

5 September 2023  
Newsletter issue: 13

## SCHOOL UNIFORMS

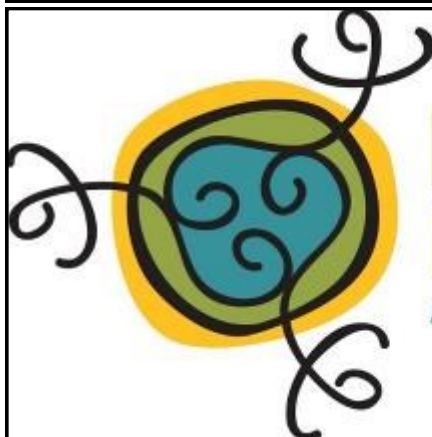
Click the link

### Uniform Concepts

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

08 9270 4663

CHALK DUST CHATTER



Margaret  
River PRIMARY  
SCHOOL  
grow and achieve together

Phone 97578 500

Margaretriver.ps@education.wa.edu.au

www.mriverps.wa.edu.au

Thank you to the school community, (staff, students, parents/carers, extended family) who came together to support the kids performing at the gig. If you missed this one, don't panic, there will be one more at the end of Term 4. The students in the bands were extremely respectful to the crew at the Tavern. Thank you. The performance standard was awesome. Well done to each and every student in the bands. Thank you to Dave Mann on sound, you always do a fabulous job and to those parents, who sold the raffle tickets and to everyone who bought one or more!! The raffle, a Karaoke Machine, was won by Nick Castle. Congratulations! Nick still creates our band poster for the Gigs! Karen and Rob Gough always generously sponsor the Music Room and this gig was no exception. There was no donation container this time, however, Karen and Rob generously donated \$1000 to the Music Room to purchase even more resources. In total, with the raffle the fundraiser made \$1333. BRILLIANT!



# Rock Festival





### Multi-Sport Holiday Camp

Please see page 11 of this newsletter for information about the MBA sports sessions which will run at Margaret River Primary School during the Sept/October holidays. The team are planning to also hold these sessions during the summer holidays in 2024.

### Book Week

Thank you to all the families for the amazing effort in the creation of the outstanding costumes for the students at our school. It was a real treat to stand at the front of the parade and share the happiness and colourfulness of the audience.

### Interschool Cross Country

The teams to represent our Interschool Cross country event on Friday the 15.9.23 have been formed. We are looking forward to these students showcasing their talents after all their hard work during the training sessions at school.

### Fun Run

Wednesday the 20.9.23 is our day for the Fun Run. After lots of planning the information and sponsorship forms have been sent out to all our families.

### Choir Camp

The choir students, along with the amazing Helen Collis, and wonderful parent volunteers enjoyed their time representing our school in the community. It was a fun filled two days and these students we are proud to say represented our school in a positive and enthusiastic manner. Thank you to all everyone involved.

*Lorraine Macaulay , Acting Principal*

### FUN RUN VOLUNTEERS

We are still chasing some parent volunteers to help out at our school Fun Run that is coming up on Wednesday 20 September.

Volunteers are asked to fill the role of Track Marshalls on the day and will be required between approximately 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](mailto:Belinda.symes@education.wa.edu.au)

# VOLUNTEER



### MR REFUND UPDATE



A photo of our first deposit at MR Refund depot. The school saved 367 containers from landfill, raising \$36.70 for P&C funds. If parents would like to donate, please use the Member No: C1120449. Thank you.

## WHAT'S ON THIS TERM....

4 Sept	Senior Assembly	20 Sept	Fun Run
5 Sept	School Board Meeting 5pm	22 Sept	P&C Dress Up Day
8 Sept	YR 3-6 Cross Country Squad Training	23 Sept	School Holidays
14 Sept	Capes Catchment Presentation	9 Oct	School Development Day (Pupil free)
15 Sept	Interschool Cross Country	10 Oct	Students resume Term 4
18 Sept	Combined Assembly		

## Merit Certificates and Class Awards....

Room 1	Minami Arnold	Room 23	Oscar Wesley
Room 1	Arlo Mann	Room T2	Neave McCann
Room 1	Lila Shannon	Room T3	Tommi Tunnell
Room 4	Indie Pausin	Room T3	Molly Bolognini
Room 4	Trang Phan	Room T5	Kalani Cox
Room 5	Mavis Watts	Room T5	Keean Waghorn
Room 5	Ned Mann	Room T5	Molly Franzinelli
Room 7	Charlie Sewell	Room T5	Ella Twine
Room 7	Fletcher Turk	Room T5	Piper Chappell
Room 9	Jed Naylor	Room T6	Zelie Bryant
Room 9	Harper Dobson	Room T6	Anjelica O'Doherty
Room 9	Ace Packwood	Room T7	Evelyn Tost
Room 9	Nixon Goodes	Room T7	Harry Shephard
Room 11	Elke Brouwers		
Room 11	Mia Edwards		
Room 11	Cayden Del Barrio		
Room 12	Leila Cordera		
Room 12	Maverick Thomas		
Room 15	Ariana Williams		
Room 15	Stella Evans		
Room 16	Clover Cameron		
Room 17	Eva Lane		
Room 17	Ruby Carbone		
Room 17	Avalon White		
Room 23	Hendrik Tucker		



