

AVONVALE EDUCATION SUPPORT CENTRE

Inspiring Dreams, Celebrating Success

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A Message From the Principal



Dear parents, carers and community members

Welcome to the colder weather everyone. Today was the first day we are really feeling the cold here at school. So just a friendly reminder to make sure you send some warmer clothes with your children. With the weather getting cooler, please remember to name all jumpers and jackets with your child's room number and name or initials. Also, we are seeing an increase in students and staff coming down with colds and flus. If your child shows **any** symptoms, please keep them home. Sending sick children to school impacts on everyone including staff and other students.

Contacting the school

When contacting the school by email our email address is Avonvale.esc@education.wa.edu.au. All emails should be sent to this email address not individual staff email addresses. Thank you.

Staff Development Day—NO STUDENTS

On Monday, the 17th June school will be closed to students. Staff will be undertaking Professional Learning on the Hanon Program which will be delivered by the North East Metro Language Development Team.

The Premier's Reading Challenge

The Premier's Reading Challenge is a literacy engagement program established in 2022 to: encourage students to read more books, enjoy reading and improve literacy levels.

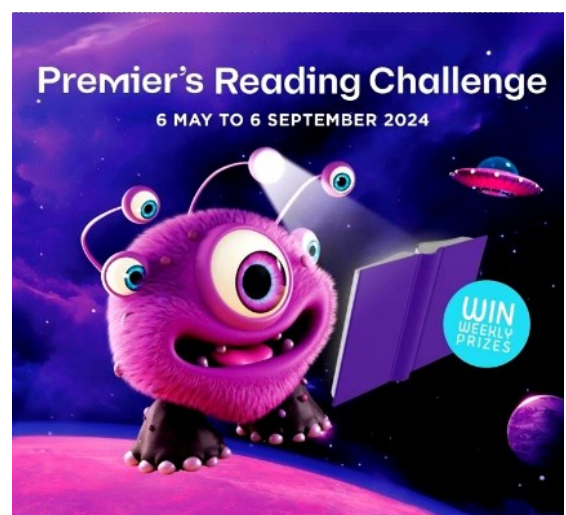
The mission is for students in kindergarten to Year 10 to read 12 books over 4 months; from 6 May to 6 September. That's right—just 12, students can read: books, short stories, graphic novels, eBooks, talking books, audio books, poems, anything that sparks their interest and gets them reading.

At the end of the challenge, students who complete it will receive a special certificate signed by the Premier. They can hang it proudly on their bedroom wall; it's like winning a gold medal in reading!

How to register:

Create an account by selecting the 'Sign up' option.

<https://www.premiersreadingchallenge.wa.edu.au/>



Message from the Principal continues over page

National Simultaneous Story Time

National Simultaneous Storytime (NSS) is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. Now in its 24th successful year, it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy, using an Australian children's book that explores age-appropriate themes, and addresses key learning areas of the National Curriculum for Foundation to Year 6. This year, NSS takes place on Wednesday 22 May 2024 at 12:00pm and we would love it if you could join us! Everyone can join NSS, it doesn't matter whether you are at home, a school, a public library or even a university library! Register below to participate - it's free!



Interschool Winter Sports Carnival

Congratulations to our wonderful primary soccer team that participated in the Interschool Winter Carnival. We were all very proud of the huge effort you put into training and working together as a team. Thank you to Ms McDonald for organizing the team and training them. Thank you also to Ms C for acting as assistant coach! The students loved playing soccer and it was wonderful to see so many parents attending to support the AESC team. Thank you to Mr Donaldson, the Principal at Northam Primary for inviting us to join in. Thank you to our gardener, Mr Ford for driving our bus to transport the students. Please see photos below.

Something is Coming

Watch this space for some exciting news about an upcoming visit by the Eagles football team members next week on Tuesday, 28th May.

Contacting Parents

With school reports due to be sent home at the end of the term, it is time to remind all parents/carers that it is essential that the school has up-to-date contact information; not just phone numbers of yourself and other emergency contacts but mailing addresses as well. Thank you

Kind regards


Michelle O'Brien

Principal

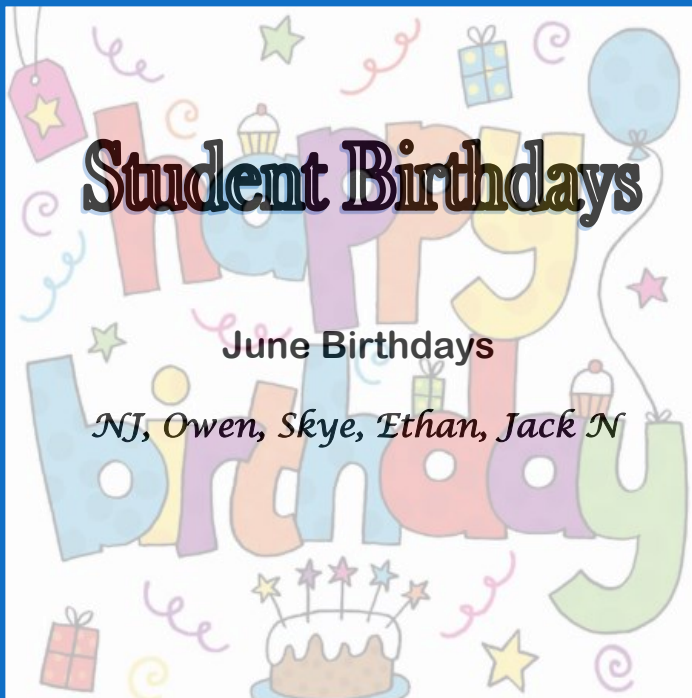


School Diary

Wednesday 22 May	National Simultaneous Storytime
Thursday 23 May	School Council
Friday 24 May	Walk to School Day
Monday 27 May—Monday 3 June	Reconciliation Week
Tuesday 28 May	West Coast Eagle Visit
Monday 3 June	Western Australia Day - NO STUDENTS
Friday 14 June	Zero to Hero Day
Monday 17 June	Staff Development Day—NO STUDENTS
Monday 24 June	Reports to Parents
Friday 28 June	Last Day Term 2
Monday 15 July	Students Term 3



Did you know:
Being half an hour (30 minutes) late to school each day from Year 1 to Year 10 is equivalent to missing one year and one-and-a-half terms of schooling.



