



# Miling Primary School

'Together we learn and achieve'

AN INDEPENDENT PUBLIC SCHOOL

26th February, 2020

About Us

## 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 4

It is amazing how quickly we are moving towards the half way point of term one already!

Our students have finally had the opportunity to settle into the classroom routines as we have had a bit of disruption with swimming being in week 2. I must commend our students for the way they conducted themselves during swimming lessons in week two. The swimming teachers made comments like 'this class is the best I have ever had for swimming lessons'. I felt very proud of the students and their ability to display all of our values to the highest standard.

We hosted the network sports meeting at Miling Primary School on Tuesday. Thank you so much to Janette Pratt, Joey Seymour and the P & C for providing afternoon tea for our visitors.

Thank you also to Mark McCuish for modifying some cement work in the Junior covered area.

### Assembly

A reminder that our first assembly for the year is being held on Thursday March 5 at 9am. We look forward to seeing you there.

### Public Holiday

Don't forget that Monday March 2 is a public holiday and the school will be closed.

Learn  
from the past,  
Prepare  
for the future,  
Live  
in the present!  
- Thomas S. Monson

### School Times

A 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.

### Voluntary Contributions

We have completed our Census for 2020 with 25 students now enrolled at Miling Primary School.

Could you please pay your voluntary contributions and charges as soon as possible to enable the school to continue building on our resources for 2020.

### Attendance

Please ensure you notify the school via diary, e mail or telephone to the office regarding your child's absence or a parental absence for a period of time. If the reason for the absence is not deemed responsible it will be marked as unacceptable.

### School Board Update

Board Nominations - the School Board are calling for nominations for a parent representative position available on the Board, beginning this year. As a Board member, you are required to understand your responsibilities and act in accordance with the Terms of Reference and Code of Conduct (these can be issued from the Front Office if you would like to understand your responsibilities prior to nominating).

Continued next page ...

Respect

Cooperation

Kindness

Perseverance

From previous page ...

You are required to attend up to eight meetings a year and participate in readings and trainings outside of meeting times. Meetings are generally held on Tuesdays from 3:30-5:00pm and tenures are up to three years. All Board members are required to undergo a Screening Clearance and receive a Screening Clearance Number from the Department of Education's Screening Unit prior to their appointment. If you would like to nominate, please return your nomination form to the Front Office by Friday 20th March. If the school receives more than one nomination that would be a terrific result as we have other members who will finish their tenure at the end of this year and will not be continuing. Thank you to Kade Georgy who has taken over the position of Board Chair as Paul White has stepped down from the position.

