

23 August 2023
Newsletter issue: 12

CHALK DUST CHATTER

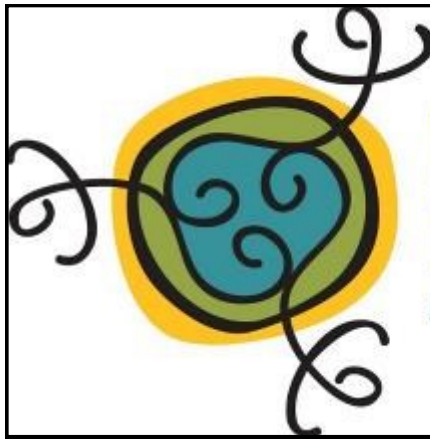
SCHOOL UNIFORMS

Click the link

Uniform Concepts

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

08 9270 4663



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

Phone 97578 500

Margaretriver.ps@education.wa.edu.au

www.mriverps.wa.edu.au



Science Week

On Friday 18th August the Pre-primary, year 1 and year 2 classes participated in a STEM morning to celebrate Science Week. Students rotated through a range of activities from designing and constructing straw mazes, making floating boats out of plasticine, creating rainbows with skittles and milk and testing magnets and gravity forces. Students loved putting on their green thinking hats and getting creative with Kapla buildings and marble mazes, building spaghetti towers and designing their own head gear out of newspaper. STEM fun was had by both staff and students.

Principal Position

I am honoured to be the Acting Principal of Margaret River Primary School whilst Aaron Thomas is on leave. I have been entrusted with the responsibility of leading our school until the end of the year, and I want to extend my gratitude from the warm welcome and the sense of community that I have already experienced in our wonderful school.

Margaret River Primary is more than an educational facility, it is a thriving community of exceptional students, families and teachers. With the unwavering support from parents like you, it is a privilege to part of such a dynamic and nurturing environment.

Cross Country

Students from Year 3 – 6 are continuing to practise cross country running on Friday afternoons in the lead up to the interschool event will be held on Friday the 15 September.

Office Staff

We would like to welcome Ashley Taylor in the front office on Wednesday, Thursday and Friday. She will be a welcome asset to our team in the front office until the end of Term 3.

Kindergarten Enrolments

Kindergarten enrolments are currently open for the 2024 school year. If you know of any families who will need to enrol can you, please let them know to come and see us.

Fun Run

Further Fun Run details will come out later this term and we appreciate the support of volunteers to assist in marshalling around the course. The event will be held in the middle of the last week of school to allow for a reserve day in the event of rain.

School Board Meeting

The next school board meeting will be held on Tuesday 5 September at 5.00pm in the staffroom at Margaret River Primary School. This is an open meeting any community member welcome to attend.

Lorraine Macaulay , Acting Principal

Save your seat!

**2024 School Bus Transport Assistance**

Apply before November 24, 2023 at
schoolbuses.wa.gov.au

**School Bus Services 2024**

Parents who wish to use the bus service need to apply online at [School Bus Services](https://schoolbuses.wa.gov.au). To save a seat for your child, parents are encouraged to submit applications before 24 November 2023.

Families that are already registered with School Bus Services do not need to reapply if there are no changes to their current circumstances.

However, if they have changed their residential address or school they will need to [reapply for transport assistance](https://schoolbuses.wa.gov.au).

Parents can find answers to their questions and contact information on the [School Bus Services website](https://schoolbuses.wa.gov.au).

WHAT'S ON THIS TERM....

22 Aug	YR3 Wetlands Excursion RM 4 & 7	8 Sept	YR 3-6 Cross Country Squad Training
23 Aug	Book Week Dress Up Day	14 Sept	Capes Catchment Presentation
24 Aug	YR3 Wetlands Excursion RM 5 & T5	15 Sept	Interschool Cross Country
25 Aug	YR 3-6 Cross Country Squad Training	18 Sept	Combined Assembly
28 Aug	Junior Assembly	20 Sept	Fun Run
28-29 Aug	Musica Viva	22 Sept	P&C Dress Up Day
31 Aug/1Sept	Choir Camp	23 Sept	School Holidays
1 Sept	YR 3-6 Cross Country Squad Training	9 Oct	School Development Day (Pupil free)
4 Sept	Senior Assembly	10 Oct	Students resume Term 4
5 Sept	School Board Meeting 5pm		

Book Week Dress Up

For Book Week 2023, the theme is "Read, Grow, Inspire." The theme is focused on how literature has the capacity to develop a child's inner world and how it can plant the seed of inspiration for them to express their own creativity. Thank you to all the students and families who helped celebrate Book Week by dressing up. It was fantastic to see children share their favourite characters through creative costumes!



