



# Miling Primary School

'Together we learn and achieve'

AN INDEPENDENT PUBLIC SCHOOL

12th February, 2020

## Message From The Principal

This newsletter is a combination of School & Community news and as a result some content may not reflect Miling Primary School's attitudes or values.



### MORAL PURPOSE:

to provide the opportunity for our students to become well informed, actively involved, positive citizens through: developing life long learners and maximizing the potential of every student.



Dear Parents, Carers and Community

### Term 1 Week 2

*I have heard some wonderful holiday stories over the week, it seems you all had a very relaxing time with family and friends. Like every year, 2020 is sure to be full of learning opportunities, growth and development for our students. The year begins with the Director General having developed a new Focus 2020 document. A significant part of this document is the 'we' that has come from consultation with various groups including the Principals Federation of WA. This is quite a significant and genuine statement that highlights the focus for every child. My feelings about being a 'teacher' and 'principal' are one of navigating through this year and of learning together. Because parenting and teaching are similar: parenting is a responsibility we have. Teaching is the same. Teaching is a responsibility, a role, a relationship. Both teaching and parenting are positions of service. They are acts of love.*

### Student Leaders 2020

Congratulations to Chloe Latham on being awarded Head Student Leader for 2020. Our other students leaders will be Ethan Georgy, Summer Lewis, Benji Martin, Mikala Topham and Riley White.

### Maintenance Upgrade

You would have all seen a terrific new shade shelter over the Junior Play Area. There is still a little bit of work to be done but that will be completed in the near future. In addition our new school sign has been erected and stands proudly outside our school.

Many thanks to Ian Seymour and Mark McCuish for getting this done so efficiently. Some of our work has been completed Tuesday. New flyscreen security doors have been installed on the classrooms.

### Kindy

As a Miling Primary School community, we have



no Kindy students in 2020, but hopefully next year we will have some new students to join the Junior Room. We will be running 'Miling Mates' towards the end of 2020.

### Classroom News

Miss Huggins, Mrs Dennis and myself have been working hard on their curriculum programs which have already resulted in our students producing some excellent work within their classrooms. The Juniors have shared with Miss Huggins her experiences on her travels to Africa. whilst the Seniors have quickly established routines and focus on the author Julia Donaldson. Miling students are known for the pride they show in their work which is already evident by the work completed in the classrooms.

### School Times

Just a friendly reminder that our school times are as follows; Children arrive after 8:30am for an 8:40am start. Children finish at 3:00pm everyday apart from Wednesday where they finish at 2:30pm. Please note, staff are not always in their classrooms before 8:30am so cannot adequately supervise students that arrive prior to this time.

### Attendance

I often write about attendance and the importance of children attending school regularly. Our best efforts at the end of last year was 92.0% which is lower than 2018 of 93.1%. Please ensure you notify the school via diary, e mail or telephone regarding your child's absence. If the reason for the absence is not deemed responsible it will be marked as unacceptable.

### Interm Swimming Lessons

Have begun and the students are enjoying the opportunities to challenge and expand their swimming abilities each day. Our children started swimming lessons this week, with lessons on every day.

Continued next page ...

Respect

Cooperation

Kindness

Perseverance

From previous page ...

### Interm Swimming Lessons

A note went home to parents about swimming lessons but just a reminder that children need to bring a full water bottle, snack packed separately to take to the pool, a plastic bag, bathers, towel, underwear and a rashie each lesson. Optional items include thongs to wear to the pool and goggles. Children do not need to come to school in their bathers (unless stated otherwise on the note) as they will be given time to change at school before we leave.

*Regards*

*Ms Murray,*

*Principal*

**PRIDE    EFFORT    PROGRESS**



The school has recently been able to upgrade the school signage with the assistance of Ian Seymour, Mark McCuish and supervised by Foxy. In addition, our new permanent shelter has been erected for our Junior area. Both projects were made possible by Government Funding allocated at the end of 2019.



# Classroom Learning Focus

## Senior Room

SENIOR ROOM 2020



## Junior Room

A big welcome back from the Junior Room!  
We hope you have all had a wonderful holiday and enjoyed spending time with your families.

We are all excited to see what 2020 brings.



## Junior Room 2020

## Ms Murray



## STEM

Senior Room students completing research about towers throughout the world. Then designing, experimenting and recording information about how to construct their designs.

# Health and Well Being

## 5 Gifts that don't cost money



### 1. Give your Time.

Just sitting with someone helping them nut out a challenge, or having a long leisurely chat over a cuppa without looking at your watch or phone, is a true gift. Just being with someone can boost their emotional state and your own. And there is plenty of research to suggest that what children want most from parents and carers, above any fancy toy you could buy, is your time, and that they will remember more than anything the memories of time spent together.

Play a game THEY want to play for a whole afternoon, even an old fashioned board game around the table. That will be a gift to remember.

