

3rd November 2020
Newsletter issue: 15

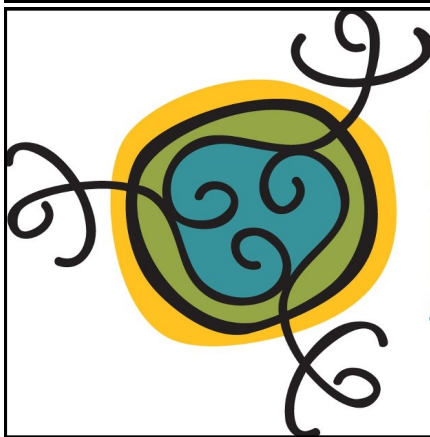
CHALK DUST CHATTER

Uniform Shop

Tuesday and Thursday

8.30– 11.15am

Phone 92704688



**Margaret
River** PRIMARY
SCHOOL
grow and achieve together

Phone 9757 8500

Margaretriver.ps@education.wa.edu.au

Fax 9757 8526

www.mriverps.wa.edu.au



Swimming Superstars

In an exciting finale to our School's swimming lesson program, students from Years 4 – 6 walked to the Recreation Centre to battle it out in the pool in this year's Swimming Carnivals.

On Tuesday 20 October the Year 4 event took place with Sun faction dominating the morning to take out first place. The race for second was very close with Ocean finishing ahead of Forest by the narrowest of

margins. Earth team gave it their best particularly with some of their relay teams and finished in fourth place.

The Senior Cell carnival was run over two days with the Year 5 and 6 events combining scores in hope of claiming the coveted Roseanne Podmore Senior Swimming Faction Shield.

Ocean finished with 310 points in fourth place and Sun came third with 367 points. A mere 34 points separated first and second place with Forest taking out the win with 528 points and Earth a valiant second with 494 points.

A huge thank you to our parent volunteers for helping out on both days and to our amazing swimming lesson teachers for preparing the students for the event and volunteering at the carnivals.

Year 4 Boys Champion	Jed Pettit	Year 5 Girls Champion	Ayla Jarrett
Year 4 Boys Runner up	Sullivan Thomas	Year 5 Girls Runner Up	Annie Barling
Year 4 Girls Champion	Maple Pateman	Year 5 Warrior Award	Aylani Sheedy-Ryan Bell
Year 4 Girls Runner Up	Zoe Clemson	Year 6 Boys Champion	Isaac Ahola
Year 4 Warrior Award	Emillie Bowden	Year 6 Boys Runner Up	Caspian Ensor
Year 5 Boys Champion	Ethan Ahola	Year 6 Girls Champion	Lottie Wood
Year 5 Boys Runner Up	Cassidy Barr and Thomas Edwards	Year 6 Girls Runner Up	Poppy Worrall
		Year 6 Warrior Award	Joe English

Forty eight of our students have once again been offered the opportunity of participating in surfing lessons with Josh Palmateer's Surf Academy. After having to cancel our planned sessions in Term 2 due to COVID-19 restrictions, we were very excited to offer the Off Site Sport option in Term 4. Students from Year 4, and T10 and T11, hit the beach after recess for a one hour session with Josh and his coaches, enjoying local surf spots between Boodjidup Beach and River Mouth, learning the skills of paddling into a wave and experiencing the exhilaration of riding the wave all the way to the shore. Students from T9, T12 and Year 6 wait eagerly for our return for their after lunch session, where Josh and his team take them through the same steps. To not only learn how to surf, but also how to be beach safe - identifying rips and banks, and the importance of always looking for your landmark. The sessions cater for all student abilities, from beginner to more experienced, and the option is a very popular choice each year.