CAR PARK SAFETY

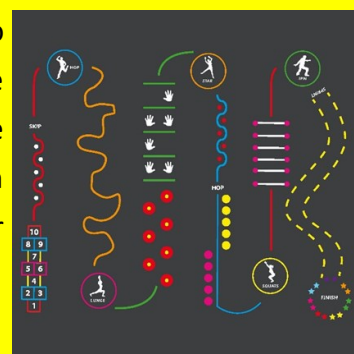


Can parents and caregivers please be reminded that the staff carpark is out of bounds for drop off and pick up of students.

To ensure everyone is kept safe, please ensure that you are parking on Forrest Road carparks or use the Kiss and Drop lane that is accessed off Bussell Hwy and runs along the back fence line of the school.

It's a numbers game

Our Year 1&2 Teachers are planning some Pavement Painting to assist with Numeracy Learning. This will include a Number Grid with numbers to 110, Ladders with numbers to skip count and a Snakes and Ladders Game. There is also a wish list for an Activity Trail, Checkers/Chess Board and Twister to be used by the whole school. We have some funding available through the Maths Committee however we are looking for some support and assistance from the families in our school community. Are there any painters that can assist with supply and lower cost of products such as non-slip paint for concrete and sealant? We would also love to hear from any families who are interested in being involved with the painting when the project begins? (Dates are yet to be confirmed, but we are hoping for the project to go ahead when rain eases this year). If you can help in any way please contact the front office on 9757 8500 and they will pass your details on.



FUN RUN VOLUNTEERS

The MRPS FUN RUN is coming up on 20th September and we would love your help to make it run as smoothly as possible. We are looking for volunteers to fill the role of Track Marshalls on the day (Approx. times 11am —1 pm)

If you are able to spare a few hours we would love to hear from you. Please call the front office on 9757 8500 and put your name down or email Belinda.symes@education.wa.edu.au



CANTEEN VOLUNTEERS (Fun Run)

Volunteers for the canteen needed for this years FunRun on Wednesday 20th September!

We are needing sausages sizzlers, packers and general helpers to make this day happen.

Times are between 9 and 12....even an hour will do!

Please contact the canteen on 97578514 to put your name down. Thank you.



Student Health and Wellbeing

MRPS Code of Conduct incorporates six core values:

Cooperation, Empathy, Enthusiasm, Flexibility, Honesty and Respect

Value - Cooperation

Cooperation

At Margaret River Primary School, one of our core values is Cooperation which is where we work together to achieve success. You show cooperation when you work in a small group to accomplish a task, when you allow each person in a group to have a say, for cooperation to work, everyone has to be an active member of the team and do what they agree to do. Volunteer to do some jobs at home to help your family. When you play a team sport and work toward a common goal. In the playground encourage everyone to join in.

Remember, many hands make light work.

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, also be aware of 'hidden' sugars. Excessive 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. We may actually get some sunshine and warmth soon. 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

CREATIVE CLAY

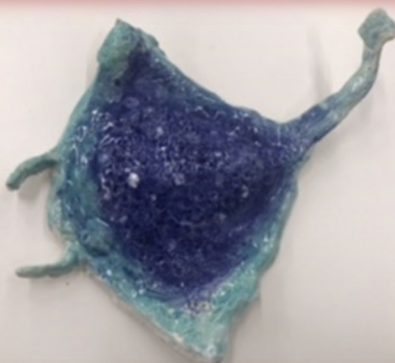
Year 6 students enjoyed a creative clay making session recently. The requirements were to create a clay piece with a practical use in everyday life and to incorporate a score and slip join. Apart from these two requirements, the students were free to be creative and creative they were! It's always fun to watch the students come up with their own ideas and execute them so well. They made jewellery holders, soap dishes, pencil holders, ring holders, and all sorts of fun things.

Here are just some of the wonderful pieces they made.





... more
creative
clay



Terrific Turmeric Harvest



Exciting times in the garden this week as students harvested our Turmeric. It's always hard to know how successful we might be as it all grows underneath the soil and so is invisible, but we've noticed that if it reaches the point of flowering that's usually a good sign. We had three large flowers in summer, so thought we might be successful. Turns out we were correct, with our 2023 harvest our most successful yet. Students had a great time digging up the golden rhizomes – getting rather dirty in the process! I always encourage students to remove their gloves and to get their hands dirty, as soil has literally millions of invisible (to the naked eye) microbes in it that scientists are only just discovering are extremely powerful in the fight against many immune-related diseases. Ninety five percent of this harvest has gone into the kitchen for students to enjoy preparing and consuming over the next few weeks, while five percent will be potted on and made available to our community as a fundraiser for our program early next year. Spring is most definitely in the air, and we're all looking forward to beautiful, clear, sunny skies and a little less mud in the garden!