*Regards*  
*Ms Murray,*  
*Principal*

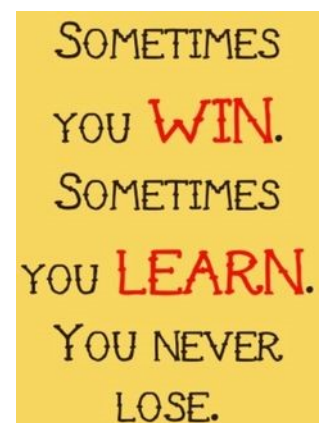
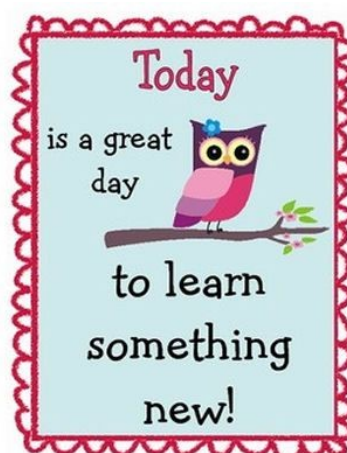
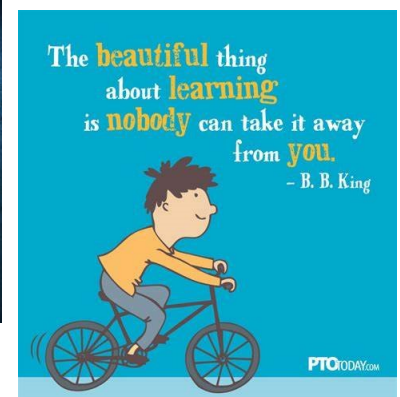
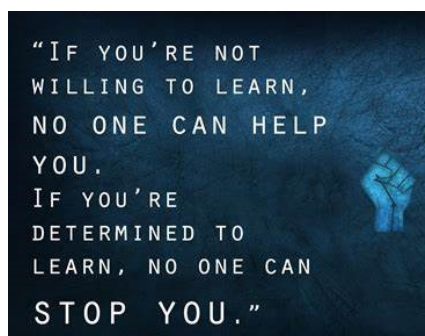
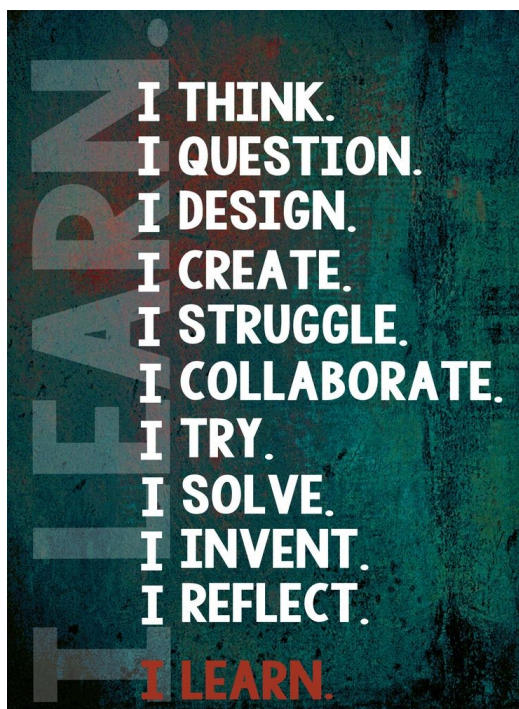
**PRIDE   EFFORT   PROGRESS**



#### UPDATING FAMILY INFORMATION

To ensure that our office records are accurate we are asking existing families to notify the Office if contact details have changed since their child/ren have been enrolled. It is particularly important that phone numbers, emergency contacts, e mail and medical information are updated. Thank you for helping us to keep an accurate database for our records.

## QUOTES TO INSPIRE





# Classroom Learning Focus

## Senior Room

This term in Reading, the Senior Room are doing an author study on *Julia Donaldson*. She is the author of such books as *The Gruffalo*, *Room on the Broom*, *The Highway Rat* and *Superworm*. Some of their work is currently displayed on the back wall of the classroom.



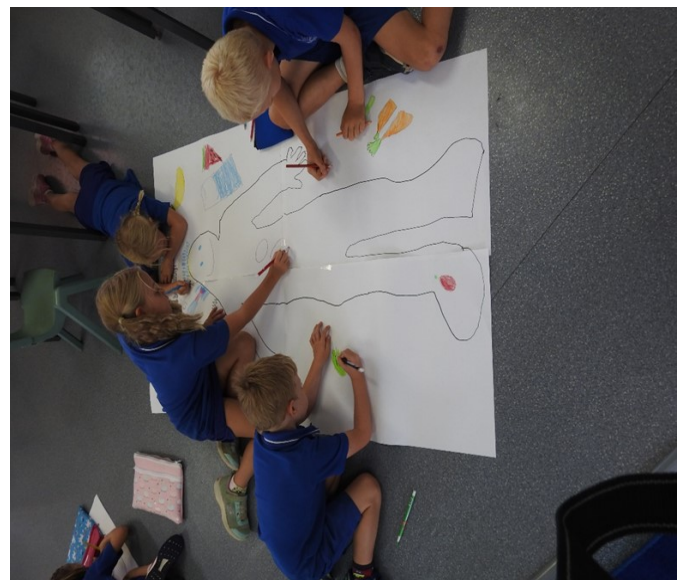
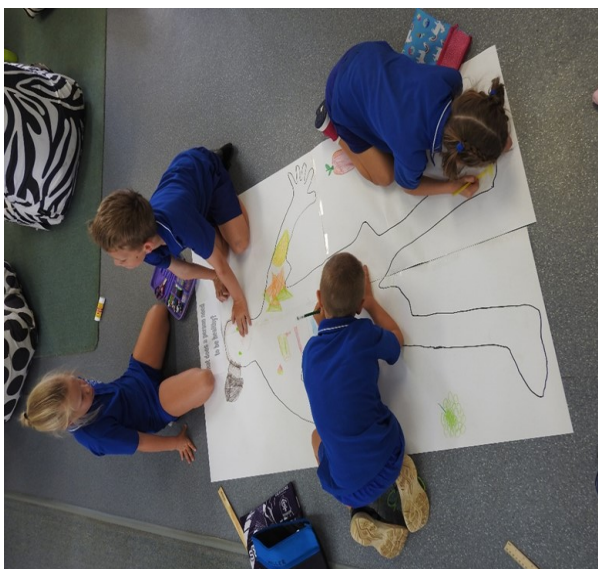
## Junior Room

