19 October 2021 **Newsletter issue: 15** 

### **UNIFORM ORDERS NOW AVAILABLE ONLINE**

Web: Nellgray.com.au

PH: 9270 4663

#### CHALK DUST CHATTER



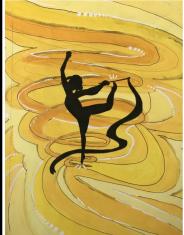
Phone 9757 8500 Margaretriver.ps@education.wa.edu.au

Fax 9757 8526 www.mriverps.wa.edu.au















If you have been into the front office lately you would have seen theses fabulous Olympic inspired art works created by our Year 6 students. Starting with simplified figures in the style of Olympic Pictograms, they then painted backgrounds to give the effect of motion. The students mixed tints and shades and used analogous colours to create these beautiful artworks.

Our year 3 students also just completed these clay pieces that link to their inquiry of space. They made stars and moons and a bit of love to add to our universe. This week we will practise plaiting to hang these gorgeous clay pieces. That will be displayed at



< < < the Margaret River Ag Show.

#### **Swimming Carnival**

Thank you to everybody who was able to come along and help out, or cheer for students at our Year 4 and 6 swimming carnivals today. The Year 5 students are next up tomorrow. We love our swimming Carnival so much because it showcases the warrior spirit within. Students really push themselves to make the distances across a variety of events and it's a great opportunity for personal growth.

#### **Parking Upgrades**

Parking facilities along Georgette St and Forrest Rd will be upgraded during the summer holiday break to increase the number of bays for use by parents. Thank you to everybody who has provided feedback about parking facilities via the annual parent survey. This information has been used to make a case for the need for more parking facilities.

#### **Parent Survey**

This week you will be sent a link to our online parent survey. It only takes a few minutes to complete and it helps us set the strategic direction of the school and advocate for the needs of our school community. We appreciate you taking the time to complete the survey this year.

Aaron Thomas, Principal

Merit Certificates					
Room 6	Abigail Bailey	Room 18	Harry Cahill		
Room 7	Myla Daniel	Room 22	Mavis Watts		
Room 7	Jack Wilson	Room 22	Kalani Brown		
Room 9	Isabelle Browne	Room 22	Rawand Amedi		
Room 9	Gracie Grady	Room 23	Jim Franklin		
Room 9	Lola Taylor	Room 23	Olive Hitchcock		
Room 14	Zoe Ralston				
Room 14	Summer Chase	Factio	n Point Certificates		
Room 14	Azden Wishart		<b>Bronze</b>		
Room 15	Bella Williams		Kynan Taylor		
Room 15	Ethan Jackson		Alex Mitchell		
Room 15	Evelyn Tost		Violet Fox		
Room 16	Penelope Bruce	Pag Pag	o A Lula		
Room 16	Tate Gough	Bee Bop Aw			
Room 17	Jahli Sonter	Room			
Room 17	Willoh Robertson	Year 2			
Room 18	Flynn Roberts		A. M		



With Summer just around the corner (hopefully), our canteen has their delicious fruit smoothies back on the menu.

Made up of a fruit of the day, yoghurt, milk and honey, they are sure to be a popular option.

An additional bonus is the BioCup used to serve both the smoothie and the fruit salad can go in the compost.





# Fairy Tale Fun

Students in Kindy classes 3 & 4 have been investigating fairy tales, which has led to lots of creative castle box constructions, a princess palace small world play area and some interesting versions of fairy tales, played out in our puppet theatre. The students planted beans and are hoping they have enough magic to grow all the way up to the giant's castle in the clouds.



# MUSIC NEWS



What a fun and exciting term we have ahead with lots of things happening!

#### **AG SHOW PERFORMANCE**

Our Dreamcatchers Choir, School Bands and Bella Melodias are all performing at the Margaret River Ag Show this year on Saturday 6<sup>th</sup> November. Notes were sent home last week with students.