### Bee Bop A Lula

Year 4—Room T6

### Golden Broom Award

Week 6

JUNIOR Room K1

SENIOR Room 1

Week 7

JUNIOR Room 17

SENIOR Room T3



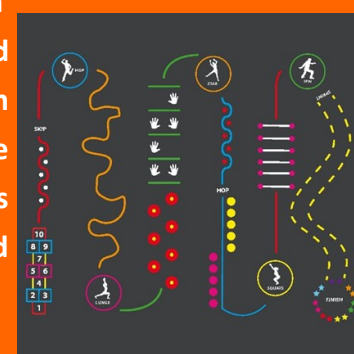
## School Bus Services 2024



Parents who wish to use the bus service need to apply online at [School Bus Services](#). 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](#). Parents can find answers to their questions and contact information on the [School Bus Services website](#).

# 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.



## IMSS - 2023 YEAR 4'S ASSESSMENT TO LEARN AN INSTRUMENT IN 2024 AT MRPS

Over the coming weeks and in the first few weeks of Term 4, the current Year 4 students will be assessed to be a part of the IMSS (Instrumental Music School Services) Program at MRPS in 2024. The instruments currently offered at MRPS are guitar, trumpet, trombone, clarinet, flute, and percussion. The assessment involves a Musical Aptitude Indicator Assessment, which is conducted in music class looking at pitch, rhythm and tunes. Other criteria include the assessment of the student by their classroom and music specialist of the student's past and current attitude, behaviour and work ethic.



There is also an assessment of each child's suitability for their chosen instrument which is conducted by the IMSS Instrumental Teacher/Music Specialist.

An Expression of Interest Letter is sent home to those students who have been successful in the selection criteria. Students are expected to continue their instrument into year 7 and beyond. A parent information night is held early in Term 4 to inform parents of the roles, responsibilities and commitment to the program expected. There are limited spaces in this prestigious program.

In Term 4, after the parent information evening, the selection of successful students is processed. Parents and students are then sent a "Formal offer" to join the program. The instrumental lessons will commence in Term 1 week 2 in 2024. Students will need to purchase some accessories, but the lessons are free. Instrumental Hire is available for Year 5 beginning students for the first year only. More information will be available at the parent information evening. In the meantime, if you're interested you can visit the IMSS website for more information. <https://www.education.wa.edu.au/instrumental-music>.



## Student Health and Wellbeing

*MRPS Code of Conduct incorporates six core values:*

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

### Value - RESPECT

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. It is important to respect people for their good qualities and/or achievements. 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." Respect each other's space and belongings because what goes around comes around. Take responsibility for your actions. Always remember the golden rule "Treat everyone as you want them to treat you".



### **SDERA**

What is caffeine? Caffeine is a stimulant drug which in its purest form, consists of bitter-tasting crystals. Caffeine is found in many common substances such as coffee, tea, cocoa, chocolate, cola, energy drinks and bars, some prescription and over the counter medicines and other stimulants such as guarana. Caffeine is the most commonly used drug in the world.

- Caffeine is particularly harmful for young children because it causes sleep problems, anxiety, irritability and bed wetting.
- Energy drinks should be avoided by children less than 15 years old due to high levels of caffeine in these products.
- The effects of caffeine, like those of any drug, differ from person to person depending on their age, body size and general health.
- Disturbing physical effects of caffeine include anxiety, irritability, increased breathing and heart rates, headaches and dehydration.
- Doctors recommend that children consume less than 100mg of caffeine per day, which is approximately one cola drink and a 20g chocolate bar.
- Many of the caffeine products that children consume also contain high levels of sugar.

It's a good idea to avoid caffeine when you are young, then your body can do its best job of helping you grow, making sure that you get the best sleep to keep you healthy. Having a healthy diet and an active lifestyle will give you all the energy you need. Drinking plenty of water throughout the day is the best way to rehydrate for children.

