

8th March 2022
Newsletter issue: 3

CHALK DUST CHATTER

SCHOOL UNIFORMS

Click the link

Uniform Concepts

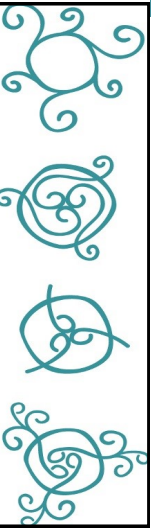
To order online before 12pm
Tuesday for free delivery to
school on Wednesday.

08 9270 4663

busselton@uc.nellgray.com.au



Margaret
River PRIMARY
SCHOOL
grow and achieve together



Phone 97578 500
Margaretriver.ps@education.wa.edu.au

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



Cooking Up New Skills

Our kitchen and garden classes are in full swing, with students embracing the opportunity to learn new skills dedicated to growing, harvesting, preparing and sharing.

Breakfast foods were on the menu this week in the kitchen with students getting the opportunity to test out some new delicious options they could implement at home to start their day in the best possible way.

This is what our SAKG kitchen specialist Jodi had to say—*“Another great start to the year with a few of our awesome “Chefs”!! Not only is their cooking really delicious, their teamwork is brilliant and....yes parents...they actually clean their benches & WASH, DRY & PUT AWAY ALL THE DISHES.”*



The Goal Posts Keep Moving

We have been sending you lots of information via email and SMS about changing COVID conditions and protocols. We understand that there has been a lot to process but it's important that we keep you up to date with all of the changes and new regulations. If you feel a little overwhelmed or you need to talk it through with somebody you are not alone! You can call us on 9757 8500 to talk about any of the COVID conditions or protocols and we are happy to go over any of the details with you.

Thanks for Keeping Us Up to Date

Thank you to families who have been calling early before school each day to share details about positive COVID tests and close contact tracing. This really helps us set up the day, communicate with staff and families and provide distance learning packs for students who are in quarantine.

Sports Carnival

Many events and programs that we would usually run have been modified to fit in with COVID safety regulations. We are currently planning to go ahead with our sports carnival on Friday 1 April but we may have to modify this too. We have a plan to rotate students through events in year groups to avoid cohort mixing and we are monitoring regulations in regards to spectators attending. As it stands at the moment only parents would be permitted to attend. As cases increase across the community we need to consider staffing levels and the number of parents that we would have on site. Any decisions that we make will be communicated clearly closer to the event.

Contact Details

If you change your phone number or email address can you please notify the school office on 9757 8500 as the SMS and email communications that are sent out are linked to the details that you provide at enrolment. We don't want you to miss out on any important information. Thank you.

Aaron Thomas, Principal

MRPS INFORMATION

Do you need to notify us of an absentee...

or find out what events are scheduled this term...

or read the newsletter or blog with the latest news about what has been happening at school?

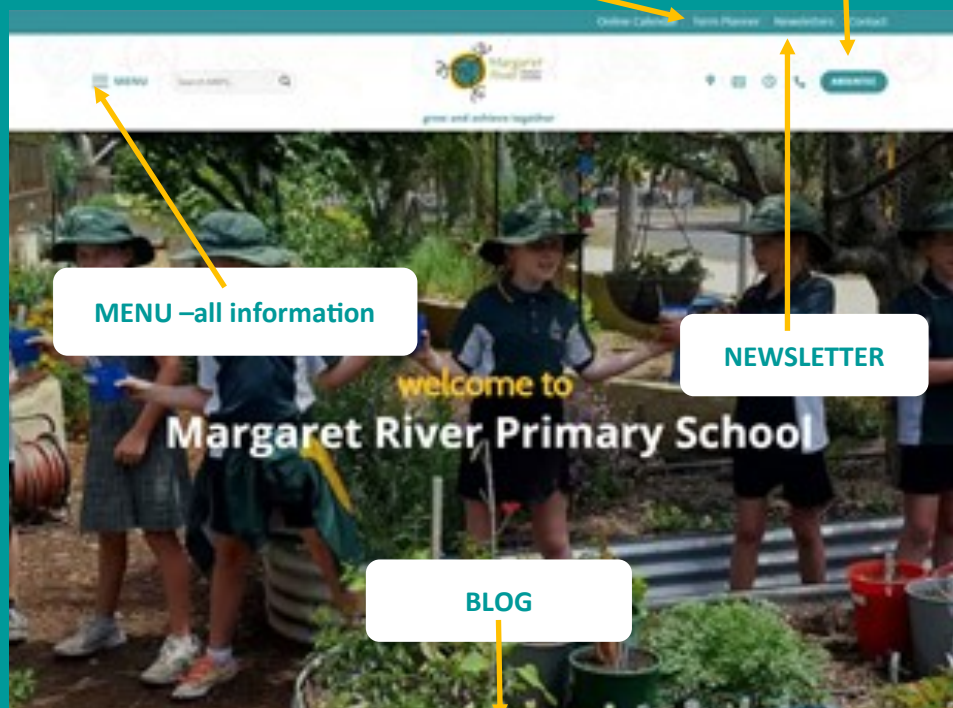
All of this information, and more, can be accessed on our school website which is found here.