PLEASE NOTE: The following performance times are an outline only

1.00 pm	Boodji Beats		area please. For safety
12.50 pm	Yeeaahh Bood!	2.00 pm	All students are to be p
ON STAGE	ALL BANDS	1.50 pm	River Rascals
12:40 pm	Bella Melodias	1.40 pm	Deli Crackers
12.30 pm	MRPS CHOIR (Dreamcatchers)	1.30 pm	Montessori Rock Band

area please. For safety reasons NO student will be able to leave the stage area without a parent

be picked up from the stage

or guardian to collect them.

#### **CHOIR NEWS**

1.10 pm

1.20 pm

Notes went home for the MRPS Choir about their performances this Term. Apologies the Choir Camp had incorrect dates, a follow up email was sent with the correct information. Students will attend the camp in Busselton on 11<sup>th</sup> November – 12<sup>th</sup> November. More information will be sent out closer to the date.

#### CAROLS IN THE PARK—FRIDAY 10TH DECEMBER

Montessori Acoustic Band

Crazy Crackers Christmas Choir (MRPS CCCC)

Loose Gravel

This is when all students in the school are invited to join in with the Dreamcatchers to sing at Carols in the Park. Rehearsals will commence week 6 in the Music Room at lunch time - students bring their lunch. (More details to follow)

#### **IMSS SELECTION FOR 2022**

The selection process is progressing on time. Nearly all Year 4's have completed the MAI (Musical Aptitude Indicator) to assess Pitch Rhythm and Tunes. Further Assessments will continue over the next few weeks of term and once these are completed an Expression of Interest Letter will be sent home.

Nk	Monday	chools should be contacted din	Wednesday	Thursday	Friday	Sat	ur !
•	monday	Tucsuay	Treamesday	Indisday	Tilday	out	ľ
1	11 Oct	12	13	14	15	16	Ī
	Students resume				Sporting Options		ľ
					YR 3 Red Cross		
2	18 Oct	19	20	21	Incursion 22	23	+
2	Junior Assembly	Faction Swimming	Faction Swimming		Sporting Options		l
		Carnival YR 4 @12.10-3.10pm	Carnival YR 5 @ 9.10-				l
		YR 6 @ 9.10-12.30pm	12.30pm				
_	25 Oct	26	27	28	29	30	+
3	Senior Assembly	20	YR 6 & Rm 10 Civics	20	Sporting Options	00	l
			Incursion				l
	Graduation Photos						
1	1 Nov	2 VD 4 Adopt a Spot	3 School Board	4	5 Spection Options	6 Choir Band	T
		YR 4 Adopt-a-Spot	meeting 5pm		Sporting Options	Bellas	
			meeting opin			@MRShow	
_	8 Nov	9	10	11	12	13	+
5	Combined	Graduation Photos for		Dreamcatchers	Junior Faction		l
	Assembly	IMMS & Choir		Camp @	Carnival		l
				Busselton —	<b></b>		
6	15 Nov	16	17	18	19	20	Γ
					Junior Faction Carnival RESERVE		l
					DAY		
7	22 Nov	23	24	25	26	27	ł
	YR 6 Camp ——			-	YR 6 Go Kart Day		l
	Junior Assembly	IMSS Parent meeting	YR 3 Bioblitz				l
		5-6pm					
8	29 Nov	30	1 Dec	2	3	4	Γ
	Senior Assembly		School Board meeting 5pm		Volunteer Morning Tea		l
			meeting opin		100		
9	6 Dec	7	8	9	10	11	t
•	YR 4/5 Award	Kindy concert	YR 1 Awards	YR 2/3 Award	YR 6 Graduation		l
	Ceremony			ceremony	Award Ceremony		
				Kindy Concert	Carols in the Park		
10	13 Dec Combined	14	15	16 Students lest des	17	18	I
	Assembly	Pre-Primary concert	Reports home	Students last day	Teachers last day		l
	,				School Down Born		١
_	20 Dec	21	22	23	Development Day 24	25	+
Н						Xmas Day	l
Н	27 Dec	28	29	30	31	1 Jan	T
	Xmas Day public holiday	Boxing Day public holiday				New Year's Day	
		onday					

#### **Student Health and Wellbeing**

MRPS Code of Conduct incorporates six core values:

Cooperation, Empathy, Enthusiasm, Flexibility, Honesty and Respect

#### **VALUE**

Flexibility - Easy to change or adapt.