Riding the waves

End of Year Concerts and Ceremonies

As we are still operating under Phase 4 of the State Government Roadmap to Recovery, there are restrictions on the number of adults that we can have inside buildings on school sites. We must maintain a ratio of one adult for every two square metres in any room at school. The limited capacity of our assembly area means that we will only be able to have one guest per student for Pre-Primary to Year 6 concerts and Graduation and two guests per student for the Kindergarten concert as this will be held in two separate groups. To ensure that we meet this standard, guests will be marked off against a student name when they are entering these events. We have decided not to hold these events outdoors to avoid inclement weather and to ensure that we have the best audio and visual facilities available to us. We apologise for the formal nature of this but it is important to us that we adhere to these restrictions to ensure the safety of our community. Thank you.

Junior Sports Carnival

As our sports carnival is held outdoors we don't have a restriction on the number of parents who can attend. We ask that normal social distancing protocols are adhered to on the day and we are looking forward to seeing lots of parents come along to join in the fun with our Pre-Primary - Year 2 students from 9.20am on Friday 13 November.

Year 6 Camp

We are excited for our Year 6 students who are now able to go ahead with their camp in a few weeks. The students will be challenging themselves at various locations and activities across the Capes Region and will be staying at St Mary's Camp in Metricup.

Aaron Thomas, Principal

A huge milestone in the school's garden occurred this week with the introduction 4 new members - 3 Silky baby chicks and their mother. Long term volunteer Jann Lane donated the brood to the school garden after hearing from Garden Specialist Terri Sharpe that students had been on the look-out for suitable Silkies for almost 2 years.

"Students asked me several years ago if we could keep Silkies with our 3 existing hens - all Isa Browns and all very used to having their space free from any competition", said Terri. "It's been tricky actually sourcing suitable Silky chickens but also negotiating the introduction of them with the safety of our new and existing members of paramount importance", she added. Being able to house the three youngsters with their mother, who will then be returned to Jann's home when the chicks are old enough to fend for themselves, presented a perfect opportunity to slowly introduce the new residents to the existing flock over several months. Students spent all day Thursday preparing a suitable area for the babies. Several of the more experienced student chicken-keepers in year 5 were involved in design and construction of the area, with factors such as shelter, cold, rain, food distribution, and ease of student access to the new area all factors that were taken into consideration. But by far the biggest issue was the very deadly threat of crows, that are known to take baby chickens if able to reach them. All of Mrs Clark's T12 students and Mrs Clark herself, worked together to secure a large net over the entire area, ensuring crows will not be able to reach the babies.

Come down and visit the garden next few months - they are easily chicken run just east of T5.

For all kitchen garden news roadside honesty stall sale days, @mrpskitchengarden. All kitchen accepting volunteers again (not carers from all years in the school program) so contact your child's we get up to in this innovative



to see these babies grow over the viewed from the school side of the

including early-bird notice of our follow us on Facebook and Insta garden sessions are now also just from year 4 and 5 - parents and are welcome to volunteer in the teacher and come on in to see what and creative program!

SILKY SUPERSTARS

Merit Certificates

Room 2 Tyler Weiss

Room 2 Leo Caley

Room 10 Joey Billing

Room 11 Amelia Otto

Room 11 Saxon

Singleton-Hooper

Room 12 Ashah Cronin

Room 12 Lewin Barnsley

Room T2 Imelda Ensor

Room T2

Room T2

Room T5

Room T5

Room T6

Room T6

Room T7

Room T7

Room T9

Room T9

Room T10

Ryder Moore

Skyler McGuinness

Molly Alison

Hayden Pearce

Hugh Campbell

Vida Guiss

Arki Smilovitis

Aarli Janssen

Tom Edwards

Charles Roberts

Casey King

Room T10

Room T11

Room T11

Room T12

Room T12

Kai Ensley

Cyrus Allen Newton

Aylani

Sheedy-Ryan Bell

Fearne Twyman

Joshua Christie

Bee Bop A Lula

Year 5—Room T10

Golden Broom Award

Senior—Room 11

For the love of reading

This year's Scholastic Book Fair was a fantastic success and coincided with Children's Book Week, enabling us to continue the celebration of our love of books. The fair proved to be a popular event once again, with many books selling out and buyers returning several times!