<https://mriverps.wa.edu.au>



TERM PLANNER

ABSENTEE NOTIFICATION



Goodbye Summer - Hello Green Tomato Pickle

With over 200 mouths to feed in the kitchen our garden beds need to move from one crop to another pretty fast, and that's something you may have noticed over the last few weeks in the school garden. Tomatoes were prolific this year but their time has come to an end (in our garden at least), with all plants pulled and turned into compost. But what about all those green tomatoes? Over 70 litres to be precise! They became Green Tomato Relish, with the last of those jars going onto the Roadside Honesty Stall on Forrest Road this week. We also said goodbye to our summer zucchinis and squash.



With the removal of summer crops it's now time to revitalise beds, renew mulch, and plant brassicas! Next time you're walking past the garden take a look at how busy the kids have been.

You may also have noticed two of our large trees, including our iconic peach tree, have been removed. After years dealing with the problems associated with full sized trees too large for our school garden space, they are gone. And in their place, a Semi Dwarf Washington Naval Orange (this will be our new feature tree planted in honour of Mr Will Clark and family, a long time financial supporter of the Program), and a Persimmon donated by local legend garden volunteer Rick Ensley a few years ago, that was never happy in its unreticulated spot in the chicken run and has since been moved to a beautiful new, sunny, reticulated spot away from chicken beaks and scratching feet. For all kitchen and garden news follow us on socials @mrpskitchengarden.



Sunflower Joy

If you have been into the front office at school in the last week you couldn't help but feel happy with the beautiful display of sunflower paintings that greet you!

Year One classes read the book 'Ish' written by author Peter Reynolds, and also looked at the work of artist Vincent Van Gogh. Both provide examples of creating beautiful art without the need to be perfectly realistic. The focus was then for the students to explore colours and shapes to create their own 'Sunflower-ish' artwork, using acrylic paint and liquid watercolours.

Working with the primary colours of red, blue and yellow, they created their own range of oranges, greens and browns by experimenting with mixing. I think you will agree that the results are fabulous and cheerful.

Construction Challenge

On Friday, Mr Dowling's Year 3 class enjoyed a fun afternoon of construction, linking their current 'Our Patch' Inquiry with a hands on activity and some well-earned treats!

Students embraced the challenge of using marshmallows and toothpicks to build their constructions and came up with some fabulous award winning designs. Winners were judged by the school Principal Mr Aaron Thomas and Deputy Lorraine Macaulay.



Clay Play

Pictured here are our Year Ones from Room 23 exploring textures by rubbing crayons over texture plates and using many different items, both natural and manmade, to create texture in clay. After their texture exploration and clay-play session, they will be making texture bowls out of clay to fire in the kiln. How exciting!



SWIM FUN

Margaret River Primary Schools first round of annual swimming lessons started again last week.

Here are some of our Year 3 students on the first day of mask wearing, preparing to jump on the bus and head off for another enjoyable aqua excursion. Swimming lessons for this block finish Friday 11th March.