In the Junior Room we have been creating Pirate Poems and Portraits!



## Ms Murray

The Junior Room students are working on how to keep their bodies healthy by identifying a range of elements to a healthy lifestyle. They were also very good at recording people they can trust in the community if they needed help. The students used their collaborative and listening and speaking skills.



# Health and Well Being



WE HELP FAMILIES  
COME TOGETHER  
FOR DINNER

Ask yourself, could your children be doing more to help at dinner time?

An important part of being a family member is feeling you are part of a team and sharing the workload of the team. Dinner time is a fantastic opportunity for your "team" to work together for a common goal that benefits everybody. Dinner.

Here are three fun ways to involve your children more in meal time preparation:

1. Break down the jobs that need to be completed and list them 1-6. Children can then roll a dice to see what job they need to do each night. This gives children variety in a fun way and if you are lucky you might find they want to roll again!
2. Another idea is to be less specific about the tasks and just have a nightly rotation of kitchen helpers and table helpers, swap the roles around each night. This enables you to give each child age appropriate tasks and perhaps some precious one on one time in the kitchen too.
3. Kids night! Put aside one night a week where your children make the family dinner, and the parents are the helpers. This activity will develop their cooking skills and their appreciation of what goes into making dinner too. Win-Win

[www.aroundthetable.com.au](http://www.aroundthetable.com.au) [hashtag#kidschores](#) [hashtag#familydinnertime](#)  
[hashtag#aroundthetable](#) [hashtag#conversationsthatmatter](#)  
[hashtag#familiesaroundthetable](#) [hashtag#consciousparenting](#)

## Recipe Of The Month

### Creamy Chicken Laksa



*A fresh & fragrant twist on this classic Southeast Asian dish.*

#### Ingredients

1 Tablespoon Vegetable Oil  
1/3 cup laksa paste  
2 cans coconut flavoured evaporated milk  
300 g skinless chicken breast fillet (cubed)  
1 cup green beans (trimmed & chopped)  
125 g baby corn spears (sliced lengthways)  
1/2 cup red capsicum (chopped)  
350 g hokkien noodles  
3/4 cup bean sprouts  
2 spring onions (sliced)  
2 Tablespoon mint leaves  
2 Tablespoon coriander leaves  
Lime wedges to serve

#### Instructions

1. Heat vegetable oil in a non-stick saucepan over medium to high flame and add laksa paste.
2. Cook stirring for 2-3 minutes or until fragrant. Add evaporated milk and bring to the boil.
3. Add chicken, beans and corn, reduce heat and simmer for 3 minutes. Add capsicum and simmer for a further 3-5 minutes or until chicken is cooked through.
4. Cook noodles as per packet instructions and place into serving bowls.
5. Ladle laksa mixture into each bowl over the noodles and top with remaining ingredients to garnish. Serve immediately.
6. Enjoy!



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





# Your School Photo Day Is

Wednesday 18 March 2020



Remember to look your best in correct school uniform.



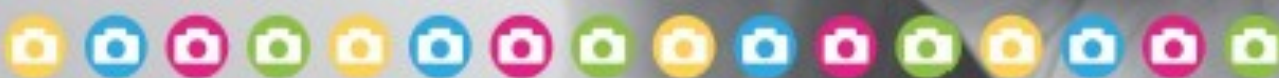
Bring your completed personalised Photo Order Envelope.



Please pick up your Sibling Photo Order Envelopes at the Office.

fotoworks.com.au  
School Photography Specialists

The Fotoworks Difference - We Care



Dear Parent/Guardian,

You should receive your school Photo Order Envelopes approximately two weeks prior to photo day.

