 August
4	All-in	12 & 14 August
5	Year 3	19 & 21 August
6	Year 4	26 & 28 August
7	All-in	2 & 4 September
8	Year 5	9 & 11 September
9	Year 6	16 & 18 September
10	All-in	23 & 25 September

WIN a reserved APS Car Bay!

Volunteer for a shift in the canteen this term and you'll be in the raffle for a personal parking bay reserved for one term.

The more you volunteer, the more chance you have!

Sign up here: <https://signup.com/go/hpniidb>