### 2. Give your Energy.

When you're facing a task that can seem overwhelming, and/or could be physically demanding, like cleaning up the garden, de-cluttering rooms or packing to move house, how great is it when people offer to give you a hand - AND they really mean it!?

When people show up with their energy and positive focus, and help you get stuck into something, it helps your physical and mental motivation and state, and it is absolutely true that a problem shared is a problem halved, and many hands make much lighter work.

It makes sense when considering Gary Chapman's 5 Love Languages, that 'Acts of Service' rates higher than 'Physical touch' or 'Receiving Gifts.' Giving your muscles and energy is also good for your heart in more ways than one.

### 3. Give your full Presence.

While you can be physically with someone, in the same room or the same car, or even in the same bed, when was the last time you really gave someone your full attention, really listening to what they have to say, without judging, without butting in, without focusing on what you are going to say next?

Fully focusing on someone allows them to feel truly heard and seen. Allow that person to tell their stories and reminisce, and when they stop talking, ask a leading question like, 'tell me more', or 'what happened then?' and watch them light up as they continue to own the communication space.

### 4. Forgive.

Although this can be a tough one, to forgive is one of the greatest gifts you can give -mostly to yourself.

We have all felt wronged and hurt by the words and actions of others, and this could have happened last week, last year or decades ago.

We all have wounds that can leave us with lasting anger and bitterness, and if we don't practice forgiveness, we will be the one who pays the most, with interest - physically, emotionally and spiritually.

Forgiveness is a heavy burden to carry, one which doesn't seem to make sense for us to do, and it takes courage. If you want to give yourself the gift of forgiveness, you can explore one writers suggested 7 steps to forgiveness at Positive Living Skills.

### 5. Express your Love and Gratitude

How many times do you hear the story of someone who never got the chance to tell someone how they really felt.

We have so many thoughts running through our minds and some of them are positive things we notice or feel about the important people in our lives, but we don't say those things out loud, or the moment passes. Or we are afraid of letting our emotions out.

Make a point before the end of this year to tell at least 3 important people in your life how you feel about them. Tell them that you love them, or what you love about them, or how you feel about them, or something about them that you feel grateful for.

That comment might just be the thing that brightens up their day or their year! And you'll feel good too. There's never a better time to express your gratitude than right now, and emotions are such healing things to share. Shedding tears out of happiness or sadness is good for us.



Brooke Peden  
School Psychologist (Provisionally Registered)  
School Psychology Service

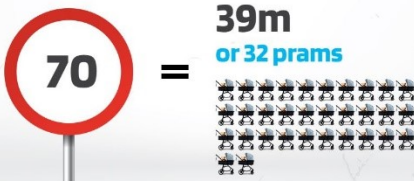
Department of Education, Wheatbelt Education Region  
w: [education.wa.edu.au](http://education.wa.edu.au) e: [brooke.peden@education.wa.edu.au](mailto:brooke.peden@education.wa.edu.au) t: 0407 117 844



# “School Drug Education and Road Aware”

A 2 second distraction at

**70** = **39m**  
or **32 prams**



KNOW THE DISTANCE OF  
DISTRACTION

### Restraints

1



Everyone has to wear a restraint.

### Safer places to play

6



Play away from roads and driveways.

### Bikes, helmets and shared paths

7



Always wear a helmet when you are riding.



Reminder:  
Stick to the  
Speed limit.

TOWARDS ZERO  
SPEED AND RED LIGHT  
CAMERA FINED PROJECT  
rsc.wa.gov.au

## Not drunk. Not speeding. Just tired.



**DON'T TRUST  
YOUR  
TIRED SELF**

ROAD SAFETY COMMISSION  
rsc.wa.gov.au

For more Parent and Teaching resources visit <https://www.sdera.wa.edu.au/>

# Miling Community News



## MILING COMMUNITY CHURCH

Services Held:-  
2nd Sunday @ 9.30am & 4th Sunday @ 8am  
Followed By Morning Tea!

**ALL WELCOME !**



Congratulations to ***Shilo Bailey*** who was recently awarded the Moora Shire's ***Volunteer of the Year***

## MILING CHRISTMAS TREE 2019

The committee would like to thank everyone for all your help in making the night a success and so much fun for the kids. Extra **special** thanks to Phil and Sheryle for pickup and return of the bouncy castle. Also, thanks Joss, Helmi and Peta for the garden games and the little bouncy castle. To the helpers who set up and cleaned up on the night thanks so much!!!



We would also like to thank everyone that donated to our raffle and for your support in buying tickets. Thanks to the Travel Stop, Post Office and the Hotel for helping us sell them. Extra thanks to Carlo for his donation for the kids. We are lucky to have so many generous people in our community.