- Please review the photo packages available and complete order form on reverse of envelope.
- If paying by cash, please ensure that exact amount is enclosed as no change can be given.
- Online Ordering – Go to [https://online.fotoworks.com.au/login\\_shoot](https://online.fotoworks.com.au/login_shoot). Enter the shoot key provided on the order envelope and follow the prompts to place your order. The shoot key is unique to each student and cannot be used for any other student orders. The last day for ordering photos online is 25 March 2020
- Each student will need to bring their completed personalised Photo Order Envelope on photo day, even if no photos are being purchased.
- If you are interested in Sibling Photos, please collect Sibling Order Envelopes from the school office.
- Sibling Photo Order Envelopes MUST BE RETURNED to the school office prior to photo day.

Please contact Fotoworks directly with any queries: [schoolcare@fotoworks.com.au](mailto:schoolcare@fotoworks.com.au) or 9244 8211



ALL students will be included in the class photo and will be photographed individually for school archives and administration records. If for custodial or religious reasons your child cannot appear in class photos, please complete this slip and return to the school office.

I \_\_\_\_\_ do not want my child \_\_\_\_\_  
(Parent/Guardian name) (Student Name)

to appear in any school photos.

Reason: \_\_\_\_\_

\_\_\_\_\_  
(School Name) (Parent/Guardian Signature) (Date)

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of.



**TikTok** is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

**AGE RESTRICTION**

**12+**

A user has to be 13 years old to use the app. A parent or guardian must be asked for permission to use the app.

What parents need to know about

# TIKTOK

**MATURE CONTENT**

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance suggested'. When signing up for the app, it's possible to choose your age without any form of verification. As children scroll through the feed, most of the videos they're likely to come across are light-hearted or funny takes on day-to-day routines which are designed to make people laugh. However, there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young people dressed overtly as well as being suggestive. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'For you' feed when logging into the platform.

**INAPPROPRIATE MUSIC**

TikTok involves a lot of creating music videos through lip-synching and dancing. Inevitably, some of the music featured by users will contain explicit or offensive lyrics. Given the addictive nature of the app, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing other users' videos on the app.

**TIKTOK FAME**

TikTok is very image-focused and there is a notable preoccupation with appearing cool and attractive. It's easy to see why now attempts to go viral and become a 'whirl' have become a feature of the app. TikTok has spawned its own celebrities – social media stars like Logan Gray and Jacob Sartorius have been catapulted to fame through their TikTok exposure on the app. Obviously, not all budding influencers looking to become a 'whirl' thing will be a happy one, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

**ONLINE PREDATORS**

As a social network, TikTok makes it easy to connect with other users. This is achieved with the ability to comment on and react to other users' videos, follow their profile and do as much as they want. By default, any user can comment on your child's video if their account is set to public. Most users do as is harmless enough but as an app, TikTok is prone to predators because of the addictive nature of the platform.

**ADDICTIVE NATURE**

Such media is designed to be addictive and TikTok is no different. It can be fun and highly entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you scrolling what will come on screen next makes it easy to turn a five-minute look into 45 minutes.

**IN-APP PURCHASES**

Aside from the content, there is also the option to purchase in-app currency called 'TikTok coins'. Prices range from £0.99 for 100 coins to as high as £99.99 for 10,000 coins. TikTok coins are used to purchase different avatars or emblems, or to send virtual gifts to other users. In the iOS version of the app you can disable the option to buy TikTok coins but this is not an option in the Android version.

**Safety Tips For Parents**

**TALK ABOUT ONLINE DANGERS**

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a discussion with them about what they are seeing and what they are doing. It's important to make sure they are aware of the correct elements to report. Go over why they shouldn't give out private information or identifiable photos and be positive and understandable of them. In the long run, getting them to think critically about what they are seeing goes a long way to keeping them safe online.

**USE PRIVACY SETTINGS**

Understandably, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those whom your child approves can view, like, and follow their content. Making the account private may clash with your child's goal of and a need for popularity, but it will help their account stay secure from strangers. This article can be enabled under the privacy and safety settings by pressing the 'X' in the top right of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.

