21 March 2023 Newsletter issue: 4

SCHOOL UNIFORMS

Click the link

Uniform Concepts

To order online before 5pm Tuesday for free delivery to school on Wednesday.

08 9270 4663 busselton@uc.nellgray.com.au

CHALK DUST CHATTER



Phone 97578 500

Margaretriver.ps@education.wa.edu.au

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





Burger Buddies

Last week our Year Six students cooked themselves up a delicious gastronomical lunchtime treat as they participated in the annual Burger Day event.

Working within their groups, they built on a basic recipe base to create their own version of the perfect burger. The exercise required them to work collaboratively to make decisions, demonstrate flexibility and dependence, and to be an active and reliable team member. It also provided an opportunity for all the Year Six classes to come together in an interactive and fun event. It was quite the spectacle as they took over the Year 6 undercover area and cooked up some fabulous creations.













WHAT'S ON IN TERM ONE						
21 March	School Board Meeting 5pm	3 April	Combined Assembly			
24 March	Sports Carnival Training	3 April	Sports Carnival Reserve Day			
24 March	Ride to School Day	4-6 April	School Photos			
28 March	Autumn Fair (Recess/Lunch)	6 April	Last day Term One			
29 March	Championship Events Yrs 3-6	24 April	School Development Day (Pupil free)			
30 March	Year 5 Marine Area Excursion	25 April	ANZAC day Public Holiday			
31 March	Sports Carnival Years PP-6	26 April	Students resume Term Two			

Sports Carnival

Students have been training for the upcoming sports carnival on Friday 31 March, which will be the first whole school carnival in a number of years. The dramatic increase in our school population meant that we could not fit everybody onto the oval at the same time but with numbers starting to wind back over recent years this is now possible. We are excited about having everybody together and look forward to seeing you there to cheer the students along. Students will start the day with running races for all year levels from 9.00am and then rotate around in year levels through different games for the remainder of the day. See you there!

P&C AGM

The P&C annual general meeting is being held on Thursday 30 March in the school staffroom at 5.30pm. The P&C provide financial support for our school and build the capacity of our community through events for students and parents. Most recently they have funded speed bumps in the laneway at the back of the school to increase safety at drop off and pick up times.

School Uniforms

Thank you to families for making sure that students are wearing school uniforms every day. Part of our uniform is a school hat that we understand can get lost from time to time. Hats can be purchased from the school office if they cannot be found in any of the lost property boxes.

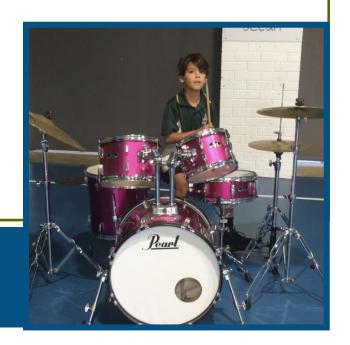
After Hours Security

If you have older students in your household we ask you to please remind them not to use the school grounds as a place to socialise after hours. There have been some vandalism incidents that are currently being investigated by police and we don't want any previous students implicated through being on site after hours. Thank you for helping us to keep our school safe and looking its very best.

Aaron Thomas, Principal

Pictured here is Year 4 student Milo Leah, drumming 'Tomorrow ' by (Silverchair) and 'Black is Back '(AC/DC) at this week's Senior Assembly.

What a star Milo, you had the upper school mesmerised!



REMINDER—This Friday 24th March is National Ride2School Day

Ride, walk, skate or scooter your way to school

Ride2School is a nationwide program delivered by Bicycle Network designed to support schools to encourage, empower and enable more students to get physically active on their journey to school.

We would love to see as many families as possible involved. Our student councillors will be handing out stickers at the gate for all participants and we will also have fresh fruit available in the undercover area at the start of the day.

Bicycle Network is a one-stop shop for all your riding needs. They have a great website with lots of resources, ranging from what you need to get started through to bike maintenance and keeping up to date with changing road rules. Click this link to find out more from their website.