Terri Sharpe, KG Coordinator and Garden Specialist



SPARE CHANGE CHALLENGE

Thank you to everyone who supported our Spare Change Challenge over the last few weeks. Some of our fabulous P&C volunteers were in school yesterday counting all the coins and working out who the lucky winners were of the Pizza Parties.

>>>>>>>DRUMROLL>>>>>>>

The class who raised the highest total was Room 1 Miss Smilovitis (\$116.95)

The class who raised the most per student - Room15 Mr Cahill (\$4.50 per student)

An amazing total of \$1267.45 was raised overall . Thanks everyone!



With support from our fabulous local Dominoes crew and the hard work of the P&C these two lucky classrooms will enjoy a Pizza party to celebrate!



**MARGARET RIVER
BASKETBALL ASSOCIATION**



REGISTRATIONS NOW OPEN

WWW.PLAYHQ.COM



KIDSPORT

UP TO
\$150
TOWARDS CLUB
FEES FOR KIDS!

<https://www.playhq.com/basketball-wa/register/60b0f6>

REGISTRATIONS CLOSE 10TH SEPTEMBER 2023

NO LATE REGISTRATIONS PERMITTED



info@margaretriverbasketball.com



HEL BEL, TONY & GRAEME PRESENT

NEW DATE
Wednesday
23rd Aug



MRPS ROCK MUSIC FESTIVAL

SPECIAL GUEST BANDS

YEAAAH BOOD! - BOODJI BEATS
RIVER RASCALS - DELI CRACKERS

LIVE AT SETTLERS TAVERN 5 - 7PM

\$5 RAFFLE TICKETS TO WIN A PORTABLE KARAOKE MACHINE
TICKETS AVAILABLE ON THE DAY IN THE MUSIC ROOM AND AT THE GIG

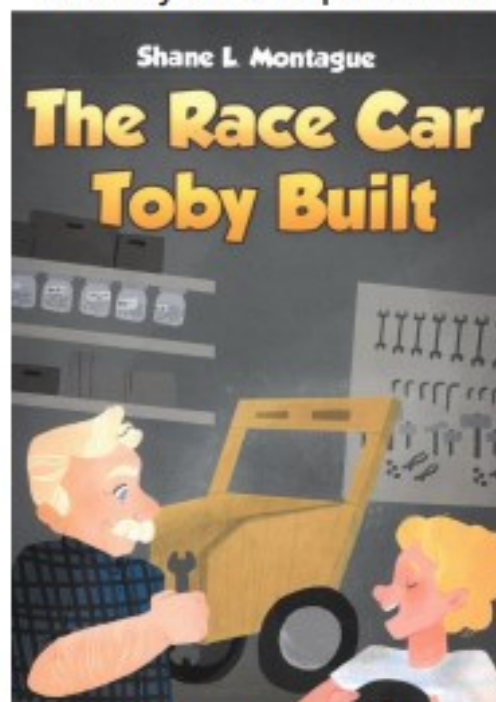
Author talk with Shane Montague



To celebrate CBCA Book Week 2023, you are invited to a children's book author talk With Shane L. Montague

Shane Montague will be speaking about his book *The Race Car That Toby Built* based the true story of how he built a race cart with his grandson.

The real race cart will be revealed at the end of the talk and there will be free healthy snacks provided.



Thursday 24 August
Margaret River Library
4.00pm



Best suited to kids aged 8 and over, however all welcome.

Come along and join in the fun!

**FREE
event!**

This event is proudly supported by:



Department of
Local Government, Sport
and Cultural Industries



Contact the library on 9780 5600 for more information or visit amrlibraries.com

Small changes, big differences.

Triple P – Positive Parenting Program



Understanding and supporting your child with ADHD

Parents of children with ADHD can face special challenges.

Parents can feel frustrated that strategies that work for neurotypical children don't seem to work for their child. Some of the innate challenges of ADHD can lead to conflict and disappointment.

Note: this session may also be helpful for parents with children where ADHD is suspected but not yet diagnosed.

In this session, you'll learn:

- ✓ The causes of ADHD
- ✓ How ADHD can affect children at home and can impact learning at school
- ✓ Some problems associated with ADHD
- ✓ How ADHD is assessed and who can diagnose
- ✓ How ADHD presents and can change throughout childhood
- ✓ Helpful strategies when seeking support for your child
- ✓ How to work with your child's school
- ✓ How to create a supportive family environment
- ✓ How to use assertive discipline
- ✓ The importance of your role as a parent and how you can look after yourself

Date: Wednesday 23 August

Time: [8 – 10pm]

CLICK [HERE](https://www.triplep-parenting.net) TO JOIN ONLINE

NO NEED TO REGISTER – CLICK THE LINK to join online at the scheduled time

www.triplep-parenting.net