**ENABLE RESTRICTED MODE**

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode limits the content that is shown on the app to be appropriate for children. It's not a 100% fool-proof. When enabling restricted mode, a parent should still be vigilant to what their child is watching and take note of the algorithm moderating content is not infallible.

**EXPLORE AND LEARN YOURSELF**

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it doesn't make you popular, keep a close eye on what they're viewing and liking. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even reward your inner performer and make videos with them while more importantly keeping them safe online.

**LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT**

With the proper privacy settings in place, TikTok can be a safe space for your child to express their creativity. However, just in case something does manage to slip through, make sure your child knows how to report and report content that is inappropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments with in the app. You can also block individual users by going on their profile.

**MODERATE SCREEN TIME**

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management section, you can limit the daily allotted time allowed on the app to increase ranging from 45 to 120 minutes. You can also lock this pin down behind a PIN number which has to be inputted in order to be accessed the daily limit. This way your child can get their daily dose of more without streaming away the day.

**Meet our expert**

Pete Bach is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.

**SOURCE:**

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

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# Miling Community News



## MILING COMMUNITY CHURCH

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

**ALL WELCOME !**

## MILING PROGRESS MEETING AGM

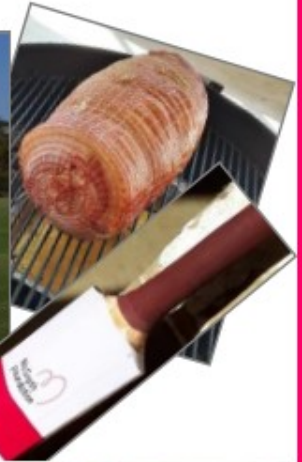
WEDNESDAY 4TH MARCH

7.00 PM @ MILING PAVILLION

\* Election of Office Bearers      \* Community Park      \* Dookling Drive - Update



## Annual Pink Stumps Day



The (now) Annual Pink Stumps Day Cricket game between Watheroo and Miling for the coveted Pink Cup is on again this year.



**Where:** Miling Oval

**When:** Saturday 14 March 2020

**Details:** Details to follow as they become available

**Training:** Watheroo Team training starts at the oval nets on Wednesday  
12 February at 5.30pm

**Bring:** Whatever cricket gear you have to share, particularly cricket balls.

**Contact:** Brad Millsteed 0429 008 750

# Miling Tennis Club

Tennis starting at **4pm, Saturdays**



*Tennis Menu* - 29.2.2020 ... BYO meat, with a salad to share

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

## Miling Tennis Club - Super 66 Results – 2019/20

Week 1:	13	Kylie Mackintosh	Week 2:	26	Amy Martin
	82	Charlotte Huggins		90	Max & Janet Lewis
Week 3:	01	Richard Humphry	Week 4:	30	Joe George
	04	Jen Pearson		55	Max & Janet Lewis
Week 5:	94	Olivia Elliot	Week 6:	37	Ellis Kids
	11	Janette Pratt		19	Peta Ellis
Week 7:	84	Sam Reynolds	Week 8:	62	Digger Lehmann
	75	Bruce & Cinny Topham		51	Colin Jones
Week 9:	58	Q & V Bricknell	Week 10:	30	Joe George
	73	Phil Moore		73	Phil Moore

Congratulations to all the winners and on behalf of the Miling Tennis Club, thank you to everyone who once again have supported our fundraiser.



**Moora Mavericks Junior Football &  
Netball Registrations Day**

**Thursday, 12<sup>th</sup> March 2020**

**4pm – 6pm**

**Moora Footy Oval**

## AUSKICK MOORA



Date: 7th May

Day: Thursdays - Time: 4 to 5pm

Cost : \$80 - Age : 5-9/10 years boys and girls

We will be commencing Auskick on the second week of Term 2. All children between the ages of 5-9 are welcome to come down and join in. Costs are \$80 per child and please go to this link <https://play.afl/auskick> to register your child/ children. Also if you are on a health care card, please click on this link <http://www.dsr.wa.gov.au/funding/individuals/kidsport> to register under the Moora Football Club, as you are entitled to \$150 sports voucher per child per year, so this will cover the costs of Auskick registration.