Friday 24 March

Merit Certificates and Awards

Izabel Billing	Room 22	Mathew Punch
Layla Thompson	Room 23	Arlo Carbone
Noa Sheedy-Ryan-Bell	Room 23	Jack Lane
Enid Walters	Room T2	Flyn Fitzpatrick
Olive Lane	Room T2	Zoe Ralston
Wesley Dunkling	Room T3	Alex Mitchell
Olive Hitchcock	Room T3	Hendrix Cox
Amelia Holland	Room T3	Janice Punch
Mila Coumans	Room T3	Will Galbraith
Bo Taylor	Room T5	Jake Turnball
William Dunn	Room T5	Sierra McGuiness
Zion Kaweroa	Room T6	Lennox Yates
Molly Morrell	Room T6	Jackson Grayden
Sophie Le Blanc	Room T7	Kai Johnstone
Catto Hackett		
Gracie Mann	· · · · · · · · · · · · · · · · · · ·	Be
Oscar Chanin		Y
Lucia Young De Luca		Ye
Kyedan Quinn		
Noah Nash	Caldan	D
Juno Kerr	Golden	Broom Award
Louis Kirkwood		WEEK 5
Maeve Clemson	Junio	or— Room 17
	Layla Thompson Noa Sheedy-Ryan-Bell Enid Walters Olive Lane Wesley Dunkling Olive Hitchcock Amelia Holland Mila Coumans Bo Taylor William Dunn Zion Kaweroa Molly Morrell Sophie Le Blanc Catto Hackett Gracie Mann Oscar Chanin Lucia Young De Luca Kyedan Quinn Noah Nash Juno Kerr Louis Kirkwood	Layla Thompson Room 23 Noa Sheedy-Ryan-Bell Enid Walters Olive Lane Wesley Dunkling Olive Hitchcock Amelia Holland Mila Coumans Bo Taylor William Dunn Zion Kaweroa Molly Morrell Sophie Le Blanc Catto Hackett Gracie Mann Oscar Chanin Lucia Young De Luca Kyedan Quinn Noah Nash Juno Kerr Louis Kirkwood

Room 17

Room 17

Room 22

Finn Haegle

Georgina Cook

Marcel Deunff



Bee Bop A Lula

Year 2-Room 14 Year 3/4—Room T5

room Award

Senior — Room 12

WEEK 7

Junior-Room 23

Senior-Room T4



Beary interesting...

Pre-Primary students in Room 19 have been learning about bears. We brainstormed what we already know about bears, and what we wanted to find out. Did you know Panda bears like to eat corn as well as bamboo? As a celebration of our learning, we held a Teddy Bears' Picnic. We know some bears like to eat honey so we made some Honey Joys for our picnic. We drew pictures of our bears and built houses for them out of blocks. They had fun playing in our Three Bears' Cottage with Goldilocks. A fun day was had by all.











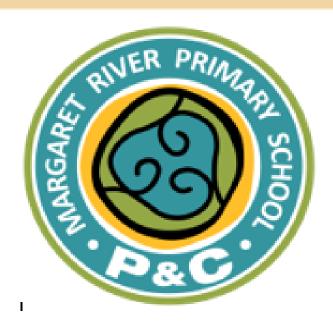
Margaret River Scout Group

Scouts are here in Margaret River!
Do you want your kids out of doors,
being active and keeping fit?
Scouts is about having fun, learning
new skills, going on adventures and
making new friends.

Joeys and Cubs on Mondays.
Scouts on Thursdays.
Contact Group Leader Libby Dawson
0400735899



MORE ARTY NEWS — Year 3 individual hands Fresh out of the kiln in all their colourful glory!



YOUR SCHOOL

P&C @ AGM IS ON THURSDAY, MARCH 30 © 5:30PM

IN THE SCHOOL STAFFROOM







WINE AND CHEESE PROVIDED:

NEW MEMBERS MOST WELCOME



FEAR-LESS TRIPLE P

The Fearless Triple P session – 'Helping your Children Learn to Manage Anxiety' was held at school last Friday. We had a tremendous turn out and great feedback from those in attendance. The presenter was amazing and the interaction with parents through discussion was helpful to all involved.

Some of the areas covered were understanding anxiety, setting a good example, developing effective ways of coping, realistic and flexible thinking and constructive problem solving. The take home message for all involved was that feeling anxious is a normal response but can become a problem when it interferes with everyday life.

We have planned to run this session later in the year during term 3. There is an online version available at: <u>FEAR-LESS TRIPLE P ONLINE</u>

From our parents -

"Thank you so much for facilitating the Triple P Parenting course on anxiety at school on Friday last week. James' presenting on the topic was brilliant, a calm soul for a tricky subject. He knew his subject matter and was very fluent with how he presented it. So many times I have been to courses to help with parenting and the person presenting just reads off the whiteboard.