**How much caffeine is your family having?**

Drink or product	Size or amount	Caffeine content
Tea	150 ml	30-100 mg
Cocoa or hot chocolate	150 ml	30-60 mg
Coffee – instant	150 ml	60-100 mg
Coffee – percolated	150 ml	100-150 mg
Coffee – decaffeinated	150 ml	2-4 mg
Cola drink like Coke	250 ml	40-50 mg
Diet cola drink like Diet Coke	250 ml	40-50 mg
Diet Coke caffeine free	250 ml	2 mg
Chocolate milk drink like Choc Milk	250 ml	2-7 mg
Energy drink like Red Bull	250 ml	80 mg
Dark chocolate bar	55 g	50 mg
Milk chocolate bar	55 g	3-20 mg

### Fast Facts

Cola drinks: 30-72 mg of caffeine.

Hot chocolate: 10mg of caffeine.

Energy drinks: 150mg or more of caffeine.

Even your favourite Chocolate bar (100gm size) has about 10-30mg of caffeine.

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

***For more information, visit [www.sdera.wa.edu.au](http://www.sdera.wa.edu.au)***

# DREAMCATCHERS CHOIR MUSIC CAMP/TOUR

Last week on Thursday 31/8 – Friday 01/09/23, the wonderful Margaret River PS Choir, The Dreamcatchers, went on their biannual singing, “flash mob” Tour/Camp from Margaret River to Busselton.

The Choir looked very smart on tour in their eye-catching new shirts and did a wonderful job representing the Margaret River Primary by consistently demonstrating all of our school values.

On tour, many positive comments were made about their appearance, behaviour and their singing! Way to go!!!

The Choir began flash mobbing in Margaret River; namely Coles, Woolworths, outside Sidekick café,/IGA and along the main street. They then moved further afield to Cowaramup and on to Busselton. The reception of their audiences was encouraging and enthusiastic.



Camping at the beachfront Seventh Day Adventist Campground overnight we had a fabulous time. Locating our dorms/rooms and amenities, changing into play clothes, playing around the picturesque grounds, volleyball, cricket etc. Dinner was prepared by our amazing volunteers, there were scrumptious hamburgers with delicious salad, and wonderful cakes, biscuits etc brought by the students to share. Shower time was followed by a movies with a cosy fire then off to bed.

On Friday the Choir went to Wow Illusions which was a real hit. Brilliant choice of activity, as it was raining. Much time was devoted to the puzzles on the tables and the interactive sessions were fascinating.

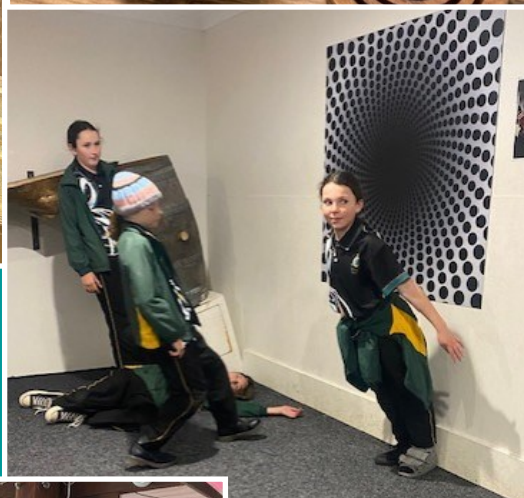
Thank you so much to the amazing volunteers: Lynette Wallis (School Chaplain,) Robyn Sukasana, Jaimee Swan, Sadie Breslin and Stephane Le Blanc. Thank you also to Kylie and Renae who were coming until their plans were interrupted. We missed having Eva and Emelda with us, we hope you're both feeling better.

All students received a certificate which will be given out on Wednesday at our Choir rehearsal.

In Term 4, the Dreamcatchers will aim to perform Christmas carols at Mirrambeena and combine with the Crazy Crackers Christmas Choir (CCCC) to sing at the 'Carols in the Park.' More information to follow.







## MORE CHOIR FUN





## **Naturaleeuwien Interschool Cross Country**

Our Interschool Cross Country event is coming up on Friday 15 September. It is being held at Gloucester Park where we will host 10 other schools from South-west region.

Students will leave school at 9.40am with the first race beginning at 10.15am. All reserves are asked to please come to school prepared to run in case someone is away on the day.

- ♦ The following timetable of events is approximate only and start and finish times may vary on the day.
- ♦ If you are coming on the day and would like to volunteer as a course marshall, please let us know by contacting the school on 9757 8500.

Event			Distance
1	10.15	Yr 3 Girls	1km
2	10.25	Yr 3 Boys	1km
3	10.35	Yr 4 Girls	1.5km
4	10.45	Yr 4 Boys	1.5km
5	11.00	Yr 5 Girls	2km
6	11.15	Yr 5 Boys	2km
7	11.30	Yr 6 Girls	2.5km
8	11.45	Yr 6 Boys	2.5km

**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**



# FUN RUN FACTS

Our annual whole school Fun Run will be held on Wednesday 20th September 2023. This is our major ICT fundraising event for the school, ensuring that all our students have access to up-to-date technologies to support their learning. We hope that you support your child to raise as much money possible for this event. Students earn one raffle ticket for every \$10 raised and local businesses are kindly sponsoring prizes for this fundraiser.