Library staff, Lee and Jenny, would like to thank parents, students, community members and MRPS staff for supporting the book fair.

The fabulous result of over \$5500 that was raised will go towards continuing to update the library and purchasing new books to support students' interests.



As part of Dyslexia Awareness Month, Ella and Evie Barnes created a Dyslexia awareness board in the School Library with support from Lee and the school.

Resources were supplied by DSF Literacy Services (The Dyslexia SPELD Foundation of WA) and they were inspired by Code REaD Dyslexia Network's #DoltRed October Dyslexia awareness campaign.

The library is working towards having a selection of 'dyslexia friendly' books with an identifiable sticker or code for students to easily access for reading enjoyment.

The board was created to generate a greater understanding of dyslexia.



Dyslexia Awareness

VACSWIM SWIMMING LESSONS

Enrolments are now open for VacSwim swimming lessons during the summer school holidays.

VacSwim in January offers fun lessons at beach or pool locations during the long break.

Not only are they a great school holiday activity, they teach valuable safety skills to help keep your child safe in the water.

Your children can start as young as five years old.

Don't wait! Enrol your children in VacSwim now at education.wa.edu.au/vacswim

Student Health and Wellbeing

MRPS Code of Conduct incorporates six core values:

Cooperation, Empathy, **Enthusiasm**, Flexibility, Honesty and Respect

VALUE—Enthusiasm

One of Margaret River Primary School Virtues is Enthusiasm.

Enthusiasm is when we have a strong liking for, or interest something.

We can display enthusiasm in our schoolwork by trying extra hard and

listening carefully to instructions when the teacher is talking to the class.

Enthusiasm is—putting your whole heart into what you do, treat every job

as important, have a can-do attitude and have fun and be enthusiastic.

Remember nothing great was ever achieved without enthusiasm.



SDERA

Sugar is a drug; do you realise how much sugar your family is consuming per day? Experts suggest that anything under 5 grams of sugar per 100 grams is okay. We all need to eat less sugar in general, the more sugar you

consume, the more your body wants it. Be aware of 'hidden sugars'. Excessive added sugar consumption is associated

with the development of the various diseases such as

metabolic syndrome, obesity, heart disease, Type 2 diabetes

and tooth decay. A moderate intake of refined sugar can be

an acceptable part of a healthy diet. Children eat about a

third of their food at school, think about what foods you are

putting in your children's lunch box. Children need nutritious

foods full of vitamins, minerals and dietary fibre to grow and

develop normally. Remember the daily food groups

everyone's bodies need to grow strong and be healthy: fruit

and vegetables – legumes/beans – grains – lean meats –

dairy.

Here are some points to remember:

- ⇒ Eat a healthy breakfast everyday
- ⇒ Eat a variety of vegetables and fruits (different colours)
- ⇒ Drink at least 8 glasses of water per day. Make sure your children have their drink bottles every day.
- ⇒ Juice boxes are full of sugar and not recommended as a daily drink.
- ⇒ Read labels on the food you buy for sugar.
- ⇒ Limit the amount of soft drinks and cordial
- ⇒ Limit takeaway foods

Did you know there are about 60 names for sugar on labels? Here are just some examples; Anhydrous Dextrose, Brown Sugar, Cane Crystals, Cane Sugar, Corn Sweetener, Corn Syrup, Corn Syrup Solids, Crystal Dextrose.

Eating a lot of sugar also means you may not be getting enough of other important nutrients that your body needs to operate.

It's now a great time of year to start growing some nutritional vegetables in your garden. What a great healthy fun family activity to do. When children help grow vegetables or fruit, they are more inclined to eat them and then more likely to make their own healthy choices as they get older. Time to try new foods and recipes. Here's to living a healthier life without too much sugar in our diets!



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

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

Music Count Us In Celebration

On the 5th November, our whole school will be participating in the Music Count Us In celebration where we join hundreds of schools across the country to sing a song simultaneously. This years song is called "YOU WON'T BRING US DOWN".