Any enquiries please contact Carrie Dewing on 0438700864



Ladies and Gentlemen, please join us for  
**SENSATIONAL SUNDOWNER**  
International Women's Day 2020

*An equal world is an enabled world.*

Two Inspirational women, making their mark on their chosen field.  
A representative from Gardiner Street Arts Collective telling their story  
of this exciting new venture.

*Dr. Allie Gledhill - Chiropractor*

Allie, owner and one of the Chiropractors at Moora Chiropractic,  
shares her story of overcoming a disability to be where she is today,  
our lovable community spirited Chiropractor.

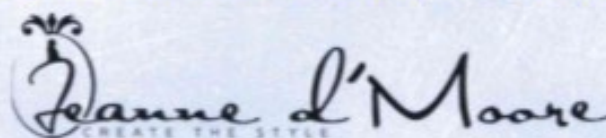
*Di Loudon - WA Police Officer*

Di gives an insight to her day as a female police officer, mum of two  
boys and husband who is also in the police force

*Gardiner Street Arts Collective*

Gardiner Street Arts Collective Representative will talk about the  
exciting new venture in Moora,

**Friday 6<sup>TH</sup> March at 5.30 pm to 7.30 pm**



*Tickets to this event \$50 which includes  
Two glasses champagne/beer/wine/soft drink and finger food.*

*Tickets on sale now.*

[www.trybooking.com/BILFE](http://www.trybooking.com/BILFE)

Part proceeds will be donated to WIRES Emergency Fund

[info@jeannedmoore.com.au](mailto:info@jeannedmoore.com.au)



# Bike-it-to-Ballidu

## Saturday 21 March 2020

New Kids Category Yr 6-Yr 10

Crack the Hour Prize \$500



BIKES BIKES BIKES

URGER STAND

AR NO BYO

AND THE STIEGERS 7PM

US (COURTESY)

DEPARTING WONGAN HILLS HOTEL SCHEDULE TO BE ADVISED

New Band  
THE  
STIEGERS



For further information and to register visit:

<https://www.balliduprogressgroup.com/bikeittoballidu>

<https://www.eventbrite.com.au/e/bike-it-to-ballidu-2020-tickets-93238022435>

Follow us  
#bikeittoballidu

## New Prize Money

Mixed Teams 1st \$800 Runner-up \$400  
Male Teams 1st \$400 Runner-up \$200  
Female Teams 1st \$400 Runner-up \$200  
Individual Male Rider 1st \$400 Runner-up \$200  
Individual Female Rider 1st \$400 Runner-up \$200  
Veterans 1st \$300 Runner-up \$100

Line-up 2:30pm  
Starts 3pm from  
Wongan Hills  
Visitors Centre

Proudly Supported by:



D&S BOX  
TIN DOG SHEARING SERVICES



Kondut Sports Council

LES BEAR ENCOURAGEMENT AWARD





## 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**



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

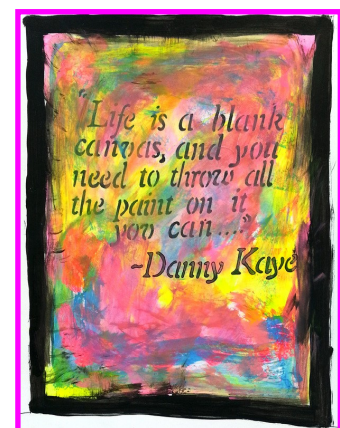
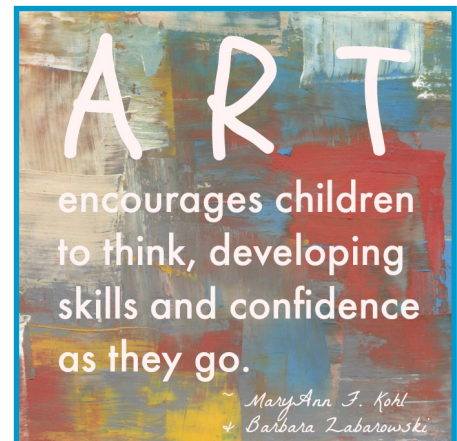
11am 17<sup>th</sup> April 2020

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!

Every child <sup>is</sup> an artist.  
-pablo picasso-



**Creativity is contagious, pass it on**  
Albert Einstein

# 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  Harmony Week	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	