The Fun Run is followed by an afternoon of activities and stalls, arranged by students and teachers. Please make sure your child brings in small change to participate in the fundraising efforts.

Sausage sizzle lunches are available through the canteen and can be ordered online by registering at: [www.quickcliq.com.au](http://www.quickcliq.com.au)

If you would like to volunteer as a course marshal, please contact the school on 97578500 or email [belinda.symes@education.wa.edu.au](mailto:belinda.symes@education.wa.edu.au)

Please note: For parents of students in years 3-6, if we have not received consent for your child to participate in the off-site Fun Run around the Weirs, by close of business Tuesday 19th September, they will be unable to leave the school grounds and therefore not participate in the run/ walk element of this day. Permission can be given on Compass.

The timeline is as follows:

	KINDY – YEAR 2	YEAR 3-6
11.15		Volunteers to meet for Hi-Vis vests and lanyards
11.30		Student briefing for Year 3-6
11.45-		Students leave MRPS walking or running
12.00-	Teachers to bring students out to oval –	Students on course
From		Students start arriving back at MRPS
12.55-	Lunch	Lunch
1.30-3.00	Fundraising stalls  Please note: Kindy and Pre-Primary students need to be signed out at their classroom by a parent/ caregiver and chaperoned to the stalls	Fundraising stalls
3.20	HOME TIME	

## IRONKIDS WA - BUSSELTON

2 December 2023

For children aged 7-13

Medallion and Ironkids t shirt for all competitors

Random prize draw

Swim, bike run or just swim and then run.

**Schools Award Program\*:** The school with the largest number of entrants will receive a \$1000 cheque and be awarded the Schools Champion. To be in the running, select your school upon registering and register prior to 12pm Friday 1 December.

ENTER HERE: [https://enduranceui.active.com/new/events/83653132/select-race?error=login\\_required&state=a4d9dda8-2fd8-4bb2-a2c3-3b32c963a7f4&p=7109469716196415](https://enduranceui.active.com/new/events/83653132/select-race?error=login_required&state=a4d9dda8-2fd8-4bb2-a2c3-3b32c963a7f4&p=7109469716196415)





## Margaret River Little Athletics

### RUN, JUMP, THROW!

The 2023-2024 Little Athletics season is almost here and we are looking forward to another fun filled competitive season.

Children aged from 6-17yrs can register and compete.

We need parents/care givers to stay on Saturday mornings to co-ordinate and record the children's results as they move from event to event. Events include running, hurdles, shot put, javelin, discus, long jump, triple jump and high jump (depending on age).

Little Athletics develops the basic motor skills of running, jumping and throwing. Developing strength, flexibility, co-ordination and balance, all basic requirements of **ANY** sport.

The costs for this season will be \$190 for the first child, \$170 for the second child and \$150 for each additional child. **We accept Kidsport vouchers.** Please note, we must receive payment prior to the season commencing.

The first day of our Little Athletics season is set for **Saturday 28th October** at 8.15am(setup) for an 8.30am start. As a guide a typical meet will finish approx 10-1030am.

6wks program Term 4 and 6wk program Term 1

**Trainings (optional) will commence Tuesday 24<sup>th</sup> October from 3.45pm till 4.30pm.**

So come and enjoy a fun family sport where everyone is involved. For more information please email [mrlacrego@gmail.com](mailto:mrlacrego@gmail.com) or you are welcome to our AGM on Sunday 10th September from 4pm at the Cowaramup Districts Social Club (RSVP to email). We need more parent volunteers to keep the club thriving.



## Book Week Dress Up







SEPTEMBER/OCTOBER 2023

# MULTI - SPORTS HOLIDAY CAMP

MARGARET RIVER  
PRIMARY SCHOOL

*Fun, Healthy, Inclusive*

Early bird price until September 15

**\$44 per/day**

(\$50 per/day from September 18 )

Week 1 : TUESDAY- FRIDAY

September 26-29

Week 2: MONDAY - FRIDAY

October 2-6

9am to 3pm



BOOK NOW

SPORTS AND ACTIVITIES

INCLUDING:

Tennis, Soccer, Netball, Basketball,  
Cricket, Team challenges, Hockey,  
Ultimate Frisbee, AFL, Dodgeball,  
obstacle courses, Volleyball, and  
more.

PLEASE NOTE: There are limited places available, book ahead to secure your spot.



[www.mbasportscoaching.com](http://www.mbasportscoaching.com)



0467 156 964



[southwest@mbasportscoaching.com](mailto:southwest@mbasportscoaching.com)