SCHOOL PHOTO DAY IS COMING!

5th, 6th & 7th April 2022



Dear Parents,

Your school photo day is coming! Approximately two weeks prior to the photo day every student will receive a personalised flyer to bring home from Kapture Photography containing your child's unique codes for ordering school photos online.

KEEP YOUR FLYER SECURE!

The unique codes contained on the flyer will be issued only once.

Order **EARLY** for sibling photography

Sibling photos can ONLY be ordered online. Once you receive the personalised flyers for your children, it is imperative that you order your sibling photo early to avoid missing out! There is a physical limit in the school schedule to how many sibling photos can be taken. Once the maximum capacity of sibling orders has been reached, no more sibling orders can be placed.

If maximum capacity is not reached, sibling orders **close 12pm midday sharp, one business day prior** to the first photo day.

The school or the photographers cannot accept late orders for sibling photography. Please do not ask as your request simply cannot be accommodated.

Order **EARLY** for discount photo day prices

Order your photos within 10 calendar days of photo day to receive discount photo day prices. Late orders are handled separately to the school delivery and incur a \$30 custom service charge.

Other information

Your school will notify you in a few weeks when **team and special group photos** are available to view and purchase on the Kapture website. Please note; class, individual and sibling portraits are not available to view online prior to purchase.

Kapture offer a money back guarantee for any parent who is not fully satisfied with their photo package. Should you have any queries before or after photo day, please check the FAQ's on the Kapture website.

All students will be photographed individually on photo day for school administration records AS WELL as included in their class group presentation available for purchase to all families. Should there be any reason why your child should **NOT** be included in the photo shoot –please contact the school office.

If COVID is still active in WA:

For the duration of Covid-19 in WA, please be aware that Kapture are following all recommended health guidelines and safe practices. Our photographers are acutely aware of the evolving situation surrounding Covid-19 and abide by each individual school's Covid-19 policies. Where possible, the photographers will use verbal queues and instructions in an effort to uphold our high standard of student presentation. Students may be instructed by photographers to use single use sterile combs, wet wipes or tissues or to fix their own collars, buttons and stray hairs.

Margaret River Primary School Parent Survey

This is what you told us . . .



Community Partnerships

You love the Kitchen Garden, students working with Nature Conservation Margaret River and the school chaplaincy program. We could explore further partnerships with Mindful Margaret River and Wadandi Aboriginal Elders.

Investigate other opportunities

Could we consider drama, Indigenous languages and develop more wellbeing programs? A focus on youth mental health is becoming really important.





Facilities

Car parking is improving, the grounds are well managed and there is plenty of open space for students. We have great ICT infrastructure and classrooms are well resourced. We should continue to improve after hours security.

Communication



Text messages are providing up to date and timely information. The newsletter keeps you informed. Report comments for learning areas are valued and it's important to be able to speak with teachers. We should provide you with as much notice about events as possible.

ARE YOU MISSING SCHOOL UNIFORMS?

Our lost property boxes are full again!

Please ensure that all of your child's uniform items are clearly labelled, this helps us return them to the right person should they be accidentally left somewhere. We also have a lot of second hand school jumpers for sale. If you would like to purchase one (or more), please see the ladies in the front office.





There are six seasons in the Noongar Aboriginal calendar year. The students in Kindy have recently been learning about the current season Bunuru.

"Our Bunuru Season Art is hanging up in the classroom and looking great. We learnt about the Colour Wheel and warm and cool colours. We used warm colours for the sky and cool colours for the ocean. They look amazing."

Bunuru—Second summer

(Season of the adolescence) February - March

Bunuru is the hottest time of the year with little to no rain. Hot easterly winds continue with a cooling sea breeze most afternoons if you're close to the coast. Therefore, traditionally this was, and still is, a great time for living and fishing by the coast, rivers and estuaries. Because of this, freshwater foods and seafood made up major parts of the diet during this time of year. Bunuru is also a time of the white flowers with lots of white flowering gums in full bloom, including Jarrah, Marri and Ghost Gums. Another striking flower that is hard to go past is the female Zamia (Macrozamia riedlei). Being much larger than that of its male counterpart, the huge cones emerge from the centre of the plant with masses of a cotton wool like substance. As the hot, dry weather continues the seed upon the cones change from green to bright red, indicating they're ripening and becoming more attractive to animals, particularly the emu, that will eat the toxic fleshy outer.