I am so glad I cancelled my work to come and listen to this, in the hour and half James spoke to us I learnt more about anxiety in children than I have in the last year going to see doctors, psychs and OT's! It was brilliant." "Thanks to MRPS and the staff for bringing James from Triple P (Positive Parenting Program) to the school last Friday to speak about anxiety in our children. It is a very difficult topic for many and especially for the sufferers. It was refreshing to share a "positive" session with other like minded parents to discuss coping techniques, development patterns and useful ways in which we can support and guide our kids through the difficult moments. I would highly recommend exploring this program if you find your child is struggling with anxieties around attending school, social situations or general life experiences. It is also a great way to reinforce that as a parent, you are doing the right thing and that you are not on your own."

Margaret River COMMUNITY PANTRY

Give what you can, receive what you need.

The Margaret River Community Pantry Inc is a not-for-profit committed to improving food security and reducing food waste in our local community.

We accept donations of fresh and dry goods every THURSDAY 9 to 11am.

We re-distribute all food received to those who need it every

FRIDAY at our Pantry Day 10 to 1pm.

Many people experience food insecurity throughout different times in their life.

If you need a little help putting food on the table, please visit us on Friday Pantry Day 10 to 1pm. Everyone is welcome.

A suggested donation of \$10 gives you a bag full of food – typically containing carrots, onions, potatoes, rice or pasta, fruit, veg, beans, bread, and an assortment of other food donated to us by supermarkets and small businesses. We also regularly receive eggs, meat, and fresh seasonal fruit and veg.







41 Clark Road Margaret River









These gorgeous colourful collages were made collaboratively by the year 5 students to go in the up and coming recipe book being put together by our P&C and SAKG Kitchen Garden teams . Pop in to our front office for a closer look at the actual artworks which are currently brightening our walls.



STAY IN TOUCH

As Compass is our school's main communication platform all excursion information, consent and payment options will be entirely through Compass. *Please ensure you have Compass installed on your phone, updated your Compass App and have notifications turned on.*

Through Compass you can view your child's class information, absentee history, enter absentees, contact your child's teacher, stay informed about upcoming events and approve and pay for excursions. If you haven't received an email with your Compass log in details, please phone our school office on 9757 8500.



Student Health and Wellbeing

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

VALUE—Respect

At Margaret River Primary School, one of our core values is Respect which is just another way to say I value and care for you and respect people for their good qualities and/or achievements. Always remember the golden rules—

- ⇒ Treat everyone as you want them to treat you;
- ⇒ Respect each other's space and belongings because what goes around comes around;
- ⇒ Take responsibility for your own actions;
- ⇒ You show respect to others when you listen quietly, keep unkind thoughts to yourself, speak kindly to others, willingly share and by using simple courtesies like "Please" and "Thank You".

SDERA

Self - Management

It is important for your child to learn the personal and social skills that will help them to become more resilient and cope with problems and difficult situations that may come their way. Being able to manage and control strong feelings such as fear, frustration and anger.

Find a positive in a setback or problem to help keep things in perspective. Develop a sense of purpose and practise positive self-talk. Provide children with opportunities to practise persistence, decision making; goal setting; problem predicting and solving and organisation skills.

Let your child sort out their own problems, sorting out conflicts with friends and peers are important skills for healthy social relationships. Encourage your child to talk about things that bother them. Learning to seek help when a problem can't be solved is an important lifelong skill. Let your child know that unhappy or difficult times are normal part of life and don't usually last for long.

- Appropriate expression of emotions
- Self-discipline to control impulses and persevere to overcome challenges
- Responsibility for own behaviour
- Organisational skills
- Skills for setting, planning and achieving realistic goals
- Age-appropriate levels of independence and initiative
- Creativity and adaptability
- Confidence to be courageous
- Optimistic thinking
- Normalising setbacks rather than personalising
- Using humour in a helpful way
- Be able to manage strong feelings such as fear and anger and turn these moods into better ones.
- Be able to focus on the positive things in negative situations

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

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



MRPS SCHOOL PHOTO DAY IS COMING!

4th, 5th and 6th April

Dear Parents,

Your school photo day is coming! This week 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**, <u>one business day prior</u> to the first photo day.

The school or the photographers <u>cannot</u> 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.











VOLUNTEER NOW TO BECOME PART OF OUR AWESOME CLUB

MRJFC still need coaches for all grades: U9, U11, U13

Register on CoachAFL or email the club today! https://www.play.afl/coach

REGISTRATIONS ARE NOW OPEN!

Become a Hawk in 2023

Click on the PlayHQ link below or scan the QR code to register Registrations close 5th April



- Grading 22/03 & 29/03
- Team Training 05/04
- First Game 29/04





Email: mriuniorfootball@gmail.com









Mindful Margaret River is currently working on its third Community Mental Health and Wellbeing Plan for 2023-2025. Youth is one of our three priority areas for this coming plan with the goal of creating change through community based education and awareness campaigns and workshops.