At Margaret River Primary School, one of our core values is flexibility—the ability to adapt, change, and rise to new challenges set forth by learning experiences. At this school we help students to become flexible thinkers who are able to question existing thinking, adapt and creatively meet the demands of the future. Flexibility means being able to make changes like meeting new friends, not getting upset if there are changes or things don't go our way.

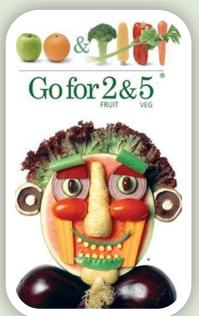
Remember that a tree that isn't flexible or won't bend is easily broken.



#### **SDERA**

This term there will be inspiring and interesting information and facts to promote you and your family's health and wellbeing. Research indicates that eating well and being active are critical to your health and wellbeing in both short and long term. It also has a significant impact on children's performance at school and mindset maturing. There also will be some tips and ideas to practise mindfulness in your lives.

The school day is busy filled with learning new concepts and material with lots of physical activity. Food is fuel for your children's bodies, so they can concentrate and absorb all information and instructions throughout the day. Healthy food provides your child with energy and nutrients to get them through the day. Healthy eating habits begin at home, play a role in supporting and ensuring your children the importance of making healthy food choices. Children should eat a wide range of foods so that they have the energy for learning and growing. An astounding low number of Australian children – only 1in 16 – meet the recommendations for vegetable intake.



Nutrition and physical activity messages are being taught in our classrooms to promote healthy lifestyles, you can help us by putting healthy foods in their lunch boxes. Some tips are to grate some vegetables like carrot, zucchini etc. into snacks and dinners. If stuck for ideas, you can visit our MRPS Kitchen Garden Facebook page, Terri and Jodi share pictures and information about what is happening in our garden and kitchen and healthy eating ideas. Terri is also putting an article in the Mail newspaper to guide and help you on what to plant and how to look after your garden. You can even google healthy lunch box ideas. Encourage your children to help in the garden and kitchen at home. Inspire each other looking through healthy recipes for their lunch boxes or afternoon snacks together, special bonding time.

The best way to try and avoid ill health physically and mentally is to eat a balanced diet, get plenty of sleep, stay fit and healthy and exercise regularly. Here's to eating 5 vegies and 2 fruit daily.

Thank you for playing a vital role in your child's health and wellbeing education.

For more information, visit: www.sdera.wa.edu.au

# Sporting Options are back....





Sporting Options for our Years 4–6 started again last week with something for everyone—including Tennis, Mountain biking, Skateboarding, Ninja, Bush walking, and Surfing.

Pictured are surfing students preparing for their first lesson immersed in our beautiful ocean landscape.

# **Margaret River Primary School 'Sporting Schools Program'**

Dear Parents/Caregivers,

Term 4, 2021 I will be holding Specialised Coaching sessions for Years 2 to 6 with the Sporting Schools Program. The program will be held on Monday afternoons from 3.20pm to 4pm and Friday lunch times. This will begin Week 1 Term 4 and continue throughout the Term.

The Sporting Schools Program is based on the enjoyment of being involved in and learning a variety of new skills that are adapted to a number of games and sports. This will range from Athletics skills to Team Sport's skills as well as a variety of fun games.

There are limited spaces in this program therefore positions will be filled on a first in basis. Please return the notes to the front office as soon as possible. The program will be organised and run by Mrs Mandy Sinclair. We will meet in undercover area. (Please provide your child with a snack for the afternoon session only). Students will need appropriate foot wear. Students please meet me in the undercover area. This Program is free.

Please indicate below if you would like your child involved in the Monday session (Friday's session does not need a return slip) and return to the *FRONT OFFICE* as soon as possible.

Please return the bottom half of this form only. You will only receive a response from me if the program is fully booked out. Otherwise, please assume that your child is attending.

<del></del>			$\longrightarrow$
My child	Year	Room	is interested in participating in
the Sporting Schools Program on:			

Monday pm 3.20pm to 4pm

If accepted into the program do you give your child permission to walk / ride home?

#### Please circle Yes or No

Please return the bottom half of this form only. You will only receive a response from me if the program is fully booked out. Otherwise, please assume that your child is attending.