<http://www.bom.gov.au/iwk/nyoongar/bunuru.shtml>



WIN YOUR SCHOOL CONTRIBUTIONS BACK

In the last few weeks you would have received a statement in the mail outlining your school contributions. If you pay these by Friday 8th April, you go in the draw to win your child's fees back. One child's name is drawn from each year level to receive a refund of their contributions.

Payments can be made at the front office or via online banking -
BSB: 016 520 ACC: 108274409 REF: Name/contribution



LIBRARY BAG REMINDER

Just a gentle reminder from our lovely library ladies that all students need a library bag to be able to borrow from the library. A lot of students are still turning up with no bag.

MRPS Library bags are available to purchase from the front office for \$11 and come in a range of bright colours.

Alternatively, you can supply your own bag, please ensure that it is waterproof to provide adequate protection for borrowed books.

Thank you



Margaret River Primary School 'Sporting Schools Program'

Dear Parents/Caregivers,

This term 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 Five (28th February) Term One 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 which day you prefer but this will depend upon spaces available and return to the **FRONT OFFICE** as soon as possible.

◆.....◆

My child _____ year _____ room _____ is interested in participating in

the Sporting Schools Program on:

Please circle one day only

Monday pm 3.20pm to 4pm

OR

Friday Lunch time 1.05pm to 1.50pm

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.

Mandy Sinclair, Physed Teacher

Student Health and Wellbeing

MRPS Code of Conduct incorporates six core values:
Cooperation, Empathy, Enthusiasm, Flexibility, **Honesty** and Respect

Value—Honesty

Honesty is being fair, just and truthful; not cheating or stealing. Honesty means you don't say things about people that aren't true. You are not being honest if you make up rumours about someone. An example of not being honest is when people spread rumours about others at school or on social media.



Honesty includes not hiding the truth because that is deceiving, not breaking rules to gain an advantage because that is cheating, and not taking something that isn't yours because that is stealing.

Remember that, "Honesty is the Best Policy."

SDERA

Check your helmet

Now that all your bikes are checked, safe and ready let's move onto helmet safety. A helmet that is worn correctly and fits properly can help to protect your child's head if they fall off their bike, scooter or skate board. Help your child to check that their helmet is the right size by checking the following:

- The helmet isn't too tight or too loose. It should be snug and not move around
- The buckles can be clipped together
- The helmet has not been in a crash
- The foam on the inside doesn't have any dents
- The plastic skin on the outside isn't buckled or cracked
- The chinstrap isn't broken or frayed
- It is an Australian standards approved helmet.



Sometimes 'hand-me-down' helmets are not always safe to use. Use the checklist to find out if it is safe and suitable or needs to be thrown away. When it's time to buy your child a bike and helmet don't buy one for your child to 'grow into' buy one that fits your child now. If it's too big and loose, it can move or slip off when your child falls off their bike or hits something. Did you know a bicycle helmet is designed to offer the wearer protection and if worn correctly, may decrease the risk of a head injury by up to 85%, non-helmeted cyclists are three times more likely to be killed as a result of a crash.

Be a good role model and always wear your helmet when you ride with your child. The earlier children learn the importance of wearing a bike helmet, the more likely they will continue to wear a helmet as they grow older. Be firm in laying down the 'no-helmet-no-bike' rule.

Hopefully the tips that have been given to you has and been handy and helped you and your family to have your bikes and helmets as safe as possible. Now all your bikes are up to scratch off you go for a ride on the rails to trails and through the pines and explore our amazing bike tracks.

Thank you for playing a vital role in your child's road safety education.

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

MARGARET RIVER JUNIOR RUGBY CLUB

Interested in meeting new friends?

Would you like to try a new sport?