The 3 lucky winners of the hampers were:

\* 1<sup>st</sup> Shannon Turner \* 2<sup>nd</sup> Mouse McNamara \* 3<sup>rd</sup> Jane Antonio



## Miling Netball Club AGM

Friday 21 Feb

5.30pm @

Miling Tennis Club

All positions will be vacant

Anyone interested in playing is also welcome to attend or contact Karen Ellis on 0448 541 100 or Janette Pratt on 0429 922 198

## HOCKEY HOCKEY HOCKEY

AGM - Thursday 27th

Feb

7pm @ Miling Tennis

Club

All Welcome

Could anyone interested in playing Seniors, C Grade or Minkey this year please contact Shilo

## Miling Tennis Club



*Tennis starting at 4pm, Saturdays*

*Tennis Menu* - 15.2.2020 Fish & Chips ( Chef Extraordinaire—Sheryle Moore )

Please note that all subs are now due. Thank you.



Moora - Gingin - Bindoon

**"Dance, Tap & Acro"**

**Tinys to Teens**

**Girls & Boys**

**Enrol now for 2020**

**classes start back up Week 2 of Term 1**

**We offer "Fun" classes with disc for families with 2 or more!**

To enrol or to find out more info

Please email, msg or call Roxanne

041919 2511 - [roxpaulfewster@bigpond.com](mailto:roxpaulfewster@bigpond.com)

Find us on



The Gardiner Street Arts Collective is thrilled to present school holiday art workshops!

*Kids Abstract Mixed Media by Kerry Munns*

### Workshop 1

**9am 17<sup>th</sup> April 2020**

A school holiday workshop designed for school aged kids using mixed media. They will be using a multiple of mediums - oil pastels, pencils, watercolours, ink, to design, create and paint their own work. Each child will complete 1 piece to frame in their own space. BYO art smock or old shirt.

Cost- \$40 each

### Workshop 2

**11am 17<sup>th</sup> April 2020**

A school holiday workshop designed for school aged kids using acrylics with multiple implements to create an abstract painting on canvas. Each child will complete 1 piece to take home, to frame and hang in their own space. BYO art smock or old shirt.

Cost- \$40 each

For more information <https://kmunnsart.life/shop/>

Be sure to follow the GARDINER STREET ARTS COLLECTIVE on Facebook and Instagram to find out about upcoming workshops and activities!

# Packing a school lunchbox



When children eat well they behave better, are able to listen well and concentrate for longer.

Packing a healthy school lunchbox will help children to learn and play well and be happy at school.



## Steps to planning a healthy lunchbox

1. Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the 5 food groups (see table below).
6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which is not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
7. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

*Remember to involve your children in preparing and packing their own lunchbox.*

## HEALTHY LUNCHBOX WEEK

19-25 January 2020

Visit our website for:

- recipes
- fact sheets
- videos

[www.healthylunchboxweek.org](http://www.healthylunchboxweek.org)



Nutrition Australia

#HEALTHYLUNCHBOXWEEK



## Ants On a Log



### Ingredients

- 3 stalks of celery
- 100g reduced fat cream cheese spread
- 1 tablespoon sultanas

### Method

1. Wash and cut each celery stalk into 4 equal pieces.
2. Using a teaspoon, fill the centre of the celery stalks with cream cheese.
3. Top each piece with 3 sultanas.

**ENJOY !**

## Hosting an exchange student can be a truly rewarding experience for the whole family

Welcome a new family member into your home

### HOST FAMILIES NEEDED 2020

- ✓ Experience a foreign culture firsthand
- ✓ Be exposed to a new language at home
- ✓ Rediscover and share the beauty of Australia
- ✓ Develop friendships that last a lifetime

We have a wonderful group of students arriving in May, July and August 2020 for 3, 5 or 10 months and are excitedly waiting to hear news of their host family in Australia.

All students have a wide range of interests and hobbies.

If your family can offer a friendly, supportive and caring home environment, contact us today

1300 135 331 or [info@studentexchange.org.au](mailto:info@studentexchange.org.au)

[www.studentexchange.org.au/hosting](http://www.studentexchange.org.au/hosting)  
experienceiseverything



student exchange  
AUSTRALIA NEW ZEALAND





# TERM PLANNER – TERM 1 - 2020



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ONE	Feb 3  Students Resume	4	5  Early Close 2.30pm	6	7
TWO	10	11	12  Newsletter  Early Close 2.30pm	13	14
THREE	17	18	19  Early Close 2.30pm	20	21
FOUR	24	25  Board Meeting 3.30pm	26  Newsletter  Early Close 2.30pm	27	28
FIVE	Mar 2  LABOUR DAY PUBLIC HOLIDAY	3	4  Early Close 2.30pm	5  Snr Assembly P&C	6
SIX	9	10	11  Newsletter  Early Close 2.30pm	12	13  Inter School Swimming Carnival
SEVEN	16	17	18  School Photos  Early Close 2.30pm	19  Bullying No Way	20
EIGHT	23	24	25  Newsletter  Early Close 2.30pm	26	27
NINE	30	31  Jnr Assembly P & C	Apr 1  Early Close 2.30pm	2	3
TEN	6	7	8  Newsletter  Early Close 2.30pm	9  ANZAC Service LAST DAY OF TERM	