To help Mindful Margaret River to get a broader understanding of where we should focus our efforts, a survey has been developed and attached. Please take a few minutes to complete this survey as it will help guide future taskforce activities within our community.

https://www.surveymonkey.com/r/3RY8HQM

Mindful Margaret River is a community group of volunteers who undertake local action to support good mental health and wellbeing in the Shire of Augusta Margaret River.

Mindful Margaret River works with local services, community groups and individuals to respond to community requests for mental wellbeing training, facilitated discussions in workplaces, awareness raising, and supporting community groups to build their wellbeing literacy. Mindful Margaret River does not provide clinical mental health services to individuals and does not seek to replicate or replace any existing services.

In essence, Mindful Margaret River is a local, sustainable, community response focused on supporting and building social capital in the Shire of Augusta Margaret River

Upcoming youth group workshops

safeTALK suicide altert training

Supporting the Cowaramup Bay Boardriders, this session will be held in **Gracetown Hall on the 30 March at 12.30pm.** To find out more follow the link: https://mindfulmargaretriver.org.au/event/safetalk-2/

Youth Mental Health Surf Therapy Program (17-25 yrs)

Flowstate's 6 week Youth Mental Health Surf Therapy Program for Young people 17 – 25 starts on **Wed the 29th March** and is designed for Young People with mild to moderate Mental Health difficulties and or a Mental Health Diagnosis.

Flowstate's programs combine supportive group therapy with surf instruction to help you learn/improve your surfing while also learning skills to improve your mental health and wellbeing.

If you or someone you know would benefit from one of these programs, please get in touch by emailing us on info@flowstate.org.au. For more information click here: https://mindfulmargaretriver.org.au/event/youth-mental-health-surf-therapy-program-for-young-people-18-25/

For more information, please visit Mindful Margaret River

From Boys to Men (Margaret River WA)

March 22, 7:00 pm - 9:00 pm

Tickets: \$35

In this seminar, parenting author and educator and 'boy champion' Maggie Dent shares insights, tips and common-sense wisdom from her 2020 book, *From Boys to Men: Guiding our teen boys to grow into happy, healthy men.* Adolescence is a confusing time for teens and their parents and carers — and our boys have some particular challenges that we need to understand if we are to guide them safely to healthy manhood.

Maggie explores in a compassionate, practical way how we can:

- communicate effectively with our boys
- teach your lad to cope with loss and failure, and recover well
- help them foster healthy friendships and intimate relationships
- the importance of the line in the sand
- navigating middle school and high school
- 'unstick' an unmotivated son.

This seminar will empower and enlighten anyone who lives or works with boys 12-25 to better understand them and support them to thrive as they progress through this often-challenging stage of development, so they can grow into be happy, healthy men.

Time: 7pm-9pm (Please note: the school has asked us to make you aware that there is a school event that precedes Maggie's seminar which concludes at 6.45pm so doors will now open then and we'll aim to get everyone seated asap. Please consider alternate parking options other than the school carparks. Alternate options include Margaret River Primary School, the TAFE and Showgrounds).

Please book online via trybooking https://www.trybooking.com/CEXXU

Girlhood (Busselton WA)

April 30, Time: 11am-1pm (doors open at 10.15am)

Tickets: \$35

Girlhood: Raising our little girls to be healthy, happy and heard. The early years of a little girl's life will shape her future in powerful ways. In her new book *Girlhood*, Maggie Dent, Australia's queen of common-sense parenting, has investigated the development period from birth to age eight.

In this live presentation, Maggie draws on nearly 5,000 survey results plus the latest research, and her own extensive experience as an educator, counsellor, facilitator, mum and grandmother, to show us how to help our girls build an emotional and psychological base for life. She will cover among other things:

- social norms around girls and helping your girls develop their own sense of identify
- the influence of temperament
- understanding girls' emotional world
- navigating friendships
- sexualisation, body image and health self-esteem
- nurturing her spirit.. and more.

This will be both a deeply practical guide to raising girls birth-8 (and the content is definitely relevant to raising girls a few years beyond that too), as well as a celebration and intimate meditation on the state of being female, which women of all ages will relate to.

Please book online via trybooking https://www.trybooking.com/CGFLF

Please note this these events are general admission (so you can sit wherever you like) and babes in arms are welcome at Maggie's seminars. This event is not suitable for toddlers and older children.