It draws on the themes of young people standing up for what they believe in, inspired by climate change and the recent bushfires. The students have been enthusiastically practicing this song for the last few weeks and it would be wonderful if the practice could continue at home. You can access the song through this link where you will find the music and the lyrics <https://m.youtube.com/watch?v=C2C-bGFMX5A>. The lyrics are also printed below.



This is our world for us to share
Don't pretend that we're not there
This is our time to sing our song
Don't tell us that we're always wrong

PRE CHORUS

Sometimes you just want to sing out
But it's hard to find the words
One voice may not seem to be strong
But together we can be heard!

CHORUS

Even though it can be hard to stand our ground
You won't bring us down
Crazy times we're living in
Heads are spinning round
It won't bring us down

REFRAIN

Na-na na na-na na na na
Na-na na na-na na na na

VERSE 2

This is our world
It's all we have
Stand up before it's all too late
We need to change
It can't wait

There's no time to hesitate

PRE CHORUS

Sometimes you just want to sing out
But it's hard to find the words

One voice may not seem to be strong
But together we can be heard!

CHORUS

Even though it can be hard to stand our ground
You won't bring us down
Crazy times we're living in
Heads are spinning round
It won't bring us down

REFRAIN

Na-na na na-na na na na
Na-na na na-na na na na
Na-na na na-na na na na
Na-na na na-na na na na

½ PRE CHORUS

One voice may not seem to be strong
But together we can be heard!

CHORUS

Even though it can be hard to stand our ground
You won't bring us down
Crazy times we're living in
Heads are spinning round
It won't bring us down

REFRAIN

Na-na na na-na na na na
Na-na na na-na na na na
Na-na na na-na na na na
Na-na na na-na na na na



FANTASTIC FUN RUN

Whilst it feels like a lot has happened between now and then, we needed to keep the Fun Run news a secret until we had the opportunity to present prizes to our students and announce the final grand total. This year's result was a staggering \$28956, what an amazing effort!

The format was a little different this year, and we added a number of obstacles into the event to add to the adventure and to challenge the runners.

The Kindy – Year 2 students raced around a course designed around our school and the Year 3 – 6 students walked to Gloucester Park to tackle a course spanning the Western and Nippers Oval.

With the sun shining and tunes cranking on the speaker it was a perfect day for running, jumping, diving and crawling through all the obstacles. To add to the fun after the run, we all met back at School for an afternoon fair full of weird and wonderful stalls.

Thank you to our parent volunteers at both events and to all the spectators cheering the runners on. Also a big thank you to our school community for your generosity and amazing fundraising efforts. The money raised from the Fun Run is going towards ICT equipment to benefit all of our students.

Congratulations to our Fundraiser Award recipients from each class and to this year's iPad raffle winner Ella Thompson.



Parents Stay Positive



Department of
Education

With Triple P—Positive Parenting Program



Our free two hour seminars can help you:

- ⇒ raise happy, confident children
- ⇒ manage children's behaviour so everyone enjoys life more
- ⇒ increase your child's resilience and confidence
- ⇒ balance work and family with less stress.

⇒

Seminars are for parents/carers of children from about two to eight years of age. Each two hour seminar includes a presentation, tip sheet, discussion and question time.

Seminar 1 — The Power of Positive Parenting Kindy to Year 3

Date 5th November
Time 9.15am –10.30am
Venue MRPS Room T4

Seminar 2 — Raising Confident Competent Children Kindy to Year 3

Date 3rd December
Time 9.15am –10.30am
Venue MRPS Room T4

RSVP : Please call the front office on 9757 8500 or complete and return the flyer sent home with your child

Gifted and Talented Program – Parent Information Night

Come along to the Parent Information Night on Wednesday the 25th November at Bunbury Senior High School to find out more about the program and the application process. Walk the halls where your child will study and hear more about the opportunities that await your child in the Bunbury Senior High School Gifted and Talented Program. You can find Specific information about the program on the Bunbury Senior High School website. Register for the information night here.

<https://www.trybooking.com/events/landing?eid=669853&>