PLEASE BE AWARE THAT YOU MUST PICK UP YOUR CHILD ON TIME (4pm) TO RETAIN THEIR POSITIONS.

#### MENTAL HEALTH TRAINING OPPORTUNITIES

St John of God, the Shire, Open the Gate and Margaret River Holiday Homes are very fortunate to partner together to bring you the following training opportunities, in Margaret River, in the coming three months. This is a rare opportunity.

Each session has a different focus. Two are for two full days, so please only register if you are able to attend for the full two days.

Spaces are limited so first to register will have a place.

#### Applied Suicide Intervention Training (ASIST) – 2 day course

Participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help. ASIST aims to enhance a caregiver's abilities to help a person at risk to avoid suicide.

Margaret River, **21 and 22 October 2021**, 9 am to 5 pm

https://www.eventbrite.com.au/e/livingworks-asist-margaret-river-tickets-168516526467

#### Mental Health First Aid Australia Training Course: Conversations About Suicide – 4 hours

This 4-hour training course is suitable for any interested adult. You will learn the skills and acquire the knowledge required to safely have a conversation with a suicidal person. You will learn how to identify warning signs for suicide, and how to confidently support a person in crisis.

Margaret River, 4 November 2021, 9 am to 1 pm

https://events.humanitix.com/conversations-about-suicide-margaret-river-november-

#### **Youth Mental Health First Aid Training – 2 day course**

The Youth MHFA course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis.

Margaret River, 29 and 30 November 2021

https://www.eventbrite.com.au/e/youth-mental-health-first-aid-margaret-river-tickets-169242826851

# Small changes, big differences.







# Helping your children learn to manage anxiety

Fear-Less Triple P seminar (for parents of children 7-14 years)

# The Power Of Positive Parenting

Fear-Less Triple P supports parents and helps them to DATE Thursday 28th October 2021 learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children.

TIME 9.10- 11.00 am

**VENUE T2 Margaret River Primary School** 

#### BOOKINGS AND INFORMATION

Please RSVP to Margaret River Primary School Administration by Monday 25th October 2021 Ph: 97578500

www.triplep-parenting.net





#### Busselton Margaret River Junior Cricket Association Cricket Blast



With programs to suit all ages, all abilities, mixed teams, and all girl's options, there are programs to suit everyone

#### Discover how cricket has changed to include

- Shorten game times
- Weeknight options
- Modified ground sizes
- Everyone gets to bat, bowl and field
- Play with your friends
- Being active and developing your skills

Visit www.play.cricket.com.au and search for your local club and discover the programs they offer.

#### Cowaramup Cricket Club

Dunsborough Cricket Club

#### **JUNIOR BLASTERS**

#### AGES 5-7 | 60 MINS | 6+ WEEKS

- Learn ball skills, including catching, throwing and teamwork, through fun game-based activities.
- · Sign up now for your Starter Kit.
- Kit with a ball, a backpack + one free add-on.

#### **MASTER BLASTERS**

#### AGES 7-10 | 90 MINS | 6+ WEEKS

- Everyone gets a chance to bat, bowl and field in short, modified games of cricket.
- For kids with basic cricket skills
- Sign up now for your Master Blasters Kit featuring a drink bottle and cap!

Georgiana Molloy Anglican School

Margaret River Cricket Club

St Mary's Cricket Club

Vasse Cricket Club

YOBS Cricket Club





## >>FREE EVENT T-SHIRT & FINISHER MEDAL FOR THE FIRST 400 ENTRANTS <<

Please note, this is NOT a race; it is purely participation based to get the kids involved in this inspiring event.

### **KIDS ADVENTURE CHALLENGE -EVENT DETAILS:**

What: 4km obstacle and adventure challenge that involves obstacle course type activities in a bush and farmland

#### environment

- When: Saturday 6 November 2021
- Where: Eagle Bay Brewery, Eagle Bay, WA
- Cost: \$38 entry includes event t-shirt (first 400 entrants only), finisher medal, race plate and fruit at the finish.
- **How:** We strongly encourage that you enter online at www.eaglebayepic.com.au (and guarantee a tshirt)

Please note, this is NOT a race; it is purely participation