Student Birthdays

June Birthdays
NJ, Owen, Skye, Ethan, Jack N

Walk to School Day 2024

May celebrates National 'Walk Safely to School' Day. To enhance our Health program topics of 'Pedestrian Safety' and 'Road Safety', staff and students will walk one block around the Primary Campus.

We will do this on Friday 24th May, 2024.

Please see note that has come home today for more details.





Government of Western Australia
Child and Adolescent Health Service
WA Country Health Service

colour blindness



Children who are colour blind can see as clearly as other people, but can't tell the difference between some colours or see colours differently from other people.

Very few people who are colour blind are 'blind' to all colours – most often they see red and green as very similar.

It's good to know if a child is colour blind because he may have difficulty at school with activities that use colours, such as drawing and sorting blocks, and with computers.

When do children know colours?

- Very young children can see the difference between colours if they are not colour blind. They do not see colours very well at first but soon begin to like colours, especially bright colours.
- However, children under about 4 years may not understand that a green ball is the same colour as green grass. They can be confused when we use the same describing word for 2 very different things.
- Children need more understanding of things like colours, shapes and sizes to 'see' that different things can be the same colour.
- Many children are able to recognise and name colours by the time they are 4 years old.

What is colour blindness?

In the retina at the back of the eye – the part of the eye that picks up light coming in – there are 2 types of cell, 'rod cells' and 'cone cells'.

- Rod cells work in low light but they do not 'see' colours. At night, our rod cells allow us to see things around us, but only in shades of grey and white.
- Cone cells react to daylight and they help us to see the detail in objects. They also pick up colours.

There are 3 types of cone cells: ones that pick up red light, others green and others blue.

- By combining the messages from each set of cone cells, we get the wide range of colours that we can normally see.
- If one or more of these types of cone cells is faulty, a person can be colour blind.

Some foods, particularly green vegetables, can look repulsive to colour blind children.



How do I know if my child is colour blind?

It can be hard to tell if children are colour blind as they won't know that they have problems with their colour vision. Some children will seem to know their colours because they've been taught that a strawberry is red and that grass is green.

If your child seems to have trouble identifying colours after the age of four, such as sorting objects by colour or colouring in, talk to your doctor or community health nurse.

Who is colour blind?

Colour blindness is usually inherited. If you have inherited colour blindness, it won't get any better or worse.

Most people inherit colour blindness from their mother, who is a carrier but is probably not colour blind.

Around 8 in every 100 boys, but only 4 in every 1,000 girls, have some level of colour blindness.

Why is it a problem?

- Many daily activities, such as choosing food or reading involve colour. People who can't see the difference in colour have to rely on other differences, which may be harder to pick.
- In the classroom, teachers use colour for contrast, sorting, marking, and even to provide an attractive environment. A young child with colour vision problems might have to sort coloured coded blocks by size differences alone.
- Colours are often used in print and on computer screens to highlight important words. The only way some children may know that the words are important is if the shade is slightly lighter or darker.
- It can be hard to tell if fruit is ripe, meat is properly cooked, or if the sauce is tomato or chocolate. Some foods, particularly green vegetables, can look repulsive to colour blind children.
- Pedestrians and drivers may only be able to tell red and green traffic lights apart by their position (red above green). In normal daylight this may be easy, but can be very difficult on a dark, wet night.
- There are some jobs that are hard or unsafe for people with colour blindness, such as where wiring or warning lights are colour coded.

What you can do

- Test all the boys in your family if there is a history of colour blindness. This testing is easier to do once your child starts to know numbers (around the time that he starts school).
- If people on both sides of the family have colour vision problems, also test all the girls.
- Ophthalmologists (eye specialists) and optometrists (opticians) can test for colour vision. Some school health services and some doctors can also test children's colour vision.
- After a colour vision problem is found, your child may need more tests to tell exactly what the problem is.
- There are online sites where you can check for colour blindness, but it is best to get your child checked by a health professional.



Helping children who are colour blind

- It usually helps children to know why they are having problems when others are able to do something easily. They may believe that they are 'stupid', when their eyes just work differently to others. Talk to your child about being colour blind, how to explain it to others, and keep supporting him at school and at home.
- Tell the school – if teachers know your child is colour blind, they can choose ways of teaching and learning that do not need him to pick colour differences.
- When your child is old enough to read, label coloured pencils and other objects so that he can choose the 'right' one. Ask his teacher to do this in the classroom too. This can help your child avoid being embarrassed or teased.
- Check out support groups and websites for colour-blind children and their families – see below.

For more information contact

- Local school health nurse
- Local family doctor or optometrist
- Colour Blind Awareness and Support Group
members.optusnet.com.au/~doverton
- Raising Children Network
www.raisingchildren.net.au
- HealthyWA
www.healthywa.wa.gov.au