MR Junior Gropers Rugby Club could be for YOU!
We are expanding our fledgling club to include under 12s, 10s, 8s and 6s (Pre-Primary to Year 7).

Training starts: 17th March For more info, contact
Abi: 0490 764427 Or Stephen: 0422 902199



YOUTH GIRLS

Four (4) Week Girls Development Program

Targeting all Girls **Y6 to Y9**, whether it will be your first time giving Footy a go or you have played juniors and are interested in an all girls training experience to build on your footy skills and have some fun!

Every Friday from the 25th February

4pm–5pm, meet at Gloucester Oval in front of the Footy Club. It is a **FREE** program. If you can't make a session, join in on the ones you can!

Y8/Y9 Youth Girls Coach Chloe McGill

will lead the girls in drills and activities with the support of mentors from the AMR Community, over the four weeks.



AMRJUNIORFOOTY@GMAIL.COM



A note from the Community School Health Nurse

Welcome to the new school year

Hello. I'd like to introduce myself and my role. My name is Chey Peters and I am the Community School Health Nurse for your school this year. School Health Nurses work with schools to promote healthy development and physical and emotional wellbeing. We are a good contact point for children and their families, providing information, assessments, health counselling, parenting support and referrals as needed. Our service is free and confidential.



I am part of the Healthy Country Kids Child Development Team, alongside other School Health Nurses and Allied Health professionals, such as Speech Therapists, Occupational Therapists, Physiotherapists, Dietitians, Social Worker and an Enuresis Nurse.

In response to increasing cases of COVID-19 in WA communities, our services to schools will very likely be disrupted in 2022 and will be delivered according to priorities, and in negotiation with School and Health leaders. If you have any concerns about your child's physical or emotional health and well-being, or growth and development, please contact me on 97536480 or email WACHS-SW.NaturalistePrimarySchoolNurses@health.wa.gov.au

RESOURCE FACT SHEETS.....

Here are some resources that might be helpful to some of your families, as COVID-19 starts to become more prevalent in the community and the new mask wearing rules for your Year 3 - Year 6 students.

The You Tube clip is from a Perth Children's Hospital Doctor, and covers how to care for a child with the virus. The two pamphlets have been supplied by the Telethon Kids Institute, which is a very useful and reliable resource.

1. *Covid and Kids fact Sheet:* <https://www.telethonkids.org.au/globalassets/media/images/pagessections/topic-pages/covid-19/resources/covid-fact-sheet-1---covid-19-and-kids.pdf>
2. *Masks for Kids fact Sheet:* [covid-fact-sheet-masks2.pdf \(telethonkids.org.au\)](https://www.telethonkids.org.au/globalassets/media/images/pagessections/topic-pages/covid-19/resources/covid-fact-sheet-masks2.pdf)
3. *How to Care for Children with Covid:* <https://www.youtube.com/watch?app=desktop&v=JtcoVdakODs>

Anxiety – how to help your child

At a time where Covid is consuming our thoughts, and changing frequently, anxiety in children can be a concern. All children experience anxious feelings as part of their normal childhood development. Some anxious feelings include fear, agitation, nervousness, worry and apprehension. Some children find it harder to get these feelings under control and may experience anxiety more intensely and more often than others.

Anxiety is when the level of fear or worry about something is out of proportion to the level of risk or danger. Thinking about the situation makes them more worried and tense.

If your child is experiencing anxiety try to:

- Acknowledge your child's fear – don't dismiss or ignore it.
- Gently encourage them to do things they're anxious about, but don't push them to face situations they're not yet ready to face.
- Wait until they actually get anxious before you step in to help
- Praise him for doing something they're anxious about, rather than criticising them for being afraid.
- Avoid labelling your child as 'shy' or 'anxious'.

Your child might need some extra support if their anxiety stops them from doing the things they want to do or interferes with their friendships, school work or family life.

If you are worried about your child, contact your School Health Nurse (97536475), School psychologist or GP.

For more information about anxiety in children go to www.raisingchildren.net.au or www.healthyfamilies.beyondblue.org.au